

SUPER HERO FITNESS

Zone One: The Teenage Turtles need good agility. Agility is the ability to change directions quickly.

Shuttle Run > Teacher test - Zig Zag run –

Zone Two: Spiderman needs good balance. Balance is the ability to keep the body steady position while moving or standing.

Balance Beam (Balance Boards) – Balance the noodle – High steppers

Zone Three: Batman – Coordination is the ability of parts to work together when you perform an activity.

Chinese jump rope – Jump hurdles – long jump

Zone Four: Captain America – Reaction Time – How fast do you react to a stimulus?

Reaction Sticks – Reaction Grab –

Zone Five: Flash – Speed is the ability to move all or part of the body quickly.

How fast can you run to the cone? – How fast can you stack the cups? – How fast can you jump the rope?

Zone Six: Ironman – The ability to deliver a force with speed and strength.

Push – up Pull-ups Sit-ups

BAT MAN TAG: 6-8 yellow hoops that represent the “bat cave”. 4-5 students with yellow yarn balls are the taggers. On “go” students move around the space trying not to get tagged. If you step into a “bat cave” you cannot get tagged. However, if another student steps in, you must immediately step out into the game. If you get tagged you go to the designated area to do 10 jumping jacks or some other exercise. Then, you can re-enter the game. Repeat to give others a chance to be the taggers.

SUPER HERO I SPY: Divide class into 6 different relays and use 5 different super hero items to hide. We used spider man erasers, bat man plastic toy, hulk puzzle pieces, captain America skate board toy, Thor puzzle piece, ninja turtle toys. Place on item under each cone and spread them out in designated area. Have one of each item on the cone so the kids know what they are looking for. On the signal one student at a time runs out and looks under the cone. They must be very careful not to show the other teams what they see. If it’s the object they are looking for they tip the cone over and bring it back. If it is not, they leave it under the cone and tag the next person to go and look under a different cone.

