

Have fun with the numbers 29 and 4

- **Balancing Act:** Balance on one foot for 29 seconds. Switch and balance on the other foot for 29 seconds. Repeat this balancing activity 4 times.
- **Count and Stretch:** Do a [stretching routine](#) or [Yoga Poses](#) where you hold each stretch for 4 counts, then switch to the next stretch/pose. Repeat the stretching routine 4 times.
- **Soccer Ball Dribble:** Set up a mini soccer field and dribble the ball around for 29 seconds. Take a 4-second break and repeat this soccer dribbling activity 4 times.
- **Fitness Bingo:** Create a fitness bingo card with different exercises (e.g., jumping jacks, squats, high knees). Each exercise is associated with a number. Complete the exercises that correspond to the numbers 29 and 4 on the bingo card.
- **Running Challenge:** Run or jog in place for 29 seconds. Take a quick break. Repeat the running activity 4 times, trying to increase your speed each round.
- **Jumping Jacks Quadrants (4 minutes):** Perform [jumping jacks](#) in four different styles, changing every minute. For example, regular jumping jacks, star jumps, front-back jacks, and cross jacks.
- **Four-Legged Friends (4 minutes):** Animal mimicry exercise. Choose four different animals and imitate their movements for one minute each. Examples: frog jumps, bear crawls, crab walks, and bunny hops.
- **Shape Up with Squares (4 minutes):** Set up four squares on the ground using chalk or markers. In each square, do a different exercise for one minute: jumping in and out, side shuffles, high knees, and lunges.
- **Countdown Challenge (4 minutes):** Perform a countdown workout. Start with 4 exercises of your choice, then reduce by one each round. For example, 4 jumping jacks, 3 push-ups, 2 burpees, and 1 minute of running in place.
- **Number 4 Tag (4 minutes):** Play a tag game where the "It" person has to tag others in sets of 4. For every tag, the tagged person must do 4 jumping jacks before rejoining the game.
- **Bingo for Balance (4 minutes):** Create a bingo card with various balance exercises. Children perform the exercises in sets of 4 until they complete a line on their bingo card.
- **Four-Corner Freeze Dance (4 minutes):** Divide the play area into four corners. Play music and have the children dance. When the music stops, they must freeze and hold a specific pose for 4 seconds.
- **Number 4 Relay Race (4 minutes):** Organize a relay race where teams have to complete 4 different exercises in a sequence before passing the baton to the next team member.
- **Jumping Jack Countdown:** Do 29 jumping jacks, then take a break. Repeat this 4 times. For an extra challenge, try doing 4 sets of 29 jumping jacks without stopping.
- **Hopscotch Challenge:** Create a hopscotch grid with 29 squares. Hop through the grid and count each square aloud. Take 4 turns and see if you can improve your balance each time.
- **Obstacle Course:** Set up an obstacle course with 29 steps or stations. Complete the course 4 times, trying to beat your own time with each round.