

RACING TO THE FITNESS LINE.....NASCAR MEETS FITNESSGRAM

Standards: NASPE 1, 4, 5, and 6

Materials: 6 cones, 6 poly-spots, 6 single dice, 6 toy racecars, 32' track carpet (or area)

Space: A large activity area is needed to accommodate the track and six, team, fitness activities.

Participants: 18 – 36

Directions:

1. Each team selects a racecar and takes on the # of the car.
2. Each team has a DRIVER, a CREW CHIEF, and CREW MEMBERS for each race.
3. The CREW CHIEF throws the dice to get a number, which corresponds to the type and amount of Fitnessgram (or other) activity that the CREW must perform in order to advance their car. (Ex: Dice shows 4 dots = times 10 = 40 jumping jacks, curl ups, etc.)
4. As each set of activities are completed by the team, the DRIVER is allowed to advance their car the number of car lengths displayed on the dice.
5. This method continues until a team racecar wins the race, and rotation of DRIVERS, CREW CHIEF, and CREW MEMBERS prepare for the beginning of another race.

