

### **Follow Your Partner**

**Objective:** Aerobic endurance; cooperation; locomotor movements.

**Equipment:** Music

**How to play:** The children form pairs. One child is designated the "leader" and the other child is the "follower." When the music begins, the leader moves around the area using different locomotor movements as the other child follows, imitating the movements of the leader. The leader changes locomotor movements and/or directions whenever he/she chooses. The follower must do the same. After a short period, the partners switch roles and continue.

### **Hoop Warm-up**

**Objective:** Aerobic endurance; flexibility; agility.

**Equipment:** 20-30 hoops; music.

**How to play:** Spread the hoops out randomly around the area. The children are scattered around the area as well. When the music begins, the children move around the area and perform the following tasks:

1. Move around the area without touching any hoops.
2. Step inside as many hoops as possible with one foot; two feet at the same time; one foot than the other.
3. Touch inside as many hoops as possible with: one hand; two hands; one hand & one foot; two hands & two feet; one hand & two feet; one elbow; two elbows; one knee; two knees; one elbow & one knee; your buttocks; two elbows; two knees; two knees & two hands; etc.
4. Jump inside a hoop, lift it up and over your head, and then place it back on the floor.
5. Put your hand inside a hoop and run one time around the outside of the hoop.
6. Jump in and out of each hoop two times then move on to another hoop.
7. Do everything above with a partner.
8. Do everything above while dribbling a ball.
9. Make up your own movements as you move around the hoops.
10. Be creative...the list is endless!

### **Pass & Chase**

**Objective:** Tossing & catching; cooperation; aerobic endurance; agility.

**Equipment:** One soft (foam-type) ball for every two players; music.

**How to play:** The children form pairs. Each pair has a ball. The game begins with the partners tossing the ball back and forth to each other. When the music begins, the tag game begins. The partner with the ball is "IT" and must tag the partner with the ball (no throwing). Once a successful tag is made, the "tagger" simply drops the ball on the ground and quickly gets away from their partner. The partner now must pick up the ball and chase the other partner, attempting to tag him/her. This continues until the music goes off. The music going off is the signal to begin tossing and catching again. When the music comes back on, another tag game begins.

**Variation:** Instead of just tossing the ball back and forth, the players can roll the ball back and forth from push-up position; kick it back and forth from crab position; or toss it after performing a sit-up.

### **Spot Jumping**

**Objective:** Aerobic endurance; agility; muscular strength & endurance.

**Equipment:** 20-30 poly spots; music.

**How to play:** Scatter the poly spots randomly around the area. Everyone starts by standing on a poly spot. When the music begins, the children move randomly around the area using a designated locomotor movement. When the music stops, everyone stops on a spot (any spot, not necessarily the one you started on). The teacher then announces a jumping task for the children to perform. After 10-30 seconds the music begins again and the children move around the area again. When the music stops a new jumping task is given.

**Sample jumping tasks:** Jump on and off with both feet; one foot; or alternating feet. Jump over the spot side to side or forwards and backwards. Straddle the spot and jump on by bringing your feet together and off by spreading your feet apart.

### **Crazy Sprints**

**Objective:** Interval training; aerobic endurance; problem-solving.

**Equipment:** "Crazy Sprint picture cards" (these pictures depict an invisible wall that the runners must pass over, under, around, or through when they cross the middle of the gym).

**How to play:** Divide the runners into three groups (Rockets, Roadrunners, & Rabbits). The runners stand at one end of the gym. The teacher stands in the middle with the picture cards. When each group is called they sprint to the other end of the gym, attempting to move over, under, around, or through the imaginary wall shown on the picture card.

### **Exercise Task Card\***

**Objective:** Muscular strength & endurance; aerobic endurance; flexibility.

**Equipment:** One set of 32 "Exercise Task Cards" (these cards have five different exercises written on each one).

**How to play:** Each child receives a card and performs the exercises on the card. They can be required to do anywhere from one to all five of the exercises. Once the task is completed, a child simply switches cards with another child and continues.

### **Fitness Cards\***

**Objective:** Muscular strength & endurance; aerobic endurance; flexibility.

**Equipment:** Four "Fitness Cards" with exercises listed on them; one deck of standard playing cards; 15-20 cones.

**How to play:** The cones are placed on the floor in a large oval. The four "Fitness Cards" are placed around the perimeter of the oval (one on each side and one on each end). The playing cards are scattered face down in the center of the oval. Each child goes to the center and flips over a playing card. He/she then goes to the matching "Fitness Card" and performs the exercise on the card that corresponds with the number on the playing card that was flipped over. After completing the exercise, the child continues by returning to the center to flip over a new card.

### **Fitness Grid\***

**Objective:** Muscular strength & endurance; aerobic endurance; flexibility.

**Equipment:** Fitness Grid game board (This board has 36 squares on it, numbered 1-6 on the top and side. An exercise is written in each of the 36 squares.); one pair of dice.

**How to play:** Two children are chosen to roll the dice. The two numbers rolled are used to find an exercise on the grid by going across and down the grid to see where they meet. The group then performs the designated exercise, rolls the dice again and continues.

### **Fitnopoly\***

**Objective:** Muscular strength & endurance; aerobic endurance; flexibility.

**Equipment:** Fitnopoly game board (This board has 20-30 continuous spaces on it with an exercise written in each space); one die; one game piece.

**How to play:** One child rolls the die. The game piece is then moved along the board corresponding with the number rolled on the die. The group then performs the exercise written on the space the game piece lands on. After completing the exercise, another child rolls the die, and the group continues.

### **Muscle Match**

**Objective:** Flexibility; muscle name and location.

**Equipment:** Muscle Match cards.

**How to play:** The children form groups of three. Each group receives a set of "Muscle Match" cards which depict a picture of a muscle and picture of a flexibility exercise to stretch the muscle.

The group matches each muscle with its flexibility exercise. After all the matches are made the group does each of the flexibility exercises one at a time.

### **Secret Exercises\***

**Objective:** Muscular strength & endurance; aerobic endurance; flexibility.

**Equipment:** One set of 40 Secret Exercise cards.

**How to play:** Place the Secret Exercise cards face down in the center of the area. After a short 20-30 second jog around the area, one child is selected to come to the center and turn over a card. After the card is turned over the entire group performs the exercise on the card. The group then jogs for 20-30 seconds and another child is chosen to turn over the next card.

**\* These five activities are part of Curt Hinson's Fitness Activity Kit. To purchase a kit, call PlayFit Education Inc. toll-free at 1-888-217-9131. The cost is \$75 plus \$7.95 for shipping.**