

PHYSICAL FITNESS CIRCUIT

Name of Activity: PHYSICAL FITNESS TEST PREP CIRCUIT

Grade Levels: 4th-9th

Equipment: cones, mats, flashcards, ruler, pacer music cd, stereo, stop watch

Activity Space: the whole room

Objective: improve health related fitness, be able to accept new challenges, and prepare students for state Physical Fitness Test

Stations:

1. Aerobic capacity: Run in place for 5 minutes run/jog/walk
2. Abdominal strength: Curl Ups
3. Trunk strength & flexibility: Trunk Lift
4. Upper body strength: Push Ups
5. Flexibility: Sit and Reach

Directions

1. Create the circuit by placing cones around the perimeter with at least 15 feet between stations (the greater the distance, the more aerobic the activity is).
2. Place needed equipment at each station. Disburse students equally among stations.
3. Put 2 fitness skill cards on each cone. Each cone will focus on body composition, muscular strength and endurance. Students will perform the specific tasks according to what is written on the flashcards placed on the cones.
4. Pacer music will be played in the back ground, to keep the students active and engaged while moving in a focused manner at the same time.
5. Use a timer as an indicator to let students know when to move from station to station.
6. When students have completed all the stations, have them cool down with light stretches. Last but not least, be sure to make the circuit fun and creative, to keep the kids engaged and excited about the state Physical Fitness Test.

PICK UP DROP OFF



Name of Activity: PICK UP DROP OFF

Suggested Grade Levels: K-6

Equipment: 4 pairs of shoes, a basket (laundry basket, trash can, or grocery bag), feel free to use any type of basket, rolled up socks or balled up paper, book, and phone or watch.

Activity Space: small space

Objective: locomotor skills, eye coordination, and cardio

Directions:

1. Set your shoes different sizes apart and place shoes in a horizontal line.
2. Place your balled up paper/rolled up sock next to your starting line, which will be where the book is placed.
3. Stand on the side of the horizontal line.
4. When the parent or sibling informs you to go pick up your item, shuffle sideways with your feet and throw the item in the basket.
5. Run back to the starting line and repeat this movement until all items are placed in the basket.
6. Stop the time with your phone or watch. Do this exercise several times. The goal is to beat your fastest time than what you did before.



COLOR POP SQUAT



Name of Activity: COLOR POP SQUAT

Suggested Grade Levels: K-6

Equipment: paper, 4-6 crayon colors, 4-6 canned goods

Activity Space: small space

Objective: flexibility and eye coordination

Directions:

1. Place cans 2 feet apart from one another.
2. Color the piece of paper your colors of choice.
3. Place one colored paper on each of the cans, and tape them down.
4. Students will assume the squat position and when parent or sibling calls a specific color, the student will proceed to pop, squat, and tap that color. Student must stay in a squat position the entire time until he/she can no longer assume the position.
5. Parent or sibling will keep count of how many times he/she has tapped a correct color.

FOUR COLORS



Name of Activity: FOUR COLORS

Suggested Grade Levels: K-6

Equipment: 4 canned goods, 4 pieces of paper, 4 crayon colors, tape, and watch or phone for time.

Activity Space: small space

Objective: locomotor skills and eye coordination

Directions:

1. Make a square (about 4-5 feet long each side/length) using four canned goods. Color four pieces of paper in four different colors.
2. Tape one of the papers and place it on top of each can.
3. Place a piece of tape in the middle of the square so the student knows where to stand and go back to when they're restarting.
4. Student will stand in the middle of the square.
5. When parent or sibling says go, they will start the clock and then he/she will yell out to the student which color to jump to.
6. Student will jump to that color, and then, proceed to jump back to the middle and wait to hear another color call.
7. Repeat this process for 2 minutes and then stop.



HIDE GO SEEK

Name of Activity: HIDE AND GO SEEK

Suggested Grade Levels: K-6

Equipment: small object to hide (rolled up sock, pen, etc.)

Activity Space: living room or anywhere throughout the house

Objective: cardio and critical thinking skills

Directions:

1. Start with everyone in a set area putting their heads down and closing their eyes.
2. One person will take the object and hide it in plain eyesight, somewhere in the room. The seekers shouldn't need to touch, rearrange, or open anything in the room to find the object.
3. Once the object is hidden, the hider can return to the starting area and let everyone know they can begin searching. The goal of the game is to find the hidden object as fast as you can and keep it a secret from other players.
4. When you find the object, don't give away its location; don't point at it nor pick up the object. Simply make your way back to the starting area. Then, once you are back at the starting area, say "Hide and Go Seek!"
5. Keep playing until everyone has found the object.
6. Choose someone new to hide the object. Make sure everyone gets a chance to hide it! How quickly can you find it?



SILENT JAGUAR



Name of Activity: SILENT JAGUAR

Suggested Grade Levels: K-6

Equipment: a pair of low top shoes, a pair of boots or 2 tall objects, a finish line, and a ball of some sort

Activity Space: 7-8 yards of space

Objective: cardio

Directions:

1. When setting everything up, place it in a straight line. One low top shoe should be 3 yards from starting line, and next low top shoe should be placed half a yard in front of the first one.
2. Boots or tall items should be 1 yard ahead, and place them next to each other (as if you're wearing them) with half a yard space between the second low top shoe.
3. Ball should be placed 1/2 half a yard on the line, in front of tall items.
4. Stand as straight up and rigged as possible.
5. Like a jaguar hunting, start going down to the ground slowly with legs stiff as a stick but curling upper body down, like a forward bridge. Try to hold your hands on your ankles for 5 seconds with legs still in a rigged position.
6. Jump down to the ground in an extended push up position.
7. Jump, don't walk with your legs, into a frog squat position. Hold 3 seconds.
8. Snap back into an extended push up position. Hold 3 seconds.
9. Then jump up and try to land in front of first low top shoe.
10. Jump again! High in the air like a jaguar hunting a bird, and land in front of second low top shoe.
11. The bird escaped your grasp; so, jump again! Land outside, jump inside, then outside again!
12. Pounce into a push up position with your forehead on ball as if you're chasing a caveman, who has taken your bird. Push underwater (ball roll) through the water (stay steady in extended push up position) and control with your neck the steadiness of the ball on your forehead.
13. After reaching finish line, in a steady manner rewind with your bird (ball) back in front of tall object.

DANCING DEAD FISH



Name of Activity: ROCK-PAPER-SCISSORS STRETCH OUT

Suggested Grade Levels: K-6

Equipment: none

Activity Space: enough space to stretch out legs

Objective: mobility

Pre Directions: Prior to starting, make sure everyone knows how to play Rock, Paper, Scissors! Rock - make a fist with your hand. This is more successful than Scissors. Paper - hold your hand out flat. This is more successful than Rock. Scissors - make a scissor shape with your first two fingers. This is more successful than Paper. To play, chant "Rock Paper Scissors Go!" while gently placing a closed fist on your open palm. On "Go," reveal your choice of Rock, Paper, or Scissors.

Directions:

1. The objective of the game is to stay balanced without falling over. Try to stay balanced longer than your partner! Start out by facing your partner.
2. Play a game of Rock, Paper, Scissors. Each time you win a game of Rock, Paper, Scissors, stay where you are--you don't need to move your feet!
3. Each time you lose a game of Rock, Paper, Scissors, stretch out by one foot length backwards. One way to do this is to simply take a step back with one foot back, keeping your front foot in the same spot. Each time you lose a game, your back foot goes further back and your front foot stays in the same place! To more precisely stretch out the same distance each time, try this: swing your front foot behind your back foot and touch your toe to your heel. Leave that foot there and slide your new front foot up to your partner's toes.
4. Keep playing Rock Paper Scissors and stretching out after each round! The game goes until someone falls over, holds onto something for balance or can't stretch any further.