



Activity Four:

MOVE IT!

Name _____ Date _____

The best ideas have nothing to do with a person's age. Take George Nissen. At the age of 16, he invented the trampoline. He got the idea from the safety net he saw trapeze artists fall into at the end of their circus act.

Now it's your turn to put on your thinking cap! **The Move It Challenge** is your opportunity to show off your best ideas! **Look at the three categories below. Write down your ideas for at least two inventions in each category.**

Backyard Games & Sports Ideas

1. _____
2. _____
3. _____
4. _____
5. _____

Training Equipment Ideas

1. _____
2. _____
3. _____
4. _____
5. _____

Fitness & Tracking Tool Ideas

1. _____
2. _____
3. _____
4. _____
5. _____

Read your ideas. Put a star next to the ones you think are the most unique. Put a check mark next to the ones you think others would want or like the most.

Kids, enter your new game in the Move It Challenge! Visit www.moveitchallenge.com.