

## **Creative and fun activities Physical Educators can utilize in students K-12**

**Obstacle course:** We wanted to create activities that were going to target not just one, but all five components of fitness. These five components are muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. In our obstacle course, we will have multiple stations set-up, with each one designed to specifically target one of these fitness components. A highlight of these stations are as followed:

- **Rope crawl-** This station is designed to target muscular strength, as well as muscular endurance. Participants are required to low crawl in the pushup position under multiple ropes which are attached to cones. Each rope is set up at a different height, and participants are required to get through this course as quickly as possible.
- **The hula hoop sphere-** This station is designed to target flexibility. Participants are required to enter and move through a sphere devised of four or five hula hoops intertwined with each other, without knocking the sphere down upon exiting.
- **Agility course-** Last but not least, this station is designed to target cardiovascular endurance. There will be multiple cones set up in a zig-zag direction, and will require participants to move around the cones as quickly as possible from the initial starting point until the ending point. Participants will maneuver around the cones in different positions. Such as, side to side, backwards and forwards.
- **Waiting stations-** To prevent any station from becoming overcrowded we have set up specific activities in between each station on the obstacle course to keep participants heart rate up and to prevent them from becoming stationary. Some of these activities will include hula hooping for 30 seconds and jump roping before advancing onto the next station.
- **Body composition-** As you may have noticed, we haven't covered one component of fitness which is body composition. In essence, body composition will be targeted in each of our stations. With participants maneuvering through each station as quickly as possible, heart rate will be up and calories are going to be burned.

**Ship to shore-** Other activities we have designed for participants besides our obstacle course are ones you may be familiar with. One popular game we are going to include is ship to shore. In this game, the rules are fairly simple. There are two sides in this game, ship and shore. When the teacher calls out ship, the participants are to get to that side as quickly as possible before the teacher calls shore. At any time of this game, the teacher can call out, swim! With swim, participants will make swimming motions with their arms and feet as if they are treading water. When the teacher calls out drawbridge, participants will make a bridge with their body. To add on to drawbridge, the teacher can call out drawbridge down and up. With drawbridge down, participants will get into the pushup or front plank position. With drawbridge up, participants will get into the high pushup or plank position.

Jonathon Przybylek: jpp14@students.uwf.edu

Chad Eckert: cae20@students.uwf.edu