



## Personal Health Series Fitness

## Which Way Do I Go?

Instructions: Pick four different directions to write on the signs below, like forward, backward, left, and right. Cut out the signs and tape a drinking straw to the back. Pick a partner and decide who will move first and who will hold up signs first. The mover will pick a movement, like skipping or hopping. The signer will hold up signs, changing the direction of the mover's movement as often as he or she likes.

