

Learning to Move & Moving to Learn

Cathryn Bass - Center Valley Elementary PE Specialist

cathryn.bass@russeilleschools.net

Tootsie Roll

-Divide students into groups. Each group will have a bucket and a dice. Students will take turns rolling the dice, read it and complete that many exercises as a team. Once the exercise has been complete, one student will run to get a popsicle stick while the other students plank. Repeat.

-Use FitSpots and one number dice

-Use one dice and write exercises on a board that correspond with a number. When they roll the dice, students perform the exercise that many times.

Teaching cues: roll, exercise, stick.

Equipment: bean bag dice, FitSpots, white board

Bean Bag Buckets

-Partners: One person gets a bucket while the other person gets a beanbag. You can toss, throw or shoot the bean bag and the person with the bucket is trying to catch the beanbag. Switch. If both toss and catch, then they get to take a step back. When the bean bag is dropped, both students exercises 5 times. Then continue.

Teaching cues: toss, catch, switch or exercise

Equipment: bean bags, buckets

Ladder Workout

-Perform a series of exercises or skills in order 5 times, 4 times, 3 times, etc. until complete. When complete, ring the bell then walk and stretch.

- Ladder
- Superman
- Jump Rope
- PE Push-ups
- Hula Hoop

Teaching cues: perform every exercises 5 times, 4 times, 3 times,

Equipment: hula hoops, ladder, jump ropes

Animal Fr enzy

-Groups of 3: Tossers, catcher, exerciser. One person tosses the animal to the catcher (toss, throw, shoot, sling). The catcher tries to catch the animal all while the exerciser is performing their favorite exercise. Rotation: The tosser goes to catch, the catcher runs to exerciser and the exerciser becomes the tosser. The catcher takes the animal and hands it to the new tosser before exercising.

-catcher can face away and turn around with a code word, tosser can face away while tossing, etc

Teaching cues: toss, catch, exercise

Equipment: animals (frogs, fish, etc)

When Figs Fly

Groups of 3: a tosser and 2 partners working together to catch the animal with a parachute. The tosser gets a rubber pig and stands on one side of the gym while the partners with the parachute stand on the other side of the gym. You may toss or throw the animal to the parachute and partners must try and catch the animal. Double points if the parachute partners can work together to toss the animal from the parachute back to the tosser and they catch the animal. Rotate who gets to toss and who catches.

Teaching cues: toss, catch, rotate

Equipment: Rubber animals, partner parachutes

Dance

- All time Favs - Chicken Dance, Limbo, Cha Cha Slide, Train, Apache
- Dance off expectations: 1) students must be moving the whole routine, 2) routine must be at least 1 minute in length, 3) students must perform a grapevine.
- End class with free style dancing (it lets kids express themselves and get comfortable/creative)

Ding!

Partners will work on overhand throwing. After 5 catches, the partners will continue to the next round. Once all rounds have been completed, each partner gets to ding the bell

(Ding!) Start back at the beginning and see how far you can get.

- Dominant hand
- Nondominant hand
- Kneeling
- Bottom Balance
- Create Your Own

Teaching cues: Catch 5, ding and next

Equipment: footballs, bell (frisbees)

12 Days of Fitness

Write out 12 exercises for the students to perform. For the younger ones, sing the song and everyone performs the exercises together. For older students, see who can finish or how far the kiddos can get in a class period.

1 - Jog a lap, 2 - Burpees , 3 - Squats, 4 - Curl-ups , 5 - Pretend Jump Ropes , 6 - Lunges , 7 - Hula Hoops, 8 - CrossFit Push-ups, 9 - Leg Lifts, 10 - Windmills, 11 - Leaps over lines, 12 - second Wall-sit

Teaching cues: start at 1, exercise. Then perform #2 and #1. Continue adding exercises each round.

Equipment: none needed

Fitness Baseball

Students have two jobs: run the bases and exercise. Have students pretend to hit before running the bases. After touching home, students will run to the pitcher's mound (middle of the play area) and choose an exercise from the FitSpots. Perform the exercise the specified numbers of times and then get back in line to hit and run the bases again.

K-2 specific # - for example 5 or 7 - 3 & up - roll dice for # of times to perform exercise.

Teaching cues: run then exercise. Or run, roll, exercise.

Equipment: bases, FitSpots, dice if you want

Hungry Crabs

Partners gather together at a poly spot on the boundary line on either side of the gym with bean bags spread out in the middle of the gym. One partner will perform a crab walk to the middle of the gym, retrieve one bean bag and crab walk back. The other partner will exercise (exercise or dance, but they must be moving) until their partner

gets back. Switch roles. Continue until all bean bags are gone. Count bean bags and exercise that many times before returning bean bags to the middle of the gym and play again with a different animal movement.

-Crab Walk, Bear Crawl, Alligator or army crawl, duck walk, kangaroo,

Teaching cues: one bean bag, partner must be moving

Equipment: poly spots and bean bags

Crazy Eight s

Divide students into groups. Each group will have a deck of cards. Students will draw a deck of cards and perform the exercise specific to the suit 8 times. (example: hearts = high knees. Draw an Ace of Hearts, perform 8 high knees. After exercising, student will retrieve a bracelet, place the card face down on the bottom of the card pile and draw from the top. Game can be played team versus team, individuals versus individuals, etc.

Teaching cues: draw, exercise, bracelet,

Equipment: decks of playing cards, arm candy bracelets

Obstacle Course

Ninja Warrior / Spartan Race

-Create an obstacle course that is challenging but the students can complete multiple times. Then give them incentives if they finish so many times.

-Outside example: use playground equipment. Jog a lap on the track, go up the ladder and down one slide, across the monkey bars, zig zag in and out of the swings, through the Kindergarten castle and up the over the blue wall.

Teaching cues: draw a map and/or write out the directions on a piece of paper and let each group have one.

Equipment: playground

-Inside example: jog a lap, roll down the mat (forward or log), bear crawl around the cone, ball surf across the line (and roll it back), run & jump to touch the wall, Cartwheel or round off over the mats (stacked and flat), plank walk to the cone and pretend jump rope to the end.

*get a bracelet and repeat. See how many bracelets you can get in a class period.

*good for testing days.

Teaching cues: have arrows on the floor (arrow spots or tape) for students to follow

Equipment: cones, mats, tape for lines, bracelets

12 Days of Fitness

- 1 - Jog a lap
- 2 - Burpees
- 3 - Squats
- 4 - Curl-ups
- 5 - Jump Ropes
- 6 - Lunges
- 7 - Hula Hoops
- 8 - Cross-Fit Push-ups
- 9 - Leg Lifts
- 10 - Windmills
- 11 - Leaps over lines
- 12 - Second Wall-sit