

Fast and Furious Fitness

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Entering the gym – running, dynamic movements, take advantage to compliment (maybe students needing “extra” attention – catch them being good), full body warm up, review/preview that day’s focus.

MusicWorkout app-best timing app ever! Set your intervals for working and rest; can be silent on rest or beep to rest/change activity; add your own music in from your library.

Partner exercises-posters on the walls; in general 10 reps per exercise; you can use 2 walls or 4 walls; still gives you an “attendance option”; stay at a poster about 1 ½ minutes then you can run and rotate; use Music Workout app to time.

7 Up Warm Up-outfit the number and set up to work with your gym; each line has an exercise to perform; you bump up a line after 30-40 seconds; last line has to sprint down the sides to get spot back at the first line; best with grades 3-5; use Music Workout app to help; still gives you an attendance option.

Partner Dice Relay-line hoops up in middle of gym. One die per hoop. Make one side “odd” and other “even”. One student rolls. If number matches your side, you get to run around cone. If it doesn’t match your side, you run, but stop to do 10 of an exercise listed on board. Continuous play and partners can change hoops where they play. Add a math component by having students use 2 dice and add or multiply the numbers.

Fitness partners -students work in partners around perimeter of floor; post WOD (3-4 exercises) on white boards in middle gym; one person jogs on the “track” while the other performs first exercise; then switch jobs after 30 seconds; work through all exercises taking turns; use Music Workout app for timing/music.

Fitness Team Relay -students in groups of 3-4 around perimeter of floor; post WOD (1 exercise for each team member) in middle; first person is “runner” (first job) and rest of team divides rest of WOD; first runner wears wristband for ENTIRE ACTIVITY; after runner completes their lap, bump jobs down the line (1-2, 2-3, 3-4,-4-1); when the person with the wristband gets back to running again they get a cone (point) from teacher; teams can lose points for teammates not moving.

Fitness Baseball-students can start at “home” or split them into groups at the four bases. There is a task to perform at each base and a method of travel to each base. Upon completion of task at “home” students call out team and “one” and continue to go around the bases. Do 2 three minute rounds. Assess penalties for not hitting benchmarks or not completing tasks.