



CAPTAIN CREATE™



Fruit and Vegetable Name Game

Place youth in groups of 3-4. Have one student spell out a favorite fruit or vegetable and the others in the group try to guess what it is by using the activities listed below. Let each student take a turn at spelling a favorite fruit or vegetable.

A Five Jumping Jacks	B Three sitting toe touches	C Five standing toe touches	D Gallop five steps and back
E Spin on your toes	F Three giant arm circles	G Three giant steps	H Crab walk three steps
I Wiggle your body	J Skip five times	K Jump six times	L Run in place
M Hop on left foot five times	N Spin on your bottom	O Bicycle legs	P Nod your head four times
Q Neck stretches side to side	R Shrug your shoulders	S Touch your head, shoulders, knees, and toes	T Three frog jumps
U Five windmills	V Five sit-up	W Five tiny arm circles	X Clap your hands three times
Y March 6 times	Z Baseball Swing	<p>Remind the students they need 60 minutes of physical activity most days. (Source: Professor Popcorn, Grade 4, Lesson 4)</p>	

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