

Tour de Fitness

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SECONDARY

I. Instant Activities

CLUSTERS

Standard(s): 1

Suggested Grade Level: Secondary

Equipment: None

Directions: Have students spread out on playing area. Teacher first calls out a movement (jog, skip, defensive stance, crab walk, etc..) for the students to perform around the area. When the teacher calls out a number (5, 9, 13, 3) students must move, using the movement given by the teacher to form a group of that number. Students who are unable to join a group of the exact number called will move to a designated spot to perform

AMOEBAS TAG

Standard(s): 1

Suggested Grade Level: Secondary

Equipment: None or music (Alien music)

Directions: One person is designated the amoeba (tagger). The music starts the game. Once the amoeba tags you, you become part of the amoeba, join hands, and continue trying to tag other students. The winner is the last person not tagged by the amoeba.

PAPER, ROCK, SCISSORS TAG

Standard(s): 1

Suggested Grade Level: Secondary

Equipment: None

Directions: Divide the class into two teams and have the teams gather on either side of a boundary line (half court in gym) Each team has 15 seconds to decide what sign they are going to use in the "shoot out" (Paper, Rock, Scissors). When the teacher calls time, each team lines up about 2 feet on either side of the boundary line with their backs facing each other. On "Go" both teams quickly turn around and say, "Paper, Rock, Scissors, Shoot!" (While they're saying "PRS", they are striking their right fist into the palm of their left hand to the beat of the words) On the word "Shoot" the teams show their sign. Paper beats Rock, Rock beats Scissors, and Scissors beats Paper. Whichever team shows the winning hand, their goal is to tag as many of the other teams players before they reach the safety area on their side (Cross endline). All players that are tagged are now on the other team. Game begins again and can be played until time or until one team loses all their players.

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TOWER OF TERROR

Standard(s): 1

Suggested Grade Level: Secondary

Equipment: Paper plates, paper cups, music

Directions: Divide the class into 4 teams. When the music starts the 1st player will run with a paper plate to their designated spot on the other side of the gym or playing area, set down the plate, and then run back to the next person in line. That player will take a paper cup, run down to their designated spot, set the cup on top of the plate, then run back and tag the next person in line. This process continues with each team trying to build the highest tower. If the tower falls before time is called, your team must continue with whatever part of the tower is still intact. This activity is usually done no longer than 5 minutes. The team with the lowest tower

COCONUTS

Standard: 1

Suggested Grade Level: Secondary

Equipment: music, 4-6 hoops (coconut tree) depending on class size, 6 coconuts per tree (various equipment, such as, bean bags, scarves, rubber chickens, balls)

Directions: Hoops are scattered around the room with 6 coconuts in each of them. Divide the class into teams depending on class size. Each team stands beside their "coconut tree". When the music begins, students from all teams scatter and go to another team's coconut tree, get a coconut and bring it back to their tree. Each student can only take ONE coconut at a time, and the student must return it to their tree before they can get another one. Students cannot guard their tree nor can they take from the same tree twice in a row. See how many coconuts the students can gather before the music stops. Start and stop the activity often.

CRAZY CHICKEN

Standard(s): 1

Suggested Grade Level: Secondary

Equipment: Music "The Chicken Dance", One rubber chicken

Directions: Divide the class into two teams and decide which team gets the chicken first. When the music starts, the team with the chicken launches it into the air. Then the person who threw the chicken must run around his or her team 10 times (this person must call out each lap). Once finished, everyone on that team sits down. In the meantime, once the chicken is launched the other team must get the chicken, form one straight line, and pass the chicken over, under, over, under until the chicken gets to the last person in line. Once finished, everyone on that team sits down. The team that sits first, is awarded one point. Once a point is awarded the game immediately starts again with the other team launching the chicken. This is a very fast game! Make sure each team takes turns launching the chicken.