

# Fun & Fitness

## Putting the Puzzle Together



Sheri Brock, Ph.D.  
Auburn University  
Auburn, Alabama  
[brocksj@auburn.edu](mailto:brocksj@auburn.edu)

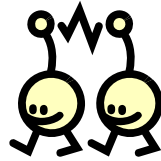
Gina Pucci, CAPE  
Cecil County Public Schools  
Perryville, Maryland  
[gpucci@ccps.org](mailto:gpucci@ccps.org)

Robin Thornburg, M.Ed.  
Smiths Station Intermediate  
Smiths Station, Alabama  
[thornburg.rob@lee.k12.al.us](mailto:thornburg.rob@lee.k12.al.us)

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## TWO BY TWO FITNESS INSTANT ACTIVITY



**Purpose:** This quick and easy instant activity allows students to work together as a warm up, get to know others in class and have in the process.

**Equipment:** Depends on activity card (see example)  
~Dry Erase Markers (one for each student)  
~ Laminated activity cards  
~ Jump Ropes (middle of gym)

**Set up:** You will need to have equipment spread throughout the gymnasium, so the set of partners have room to do their activity. In the middle you will want to have jump ropes spread out. For the first round, students will get to choose a partner and decide what activity they are going to complete together, once the BOTH of them are finished they will need to sign each others paper, and then find themselves to the middle of the gym and jump rope until they find another partners at the circle. Once they have another partner (can not reuse partners), they decide what activity they can do together and complete. You can use this as a timed activity (instant warm up), or play until you have a winning pair with all activities done, and signed by different students in class.

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**EXAMPLE OF CARD: Would recommend to copy these and LAMINATE**

### Two by Two Fitness Card

- You and \_\_\_\_\_ complete 10 push ups  
You and \_\_\_\_\_ complete 10 line jumps  
You and \_\_\_\_\_ complete 10 crunches  
You and \_\_\_\_\_ complete 10 squat jumps  
You and \_\_\_\_\_ complete a full lap around gym speed walking  
You and \_\_\_\_\_ record your heart rate with monitor \_\_\_\_\_  
You and \_\_\_\_\_ Thumb wrestle in plank position  
You and \_\_\_\_\_ Choose a stretch and hold for 15 seconds

# Partner Push-Up Activities

**Fitness Component:** Muscular Strength/Endurance

**Equipment:** none

**Rules:**

- Partners face one another in push-up position
- While in push-up position students can be asked to do the following:
  - Shake hands
  - Salute partner
  - High 5 partner
  - Lift right foot
  - Lift left foot
  - Touch partners shoulder
    - Ensure both sides of the body are used (i.e. shake right and left hand)

## Variation 1: Tennis Ball Push-Up

**Equipment:** 1 small ball per student

**Rules:**

- All students are in push-up position

### Level 1

- Students pick up the tennis ball with their right hand, place back down in the middle, pick the tennis ball up with their left hand, and place the tennis ball back in the middle.

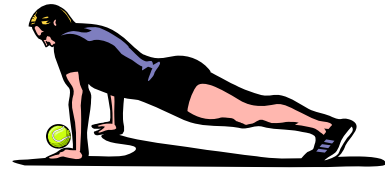
### Level 2

- Students put the tennis ball under their chin (with hand), place back down in middle
  - Alternate between left and right hands
- Students pick up the tennis ball using their chin (no hands) and put it back down

### Level 3

- Have the students push the tennis ball back and forth while in the push-up position. See how long they can do this.

**Modifications:** Students can be organized in partners if a rest period is needed.



## Variation 2: Push-Up Hockey

**Equipment:** 1 ball per pair & possibly cones/markers for goal boundaries

**Rules:**

- Each partner is in push-up position
- While in push-up position, try to get ball between partners' arms
  - 1 point if successful
  - each partner gets 10 attempts

**Adaptations for students with disabilities:** Students in wheelchairs can push-up in wheel chair or even sit on the floor and push themselves up.

### Variation 3: Macarena Push-Ups

**Equipment:** CD player and Macarena song

**Rules:**

- Students will do Macarena movements while in push-up position to include:
  - alternating hands out with palms down, pull back
  - alternating hands out with palms up, pull back
  - hand to opposite shoulders
  - opposite waists
  - opposite hand on hip
  - then push up
  
- For younger students, you can have them shout “Macarena” instead of doing a push up.

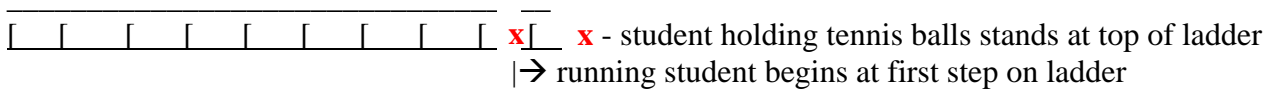
## Bounce and Go

**Fitness Component:** Cardiovascular Fitness, Reaction Time, and Coordination

**Equipment:** Two tennis balls per pair and tape to mark lines with designated increments between them

**Rules:**

One of the two students holds two tennis balls (one in each hand). The student running does not know which hand their partner will drop the ball from. The running student begins at the first line on the ladder. If they catch the ball their partner drops before the third bounce, they get to go to begin at the second step on the ladder marked on the floor, etc. The goal is for the running student to get as far back on the ladder as possible. Switch. Can also be played with one tennis ball per pair.





### YACKLE BALL “THE ULTIMATE GAME”

Equipment: - 1-2 Yackle Balls -Sold online for \$19.95 (<https://www.shopatron.com/index/731.0>)  
- Pennies  
- Entire Gym or Outside Field

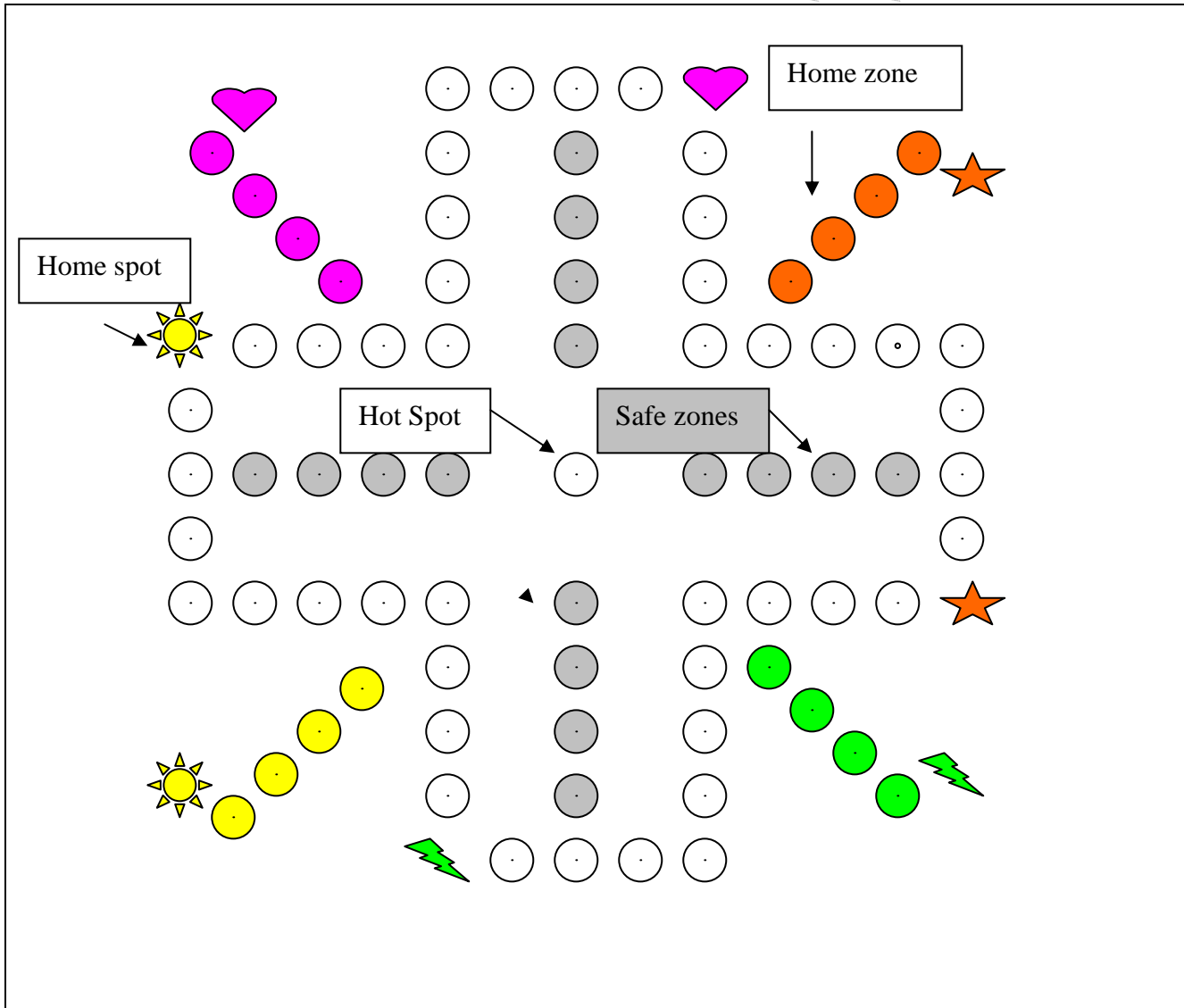
Object of Game: To work as a team to cross the goal line designated by instructor.

#### Rules:

1. Each team determines what color of the Yackle ball they are before play
2. A color toss decides who starts out with the ball
3. Opponents throw the ball across their field to their goal line to score (let the students figure out the best way to throw this ball, it is fun to watch them figure out the strategy!)
4. In order to advance ball down field players need to either air bounce the ball or pass it off to team members
5. Players have a 3 step allowance before he/she must begin air bouncing or pass to another team mate (unlimited side to side)
6. Air Bouncing- throw and spin the ball into the air and catch it on it's return
7. If the ball gets dropped, turnover for other team
8. The defensive team CANNOT take the ball from offensive team, however they can block and deflect the tosses by the offensive player
9. If foul occurs, the team gaining possession must have one player stand at the violation spot and throw the Yackle ball to one of their team members to put ball back into play
10. If fouls occur, turnover for other team
  - Foul 1- Player takes more than 3 steps
  - Foul 2- Player drops ball
  - Foul 3- Player throws the ball outside boundaries
  - Foul 4- Player after 3 steps takes steps without air bouncing
11. **SCORING:** Team gets one point for catching the Yackle ball past their goal line. Teams can also gain three points for catching their color on Yackle ball past their goal line

TEACHING SUGGESTIONS: Before playing this ultimate game, begin by having small sided games and have the students get adjusted to throwing the ball. Group Yackle is a great way to encourage team work, communication and build coordination.

# The Zapper



- Each team consists of 4 zappers and one runner (captain)
- Each team is located in their "home zone" until they roll a 1 or a 6.
- When each player rolls they have the chance to get out onto the "zap board" and begin moving if they roll a 1 or a 6. If they do not roll a 1 or a 6, they must roll the fitness die and the team performs the activity on the die.
- Once a player is out on the "zap board" they remain there until they either get "ZAPPED," or they reach their "safe zone."

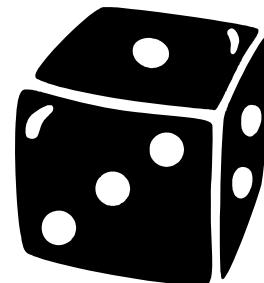
- A player gets “zapped” when another team rolls a number and lands on the same spot. The player that was “zapped” then goes back to the “home zone” and performs an activity from the fitness die.
- Every time a player must perform an activity from the fitness die, his or her entire team- including the runner (captain) must perform this activity. (The team may not roll again until everyone has performed the activity.)
- If you have a player ON YOUR HOME SPOT (represented by the different shapes above), and you roll a 6, you may go into the “HOT spot” if you want to, however; to get out of the “hot spot” you must roll a ONE.
- When there is more than one player on the “zap board” at one time, the team will decide which player they would like to move. After the team has decided on a move, the runner will announce which player needs to move.
- The first team to get all players back to their “safe zone” is the team that wins.

## Rules and Modifications

- Teammates may not jump each other.
- If you roll a 6 you may advance and then roll a second time.
- If players are having difficulty getting out of their “home zone” you may change the rule, and let them come out on even or odd numbers when the dice is rolled.
- If students are not being challenged enough, have them continue performing the fitness activity until it is their turn to roll again.

## Notes

- Each player will hold a “zapper” while playing. The “zapper” in our game will be a colored ball that represents the team (each team will have a different color ball).
- In the above diagram, each “home spot” is represented by a shape. The “safe zones” are the circles the go towards the middle of the “zap board.” Players in the “safe zone” cannot get zapped and sent back to home zone, however, they still must perform every fitness activity that their team has to perform.



## Villain Freeze Tag



**Fitness Component:** Cardiovascular Fitness

**Equipment:** none

**Rules:**

- Similar to freeze tag
- Designate 1-2 villains (i.e. poison ivy, the joker, Mr. Freeze)
  - Their goals are to freeze people and figure out who the good guys are that are unfreezing frozen teammates
- Designate 1-2 superheroes / “good people” (i.e. batman, superwoman)
- If the villains tag the superheroes, the villains win the game and different students are designated to the varying roles or the game is over.
- Let the game proceed until all are frozen or the villains figure out who the good people are or halt the game due to taking too much time and declare the good people the winners



## Fire and Ice



**Fitness Component:** Cardiovascular Fitness

**Equipment:** 1-2 soft blue balls

1-2 soft orange/red balls

### Description of Activity

- When you are tagged by Ice (blue ball), you are frozen
- When you are tagged by Fire (orange/red ball), you are unfrozen
  - Why? Because fire melts ice
- Fire cannot be tagged by ice
- If class size is large, have more Ice and Fire if necessary
- To modify the activity, you can have Fire pass the ball to the person who is unfrozen



# Ultimate Soccer

**Fitness Component:** Cardiovascular Fitness (throwing, catching, kicking)

**Equipment:** 1 playground ball, markers for boundaries, cones or tape on wall for goals at each end

**Rules:**

- There are four corners marked as boundaries or walls can act as boundaries in a gym.
- Two teams of 4-5 students.
- The object is to get the ball in the goal at the opposite end of the playing area.
- Students can dribble the ball with their feet or throw a ball that they have caught off of a kick. However, students throwing the ball can only move one foot while the other is planted (i.e., pivot)
- The game can be based on a time limit or a scoring limit.

**Variations:**

- More than one step can be taken when throwing.
- Students can also advance the ball by dribbling with their hands.
- Goals can be made bigger or smaller.
- The person with the ball can be tagged and forfeit possession.
- More than 2 teams can play.
- More than 1 ball can be used.



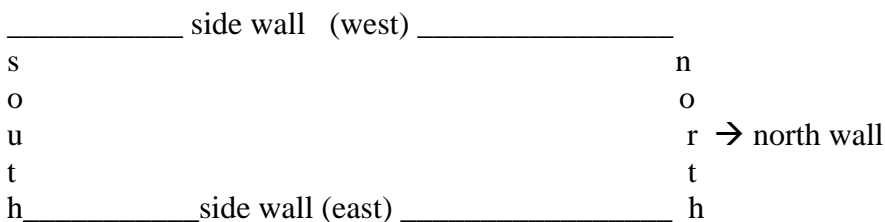
# Freaky Frisbee

**Fitness Component:** Cardiovascular Fitness (throwing & catching)

**Equipment:** Depending on how many groups you have playing at once, one Frisbee or more

**Rules:**

- You score by touching the Frisbee to the North or South side of the gym
- Person with the Frisbee can only move one step in altering directions (one foot must be stationary)
- If you are tagged by the student with the Frisbee, you have to touch the east or west wall before returning to the game
- Similar to Ultimate Frisbee



# The 12 Days of Fitness

**Fitness Component:** Cardiovascular Fitness and Muscular Strength

**Equipment:** none

**Rules:** Each student or group of students can choose or be assigned to an exercise (see examples below). The number indicates how many of the exercise they will lead the class in to the tune of the Christmas song “12 days of Christmas.” All students can do all 12 exercises or just their number.

1. push up
2. sit ups
3. coffee grinders
4. crab kicks
5. seconds of rest
6. jumps
7. jumping jacks
8. lunges
9. karaoke (similar to grape vines)
10. skips
11. rooster hops
12. run up stairs



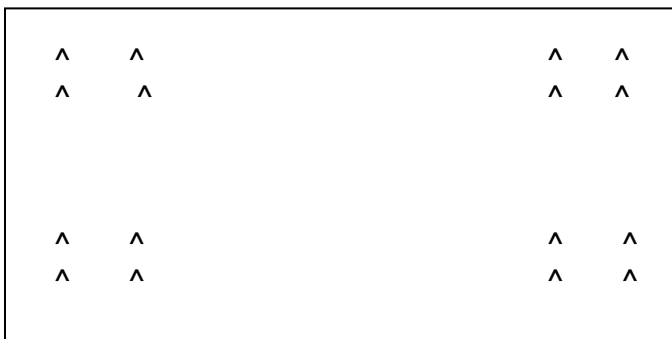
## Four Corner Frisbee

**Fitness Component:** Cardiovascular fitness, Coordination, Agility, and Muscular Endurance

**Equipment:** 1 Frisbee, 16 small cones or poly spots, pennies for 2-4 teams

**Rules:**

- Divide students into groups of four or five.
- Each player can only take one step before passing to another teammate. (option: there must be two passes before the team can score).
- Each corner is worth 1 point (points can vary).
- Game can be based on a time limit or points scored.



→ cones indicating box that team can score 1 point in

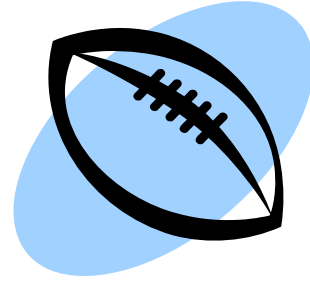
## Flickerball

**Fitness component:** Cardiovascular Endurance (catching & throwing)

**Equipment:** 1 football and basketball goals if not already in gym

**Rules:**

- 2 teams of 5-6 students
  - teams begin on opposite ends of the court
- One team throws the football to the opposing team (like a kickoff)
- If the player has the ball, they can't move
  - They can pass or try to shoot in order to score
- Points
  - Within free throw area and rings goal
    - 1 point
  - Outside the three point line
    - 3 points
- For younger or less skilled students they can score by throwing the football against the backboard or the square above the hoop on the backboard
  - Board may be lowered to be more developmentally appropriate
  - More footballs can be added



## Blindfold Maze

**Fitness component:** Balance and Coordination (Cooperative Learning/Adventure Education)

**Equipment:** 4 cones, bean bags, turtles/domes, half cones (amounts vary depending on class size)

**Purpose of Activity:** For pairs of students to work together to get through the maze

**Rules:**

- One student will be blindfolded and the other will guide the student through the maze (without touching them)
  - The maze is within the 4 cones and the bean bags, etc. are spread throughout the area
  - The goal is for the student who is blindfolded to avoid the bean bags, etc
    - To do this their partner will need to give them directions
      - The partner giving directions is not allowed in the maze, but can stand around the perimeter
      - If the blind folded partner hits a bean bag and etc, they have to start over
- Modifications:
  - Can tell partner giving directions that they can not speak after 1 minute
  - Blind folded person has to walk the maze backwards