



# Field Day/Spirit Day 2020



## Scavenger Hunt Jumping Jacks

Ken Shepherd/ Our Lady of Mt. Carmel School, Cleveland

**Type of Activity:** Individual or Family (race and exercise)

**Equipment Needed:**

★ Nothing but a great attitude

**Directions:** Race to find all the objects on the list below. Everytime you find an object on the list, then do 5 jumping jacks. If you find all twelve objects, you will have done 60 jumping jacks.  
The objects to find are: 1)Cup 2)Shoe 3)Toy 4)Pencil 5)Bowl 6)Shirt 7)Ball 8)Food 9)Picture 10)Lamp 11)Chair 12)Book \*\*\*\*\*If you completed the list “GOOD JOB”!!!!!!\*\*\*\*\*

**Video Link:** <https://youtu.be/if1sJsCoHiA>