

**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= $1 \times 12 - 3 \times 4 = ?$ COUGAR SHUFFLES

2= $44 - 2 - 2 = ?$ SIT-UP HEEL LIFTS

3= $3 \times 12 - 6 = ?$ SQUAT TO HEEL RAISES

4= $9 \times 4 - 12 \times 4 = ?$ BEAN BAG PUSH UPS

5= $20 - 5 \times 2 = ?$ COUGAR JUMPING JACKS

6= $6 \times 7 - 3 = ?$ 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
PUNCTUATE!!!

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.

Melanie Champion -South Brunswick Middle School –

Cham@bcswan.net – 100 Cougar Drive –Southport, NC 28461