

Functional Creative Fitness...Keep it Fresh/Make it Fun

The following fitness activities are either collected, made up, or student suggested, with the goal of making fitness fun, unusual, and effective in their randomness! The more variations that we can include, the more body parts that we use, and the more creative and random the exercises...the more fun, functional, and life fit we should be! Many websites/programs/DVD's/Infomercials are going in this direction; and the results speak for themselves! Our favorite site is CrossFit, and we have been using many of their ideas for students and teachers. Remember...anything can be adapted to your teaching style and the level of the students! Modify everything to fit your students, and scale down (or up) the repetitions, movements, or intensity of the workload to make it challenging but attainable for all! FUN!

1. Wall Sit and Jump – Do a 30 second wall sit, followed by 30 seconds of jump rope (we aim for 5 mins.)
2. Partner Pyramid – Using any exercise...partner does 1 rep, I do 2 reps, partner 3 reps, me 4, etc.
3. 1, 2, 3, 4, 5 – Use this format for any combination of exercises...we do...1 superman, 2 push-ups, 3 sit-ups, 4 burpees, 5 squats. Do as many rounds as possible in the designated time (called an AMRAP).
4. 5, 10, 15 – 5 of an exercise, 10 of another, 15 of another...try 5 sit-ups, 10 mountain climbers, and 15 jump ropes...or the advanced adult “original” ...5 pull-ups, 10 push-ups, 15 squats...ouch! (called Cindy).
5. Tabatas – 20 seconds hard work, 10 seconds rest (8 times) followed by 1 minute rest (5 minutes total)...try it with running, jump rope, squats, push-ups (brutal), burpees (nasty), mountain climbers, Roman salute push-ups, punching bag, etc.
6. Turn 180 Degrees – Do an exercise then immediately turn 180 degrees and do it again...back and forth as fast as possible (squat jump, push-up staying in position, sit-up with a “butt spin”, squat, etc.). This can also be done with 2 different exercises...example, sit-up facing one wall, squat facing the other wall.
7. Death By Ten Meters – In the first minute run 10 meters (then rest for the remainder of the time), second minute run 10m twice, 3rd min. 10m 3 times...how long can you survive?
- 7a. Death By Any Exercise – Using the same format from above...do one push-up in the first minute, 2 in the second minute and so on...easy in the beginning...not so easy after 10 minutes...but fun competition!
8. Partner B-Ball Lines – Using a run to the foul line and back... mid-court and back...far foul line and back...end line and back (used to be called “suicides” back in the day)...add an exercise to each line touched (split jumps, sit-ups, Spiderman, burpees...nasty, jumping Jack/Jill, 360 jump, etc.). Once the first partner completes the set of lines, the 2nd partner goes and there is a rest for the first person.
9. Jump Rope Pyramid Run – Beginning on the side line of a Basketball court, jump one time and carry the rope across to the opposite side for 2 jumps, return for 3 jumps. How many jumps can you get in 2 minutes (or 4 minutes, or more)?
10. Burpee Run – Run around the basketball court and do a burpee in every corner!

11. Fitness Lines – Set up fitness activities in lines across the gym with groups of students starting at each line. Everyone begins at the same time and performs their exercise for 45 seconds; they then have 15 seconds to move up to the next line/exercise. When you get to the end line, you sprint back to the first line and continue. Lines might be...planks, seated oblique twists, crab kicks, mule kicks, ski jumps, jump rope, push-ups, sit-ups, split jumps, squats, Roman salute push-ups, crab position foot slaps, etc.

12. Double Die Fitness – Post 6 exercises numbered 1 through 6 on a wipe-off board...then everyone rolls 2 dice, one white, and the second any other color. The white dice will tell you the exercise from the list, the colored one the number of repetitions. How many rolls in 3 minutes?

13. Fitness Take Off – Line up 10 sets of hoops with an exercise posted between hoops 2 through 9. The first pair of hoops is for the rock paper scissors shoot out. The R/P/S winner moves to hoop 2 and begins that exercise, while the next person in that line moves up to the rock, paper, scissors hoop “shoot out”. Again the winner moves up...bumping the line in front of them forward. Eventually, everyone will move through all 10 hoops/exercises on their side and then go back in line.

14. 2 at a Time – Take any 2 exercises and go back and forth (individual or with a partner) as quickly as possible. Examples – 10 Jumping Jacks, 2 Burpees...2 push-ups, 4 crab slaps...2 plank-ups, 4 squats...4 wall sit kicks (careful when you say that one), 6 wall sit oblique rotation touches...1 push-up, 1 sit-up...10 ski jumps, 10 cross country ski jumps...

15. Fitness Grid – Spread this out as big as you can make it in your space...it works well with large groups! Set up 36 Poly spots or cones in a large grid (6 spots per side then fill in the rest of the grid). Place an exercise under each spot (36 different ones, or the same 6 in each line...takes a little organizing). Students start anywhere around the outside of the grid and roll a double die (or two different colored dice). One die will tell you how many spots to move up in the grid (and what exercise to do at that labeled spot). The second die tells the number of repetitions. When finished the student runs to the opposite line. There can be as many as 24 or more students active at a time.

16. 3 Person Fitness Relay – Two students start on one side of the floor and the third is on the other side. The first person runs into the middle, does a fitness exercise (4 crab kicks, or 3 burpees, or 3 squat jumps, etc.), then continues across to the other side, slaps palms with the next...and away they go!

17. Partner Challenges – Who can hold a plank the longest? Who can wall sit longest? Who can do the most ski jumps in a minute? Who is the push-up king/queen? Who can bear walk across the floor fastest? Who can get the most jumps (jump rope) in one minute? Most squats in a minute?

18. Fitness Wave – Pass a movement/exercise around a circle in a wave. An example would be...everyone lying down and one person sits-up. As the first person is going down the next person sits-up and the exercise continues to move around the circle as fast as possible. Try push-ups, squats, etc.

19. Crazy 8 – Two people (enders) stand 10 to 20 feet apart, with the runner in the middle. On “go” the middle person runs in an 8 pattern around the enders for 1 minute. Each time the runner goes around an ender they must perform a squat (or squat jump). Switch fast and go for another minute...

20. Fit Slips – Place slips of paper with fitness activities on them in buckets around the outside of the floor (a different colored set in each bucket). Students go to a bucket, pull a slip, and do the activity. When finished the slip of paper is placed in the bin (middle of the floor). If they do not know what the slip means, they ask the teacher, who will demonstrate it for them. That student then becomes the “expert” and will be the go to person the next time someone asks the teacher...“How do you do this”?

21. Fitness Assignments – When students enter class they pick a paper from one of the piles and complete the listed tasks. I put 10 to 15 fitness tasks on each set of papers, and usually include one set with specific skill work (basketball skills as an example) on them. When completed the student will get a new sheet and return the one they had. This is a great activity for the substitute!

22. I Go, You Go – I will do a push-up, and then you do one. This will continue for one minute. We go back and forth until the minute is up, and then it is your turn to pick the exercise and lead.

23. Meet in the Middle – Partners begin on the side lines of a basketball court and run to meet each other in the middle for an exercise break. Every back and forth run will add one repetition to the exercise. After one minute is completed, the exercise is changed and the repetitions begin at one again.

24. Orient the Square (Fitness Style) – The group creates a square (box) around the middle person (teacher preferably). When the middle person moves the box must re-form around that middle person in the exact same orientation as the first time. Fitness Style means that not only does each person get to their spot, but they also must do the exercise that the middle person is doing (or calls out).

25. Fitness Test/Goal Setting – Give students a paper with multiple exercises listed on it and have them record their best time, or repetitions, or distance, etc. for each. Then have them commit to improving their score on at least one exercise in the next two weeks. Have them set a (realistic) goal for themselves and see how they do.

26. Beat It By One! – How many sit-ups can you do in 1 minute? If the score/answer is 21, by the next class you must do 22, and the next class you must get 23 done! Homework may be needed!

27. Burpee Jump – Do 10 (or 20) jump ropes and 2 (or 4) burpees...how many reps in 2 (or 4, 5) minutes?

28. Touchdown (Race) – Do 50 reps of an exercise, then 40 reps of a new exercise, then 30 reps/new exercise, 20 reps/new exercise, 10 reps/new exercise...touchdown! Example; 50 Jumping Jacks, 40 Squats, 30 Bird Dogs, 20 Crab Foot Slaps, 10 Plank-ups...TOUCHDOWN (this can be a fun race)!

29. Squat Sprint – Do 30 seconds of Squats then sprint 10 to 20 meters...immediately begin again!

30. Mountain Climber Crawl – Do 5 Mountain Climbers (R, L, R, L = one) then Bear crawl 5 meters and continue with Mountain Climbers. This can also be done as a countdown workout...do 6 Mountain Climbers and Bear Walk 5 meters, then 5 M C's and Bear Walk 5 meters, then 4, 3, 2, 1 (fun race)!

31. Partner Dice Scramble – One partner rolls a large foam die anywhere in the room. The other partner runs to it and does that many exercises (ex. Push-ups), then throws the die somewhere else for the other partner to chase. Use the die as a touch point for the push-up.

Chip Candy...chcpe@juno.com...856-596-4505