

FITNESS PARTY ESSENTIALS: DOING MORE WITH LESS

Presented by Laura Bruno & Anne Farrell, TCNJ

Interested in learning fresh new ideas on how to improve the fitness of your students? Working with a tight budget? Progressive body weight exercises, dance challenges, and balloon activities are sure to get the party started. With minimal party equipment (plates, streamers/TP and balloons), and a lot of imagination, Fitness Party Essentials will put a fun spin on incorporating traditional fitness into K-12 physical education.

National PE Standards:			NJCCCS
Standard 1	Standard 2	Standard 3	2.5
Standard 4	Standard 5		2.6

Objective:

Demonstrate the skills and knowledge needed to improve levels of fitness and participate in a variety of movement activities that develop and maintain the health-related components of fitness.

Directions:

It is recommended this be a Tabata-style program. Assign students a partner and self-space. Describe and demonstrate 2+ exercises (or allow students to select task cards with the exercises explained and diagrammed). Partners complete the exercise for 20sec followed by a 10sec rest. Partners can complete 2-8 reps of the selected exercises (depending on age and skill level). Incorporate music and lights to increase motivation. Assess students individually or as a group. Allow students to set goals and work to increase amount of reps, the number of challenges, and/or the level of difficulty (e.g. side jump/hop/leap).

PLATES	STREAMERS/TP	BALLOONS	GROUP RELAY
<ol style="list-style-type: none"> 1. Push ups 2. Chest Fly 3. Knee Tuck 4. Crisscross 5. Jack 6. Sliders 7. Rocking Plank (single leg) 8. Single-leg pistol squat 9. Double knee tuck 10. Skater 11. Mermaid 12. Lunge climber 13. Frog 14. Wax on/wax off 15. Bear twist 16. Burpee 17. Reverse climber 18. Reverse plank 19. Cross body 20. Plank 21. Trunk extension 22. Side slide/slide lunge 23. Alternating elbow-knee 24. Single leg squat w/ 3pt lunge 	<ol style="list-style-type: none"> 1. Oblique 2. Toe Taps 3. Lateral hurdles 4. Side Plank Taps 5. Balance touches 6. Push-ups 7. Superman 8. Step with pistol squat 9. Plank zig zag 10. Around the world 11. Side jump/hop/leap 12. Side plank tap 13. Curl/V-up 14. Tower Leg Lifts 15. Hand-to-foot pass 16. Plyo-push ups 17. Single leg lifts 18. Military plank stack 19. 180 squat jumps 20. Forward/Backward jumps 	<ol style="list-style-type: none"> 1. Partner squat 2. Pop tag 3. Keep it up 4. Plank/crab 5. Feet keep it up 6. Low-med-high 7. Plank and push under 8. Burpee 9. Get up and catch 10. Push-up Keep up 	<ol style="list-style-type: none"> 1. Sled push 2. Alligator walk 3. Partner relay walk (balloon)

Name: _____

Date: _____

Period: _____

Fitness Party Essentials Goal-Setting **(SECONDARY GRADE RANGE)**

Directions: After discussing the health-related components of fitness, select a goal for yourself. This goal should be individualized and demonstrate the principles we discussed (Principle of Overload/ Progression/Specificity, FITT). In the chart below, record the component specific to your goal and list the in-class activities you selected to help you improve in this area. Record your current score and include a realistic goal that you believe you can work to achieve over the next month. Don't forget to identify activities that you can do on your own to help you achieve this goal.

Fitness Component	Selected Activities	My Score/ Date	My Goal	Activities to I can do on my own to improve this component	Follow-up Score/ Date	Follow-up Score/ Date	Follow-up Score/ Date
<i>Cardiovascular Endurance</i>	<i>TP Toe Taps</i>	<i>15 2/6</i>	<i>20</i>	<i>Interval jogging</i>	<i>17 2/13</i>	<i>18 2/20</i>	<i>20 2/27</i>
	<i>Plate Reverse climber</i>	<i>25 2/8</i>	<i>45</i>	<i>Mountain Climbers for 30sec intervals</i>	<i>20 2/15</i>	<i>25 2/22</i>	<i>30 2/29</i>

Name: _____

Date: _____

Fitness Party Essentials Self-Assessment **(ELEMENTARY GRADE RANGE)**

Directions: Self-assess your participation today for each activity using the following scale:

5 = AWESOME!!!

4 = ALMOST AWESOME!!

3 = NEEDS A LITTLE WORK

2 = NEEDS A LOT OF WORK

1 = TRY AGAIN, NOT SO GOOD

Plate Activities	TP/Streamer Activities	Balloon Activities	Group Relay Activities