

# Playground Pentathlon

Kids of all ages complete this “Playground Pentathlon” at your favorite park/playground. Time each other for a little friendly competition! On your mark, get set.... GO!!!

## FUN FIT CHALLENGE

- 2x - Run around the playground fence
- 10x - Swing on a swing
- 3x – Slide down twisty slide
- 3x – Slide down straight slide
- 1x – Go across monkey bars
- 10x – Step up on a step or bench
- Run back to the start

Post pictures of your family competition and tag Morrisville Parks and Recreation (MoRecVT) on Facebook and Instagram