FITASTIC PHYSICAL EDUCATION ACTIVITIES THAT WILL MAKE YOUR HEART RATE!!!-MELANIE CHAMPION-SHARE THE WEALTH-

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TUG OF WAR: STUDENTS STAND FACING PARTNERS, HOLDING THE HOSE ROPE BETWEEN THEM. ON THE COUNT OF THREE THEY BEGIN TRYING TO PULL THEIR PARTNER OVER THE LINE. THEN, THEY TRY FROM A SITTING POSITION, AND THE THIRD TIME, THEY TRY FROM A KNEELING POSITION.

PUSH UP PUT BACK: PLACE TWO BEAN BAGS ON A BENCH OR CHAIR. THE STUDENTS ASSUME A PUSH UP POSITION IN FRONT OF THE BEAN BAGS. BEGINNING WITH EITHER HAND, PLACE THE BEAN BAG ON THE FLOOR, REPEAT WITH THE OTHER HAND. PUT THE BEAN BAG BACK ON THE CHAIR WITH ONE HAND THEN THE OTHER AND CONTINUE. PARTNERS CHALLENGE EACH FOR THE ALLOTTED TIME TO SEE WHO CAN DO THE MOST OR CHALLENGE THEMSELVES FOR A PERSONAL BEST.

SCOOTER OBSTACLE COURSE: STUDENTS MUST GO THROUGH THE CONES IN A FIGURE 8 FASHION USING ONLY THEIR ARMS. FIRST, THEY GO THROUGH FORWARD; THEN SECOND TIME, BACKWARDS; AND THE THIRD TIME USING THEIR NON-DOMINANT HAND.

DYNA-BAND PULL: PULL THE BANDS AT DIFFERENT DIRECTIONS AND AT DIFFERENT LEVELS USING ARMS AND/OR LEGS—ABOVE THE HEAD, AND BACK, IN FRONT - BE CREATIVE. HAVE PARTNERS CHALLENGE EACH OTHER TO COME UP WITH DIFFERENT WAYS TO WORK OUT WITH THE BANDS.
JUMP ROPE: PRACTICE EACH OF THE FOLLOWING ROPE TRICKS:
ALTERNATE SIDE BY SIDE AND BACKWARDS SIDE BY SIDE. SEE IF YOU CAN PREFORM EACH ONE FIVE TIMES.

THROW/PUSH UPS: PARTNERS FACE EACH OTHER IN KNEELING POSTION. ONE PARTNER TOSSES THE BALL, DROPS DOWN AND DOES A PUSH UP. THE PARTNER CATCHES THE BALL, TOSSES IT BACK AND CONTINUES TO PLAY.

PARTNER PUSH: PARTNERS FACE EACH OTHER STANDING ON THEIR LINE. WITH HANDS IN AN UP POSITION, THEY FALL GENTLY TOWARD ONE ANOTHER; CATCH AND COOPERATIVELY PUSH EACH OTHER INTO AN UPRIGHT POSITION. LOCK HANDS AND SEE HOW FAR THEY CAN WALK APART AND MAINTAIN BALANCE, THEN WALK BACK UP.

WALL PUSH UPS: PLACE TAPE ON THE FLOOR AWAY FROM THE WALL AT THE FOLLOWING INTERVALS —20”—28”—36”. PLAYERS LINE UP WITH HEELS ON FIRST TAPE AND LEAN FORWARD TO TOUCH THEIR NOSE TO THE WALL. HEELS MUST REMAIN ON THE TAPE. THEY PUSH THEMSELVES BACK UP INTO AN UPRIGHT POSITION. REPEAT 10-20 TIMES, ROTATE TO NEXT TAPE. REPEAT.

CRAB BALLOON VOLLEY -DIVIDE CLASS INTO TWO TEAMS. PLACE ON OPPOSITE SIDES OF A LOWERED VOLLEYBALL NET. EACH TEAM BEGINS WITH SIX INFLATED BALLOONS. BALLOONS ARE PUT INTO PLAY BY MEMBERS OF THE BACK LINE. THE OBJECT OF THE GAME IS TO GET ALL TWELVE BALLOONS ON THE OTHER SIDE. THE TEAM WHO DOES SO IS THE WINNER. BALLOONS MAY BE PLAYED BY HANDS OR FEET, BUT TEAM MEMBERS MUST BE IN CRAB WALK POSITION WHEN THEY STRIKE A BALLOON.
OTHER FITNESS CIRCUIT IDEAS

THESE ARE A FEW OF THE EXAMPLES OF SOME INTEGRATED IDEAS I USE OUT OF RECYCLED SCIENCE PROJECT BOARDS. THEY ALL JUST GET THROWN AWAY AFTER THE SCIENCE FAIR IS OVER AND WHEN COVERED WITH BULLETIN BOARD PAPER, THEY CAN BE QUITE USEFUL FOR STATION WORK AND INSTANT ACTIVITIES WHEN YOUR KIDS ENTER THE GYM!!

THEY STAND UP NICELY AND I WRITE TASKS ON THEM FOR SMALL GROUPS OF FIVE TO SIX TO PERFORM WHILE WE ARE ROTATING THROUGH OUR FITNESS CIRCUITS. THE FOLLOWING FOUR EXAMPLES, I USE WITH BIG FOAM DICE. THE KIDS TAKE TURNS ROLLING THE DICE AND PERFORMING WHATEVER THE NUMBER THE ROLL SAYS ON THE SCIENCE PROJECT BOARD AS A GROUP:

**MATH BOARD:** 1= 1 X 12 – 3 X 4 =? COUGAR SHUFFLES

2= 44 – 2 – 2 = ? SIT-UP HEEL LIFTS

3= 3 X 12 – 6 = ? SQUAT TO HEEL RAISES

4= 9 X 4 – 12 X 4 = ? BEAN BAG PUSH UPS

5= 20 – 5 X 2 = ? COUGAR JUMPING JACKS

6= 6 X 7 – 3 = ? JOG IN PLACE

**TEAMWORK BOARD:** 1= GIVE EVERYBODY IN YOUR GROUP A HI-5!

2= DO THE BUMP WITH EVERYBODY IN YOUR GROUP WITH EACH HIP!

3= CREATE THE TEMPLE OF TEAMWORK AND MAKE A CIRCLE WITH YOUR GROUP WITH YOUR
RIGHT HANDS IN THE MIDDLE AND MOVE CLOCKWISE IN 3 COMPLETE CIRCLES QUICKLY WITHOUT COMING APART AS A TEAM!

4= AS A GROUP, FORM A STRAIGHT LINE, AND HOP TOGETHER ON ONE FOOT FORWARD 4 TIMES, PIVOT AND RETURN ON THE OTHER FOOT. YOU MUST WORK TOGETHER AND NOT COME APART!

5= MAKE A SQUARE WITH YOUR GROUP, PARTNER UP AND DOSI DO WITH YOUR OPPOSITE PARTNER 5 TIMES!

6= USING ALL THE MEMBERS OF YOUR GROUP, FORM THE LETTERS P.E. - DON’T FORGET TO PUNTUATE!!!

**DANCE BOARD:** FOR THIS BOARD I HAVE AN OLD DICE THAT I COVERED THE NUMBERS WITH COLORED PAPER SO IT HAS COLORS INSTEAD OF NUMBERS JUST FOR A DIFFERENT VARIATION.

**WHITE**= CHA CHA- FRONT AND BACK FOR 8 COUNTS

**YELLOW**= DIAGONAL SLIDE RIGHT 2 TIMES AND LEFT 2 TIMES

**GREEN**=GRAPEVINE RIGHT AND LEFT 2 TIMES

**BLACK**=PIVOT TURN RIGHT-LEFT-RIGHT-LEFT-2 TIMES

**PINK**=SIDE STEP RIGHT 2 TIMES AND LEFT 2 TIMES
BLUE=“SHAKE IT FAST” ANYWAY YOU WANT! 8 COUNTS

**JUMP ROPE BOARD:** 1= PICK YOUR FAVORITE 2 WHITE CLUB TRICKS AND SHOW IT OFF 5 TIMES TO YOUR GROUP!

2= FIND A PARTNER AND SWITCH HANDLES OF YOUR ROPE AND TRY TO JUMP ANYWAY YOU CAN 5 TIMES!

3= GET WITH TWO OTHER PEOPLE IN YOUR GROUP FOR A TOTAL OF THREE AND DO “TRAVELING MAN” WITH THREE PEOPLE!! MAKE SURE EVERYBODY GETS A TURN!!!

4= CAN YOU DO 4 DOUBLE UNDERS WITHOUT MISSING – YOU CAN JUMP IN BETWEEN IF YOU NEED TO!!

5= PICK YOUR FAVORITE BLUE CLUB TRICK AND SHOW IT OFF 5 TIMES TO YOUR GROUP!!!

6= CAN YOU DO 6 CROSSIES WITHOUT MISSING SINGLE OR DOUBLE BOUNCE – YOUR CHOICE!!!

USING THE SCIENCE FAIR BOARDS HAVE ENDLESS POSSIBILITIES FOR YOU TO USE FOR ANY TASKS, FROM FITNESS IDEAS, SKILL ACTIVITIES TO EVEN RUBRICS FOR ASSESSMENT IDEAS. THEY CAN ALWAYS BE COVERED AND REUSED OVER AND OVER AGAIN! SO THIS YEAR ASK YOUR SCIENCE TEACHERS TO SAVE YOU SOME OF THE SCIENCE FAIR BOARDS WHEN THE SCIENCE FAIR IS ALL OVER AND START A NEW CIRCUIT EVERY MARKING PERIOD.

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