

Same or Different?

No equipment needed!

You will need a partner.

How to play:

- This game is similar to Rock Paper Scissors.
- You and your partner will decide which one of you is “same” and one of you is “different”.
- You and your partner jump 3 times at the same time. On the 4th jump, you each land with your feet apart. Either a forward straddle (one foot in front of you, one foot behind you) or a side straddle (feet apart to the side).

Forward Straddle



Side Straddle



- If you and your partner land with your feet the same, the person who is “same” gets a point. If you and your partner land with your feet different, the partner that is “different” gets a point.
- If you don’t get a point you must do 3 push-ups or 3 sit ups.
- The first one to get 5 points wins that round.
- Play 5 or more rounds!
- Challenge other family members!