

LIMITED SPACE ACTIVITYGUIDE

by Charles Silberman



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E-mail: info@newphysicaleducator.com

Contents

Activities With Equipment in This Pack	4
Introduction.....	5
Fitness Tic-Tac-Toe	6
PE Fitness Bingo	9
Sit Down Tag	11
Floor Football	13
Modified Toss Four	15
Four Square Table Tennis	17
Silent Speed Ball	19
Puff Ball Challenges	21
Over, Under, Around & Through	24
Speed Stacking Fitness Relay and Challenges.....	26
Other Notable Activities and Equipment	29
Skillastics Games.....	30
Power Cross Challenge.....	30
Jumbo Rolling Tote	30
Teach 'N Train Station Pack.....	31
Yoga Cards.....	32
Code Breakers Challenge Easy Pack.....	32
Floor Glide Exercise Spots.....	32
Juggling	33
Fitness-Tic-Tac-Toe.....	34
How To Play.....	36
Variations	36
3-D Tic-Tac-Toe Directions	45
Fitness Tic-Tac-Toe Lesson Plan	60
Sample Assessment.....	65
Task Cards	69

ACTIVITIES WITH EQUIPMENT IN THIS PACK



Introduction

Teaching physical education (PE) in limited spaces is a unique challenge. Aside from the lack of space, there are safety concerns, disruptions, student frustration from being in close proximity with one another, and figuring out how to teach the curricular goals and objectives while still providing high quality physical education. While we cannot address the problem and solve it one simple activity guide, we decided to put this together in order to provide activities that work well in a small space. The activities are meant to be safe, engaging, keep students active, and can align with national standards and state curricular goals. You know your curriculum best, so you can best choose how to align each game with your own objectives.

The content of this guide was written by Charles Silberman of Rolling Terrace Elementary School in Silver Spring, Maryland. He is an S&SWW blog contributor, has online courses for [PE Central's Professional Development Services](#), and is the founder of the [New Physical Educator](#). This website is geared towards those new to physical education. Whether coming from a college program, the classroom, or changing careers, this site has resources to help new physical educators make their first year a smoother experience. Experienced teachers will find it useful too.

Fitness Tic-Tac-Toe



Purpose of Activity: This activity is designed to be interactive and helps keep students active in a tight space. The activity can be modified several ways to accommodate any number of students.

Suggested Grade Level: 2 - 5

Materials Needed: [Floor tic-tac-toe board and associated beanbags](#), (three in one color and three in another color), [FitDeck Jr.](#) activity cards, six cones, and a Hula-Hoop.

Directions:

The Setup:

1. Mark off a square area of about 10 by 10 feet by placing one cone in each corner of the activity area. Remove any objects that are in the way.
2. Place the tic-tac-toe board at one end of the activity area.
3. Place a FitDeck Jr. activity card in each tic-tac-toe spot.
4. Line students up in two separate lines behind a cone with the same number of students in each line.
5. Each time a student completes their turn, they go to the back of the line.
6. Have each line start five to ten steps from the tic-tac-toe board.
7. Each line should have three beanbags. Each line's beanbags should be the same color but different for each team.

How to Play:

1. The goal of the game is to be the first team to get tic-tac-toe. Play three to five rounds or as many as time allows.
2. The first student in each line runs to the board and places a beanbag on the board.
3. They pick up the fitness activity card in the hoop they placed the beanbag in, read it, and run back to tell the group the exercise. The group does the exercise the number of times you set or as the card indicates.
4. The second person in each line places a beanbag in a hoop, reads the activity card, and tells the group what exercise to do.
5. The third person in each line repeats this process. Players start their turn as soon as their team has completed the exercise.
6. Now that all three beanbags are out, the next person runs to the board and tries to move one of their team's beanbags into a different hoop to help their team get tic-tac-toe first. The runner still reads the exercise card, shares it with their team, and performs the activity.
7. Students on both teams continue taking turns moving beanbags around the board, reading the card, sharing the exercise, and performing the exercise as a team until one team gets tic-tac-toe.

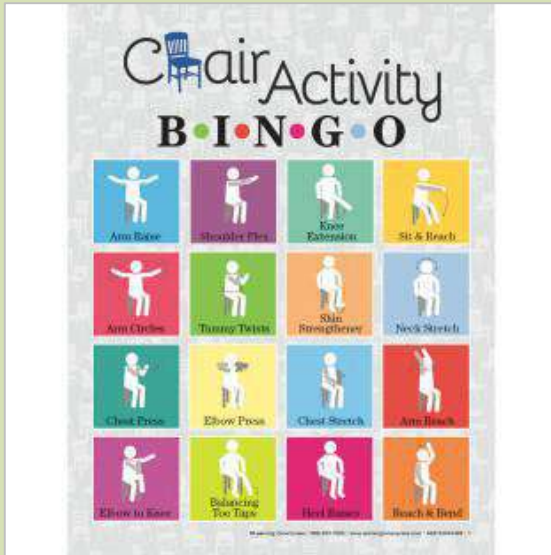
Variations:

- Have students throw the beanbag overhand or underhand on the board instead of running it to the board.
- Use different objects such as yarn balls instead of beanbags.
- Vary the distance of the board from the start line.

Activities With Equipment in This Pack

- Change activity cards with each new game.
- Change the number of times you want the teams to do the activity.
- Play without the activity cards. If you choose to do this, have students running jump up and down in place or do another stationary exercise.
- Hang the board on a wall and pin exercise cards to them.

PE Fitness Bingo



Purpose of Activity: This activity is meant to be interactive and helps keep students active in a tight space. The activity can be modified several ways to accommodate any number of students.

Suggested Grade Level: 2 - 5

Materials Needed: Be sure to have enough PE bingo boards for each student. You will need several bingo boards with a variation of physical activities on each so that the whole group does not have the same board; otherwise, everyone will win at once! You can make your board at www.bingobaker.com. Alternatively, you can use [premade chair bingo cards](#). Students will also need a writing utensil or physical [chip](#) to mark off the bingo spaces called. Have enough bingo boards for each student and a list of all activities on all boards for you to mark what you have and have not called.

Directions:

The Setup:

You can play this with students sitting at their desks, if that is your limited space situation. You will want to pick students to help call out the bingo activity during each game. Choose a different student for each game you play.

How to Play:

1. The object is to score bingo (five across, five down, or five diagonal) by doing the activity in each box.
2. Pick a "magic number" for the game. Students must perform the activity called each time as many times as the magic number dictates and then place a big "X" on that square. The whole class joins in with the activity.

3. When they have five in a row going up, down, or diagonally, they can call out "Bingo!" Continue playing to give more students a chance to score bingo.
4. Pair stronger-reading students with those who may need help. They can work on one card together.
5. Whoever says "Bingo!" first and raises their board wins.

Variations:

- Students call out "Bingo!" when they have marked an "X" in all of the squares around the outside, or the perimeter.
- Students call out "Bingo!" when they have marked an "X" in all of the squares on their card.
- Have students create a blank board and think of activities to write in the squares. After students create their own boards, let them take them home to play or play with another classmate independently.

Sit Down Tag



Purpose of Activity: This activity is meant to be interactive and helps keep students active in a tight space. The activity can be modified several ways to accommodate any number of students.

Suggested Grade Level: PK - 5

Materials Needed: Two to four [scarves](#).

Directions:

The Setup:

1. Have students stand next to their chair with the chair pulled out. If your space has no chairs, students can stand next to a poly spot or other marker. Ensure they have an arm's length of space for the taggers to get through.
2. Pick one or two students to be taggers, depending on class size.

How to Play:

1. Students who are next taggers stay at their chair and do not move.
2. The taggers are moving around the room trying to tag the other students with a scarf.

3. In order to not get tagged, students must sit down in their chair or on their spot before the tagger tags them.
4. Students can only remain seated for five seconds.
5. Taggers cannot babysit or stay at the person's area they just tagged. The tagger must move to a different area to tag someone else.
6. If the student gets tagged, they must do five jumping jacks or an exercise of your choice.
7. Play rounds of two to five minutes, changing taggers each round.

Variations:

- Change the exercise students must do when tagged.
- Lower the time students can stay in their seats when tagged in increments of one second each round until you get down to one second.
- Have tagged students practice a stationary locomotor skill, such as hopping on one foot, or jumping up and down a certain number of times when tagged.

Floor Football



Purpose of Activity: This activity is meant to be interactive and helps keep students active in a tight space. The activity can be modified several ways to accommodate any number of students.

Suggested Grade Level: K - 5

Materials Needed: [One Floor Football Pack With Six Floor Footballs](#) and enough [gym tape](#) or [low dome cones](#) to mark off playing areas. Directions are modified from the floor football pack. Extra [floor footballs](#) are optional.

Directions:

The Setup:

1. Have students pair up in a rectangular playing area that is six feet by three feet. Mark this area off with low dome cones or gym tape. You can create groups of four if there is not enough space for groups of two.
2. Each student stands on one end of the rectangle.
3. Each group gets one floor football.

How to Play:

1. Teams do one game of rock-paper-scissors to see who goes first.
2. The goal is to get the football to straddle the tape or line that dictates the rectangle's end on the opposing team's side.

3. If the team does this, they get six points. If the ball remains inside the rectangle, the other team gets a chance to kick it again to get six points or a touchdown.
4. If the ball goes outside the playing area, the opposing team gets to kick it from their end zone by placing the ball on the tape at their end of the rectangle.
5. The game goes back and forth until a team reaches 50 points to win that round.
6. Each person in a team takes turns kicking the football until they either score or kick it out of bounds.

Variations:

- Have students use only the instep, outstep, or toes of their foot.
- For each touchdown scored, have students do an exercise from an exercise deck or one that you provide.
- Change how many points a touchdown is worth.
- For younger students, simplify it by having them kick once. They get a point if the football stays in the area. You may even line students up in lines of four, and they take turns kicking to try to get a touchdown, much like a relay.
- If the students are in the classroom where they learn, you can play this by using the desks as the playing area. For example, keep chairs pushed in, and the student has to kick the ball through the chair and desk legs in order to get the touchdown.

Modified Toss Four



Purpose of Activity: This activity is meant to be interactive and helps keep students active in a tight space. The activity can be modified several ways to accommodate any number of students.

Suggested Grade Level: PK - 5

Materials Needed: [Toss Four](#) and two to four cones.

Directions:

The Setup:

1. Set the Toss Four main board on the ground in front of the playing space.
2. Split the class in half and form two lines behind two cones about five feet from the board.
3. Place balls of the same color at the front of the line for each team.

How to Play:

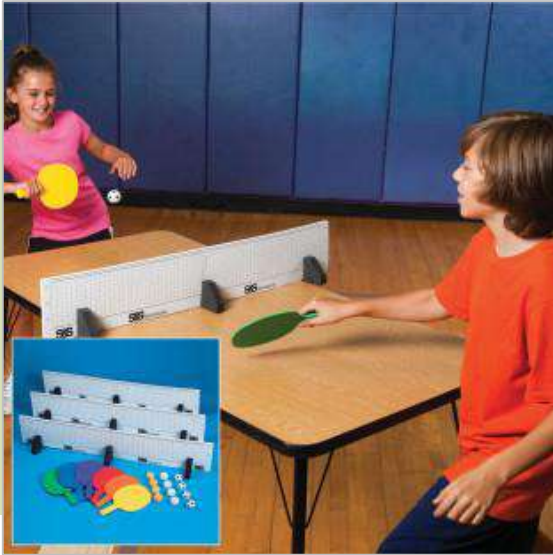
1. Have two players from each team play rock-paper-scissors to see which team will go first.
2. The person at the front of the line of the team going first tosses the ball on to the board then goes to the back of the line.

3. Then the person at the front of the line from the other team tosses their ball on the board and goes to the back of the line.
4. Repeat this pattern until the first team gets four of their balls in a row vertically, horizontally, or diagonally.
5. Make the game more active by associating every throw to the board with an exercise the whole class has to do before the next person throws.
6. Use underhand throws to start, and graduate the students to overhand throws when they are ready. You can even turn it into basketball shooting for an extra challenge.

Variations:

- Create other teams using different color balls.
- Move the students back.
- Use balls that do not stick.
- For students who are at a lower level of throwing, have them just hit the target for it to count.
- Incorporate throwing by having students start with the line spread out so students are an arm's length or more apart. Have the ball at the back of the line, and students have to throw the ball to the student in front of them until the ball gets to the front. The person at the front throws it at the board and then goes to the back of the line.
- Or, have students take turns standing near the board and the person in line has to throw it to that designated catcher who throws it to the back of the line.
- Make it five, six, seven, or higher in a row to win.
- Give each student a ball. Place them in lines of four to six. Let them take turns throwing the ball on the Toss Four mat.
- Hang the Toss Four mat up and play games with it that way.

Four Square Table Tennis



Purpose of Activity: This activity is meant to be interactive and helps keep students active in a tight space. The activity can be modified several ways to accommodate any number of students.

Suggested Grade Level: 3 - 5

Materials Needed: [Table tennis paddles, balls, and nets](#); ensure you have enough so groups of four can each have a ball, four paddles, and a net. Cones are optional.

Directions:

The Setup:

1. Set up the table tennis nets on a desk, long table, or floor as if they were going across the middle of the table from left to right. If you place it on the floor, mark each group's playing area off with four cones.
2. Take a second net and set it up going long ways on the playing surface. If a second net will not work, use a piece of string or other marker so that the playing area is in four quadrants.
3. Label the quadrants: 1, 2, 3, and 4

How to Play:

1. The highest-ranking square is 4.
2. The student in square 4 strikes the ball with the paddle to volley it into another student's square. The ball cannot touch the serving student's square.
3. The ball must stay inside the other student's area and not go outside that player's quadrant. You cannot get out on a serve.
4. The receiving player must hit the ball back to the other player.
5. The ball may bounce once in the receiving player's square.
6. Continue playing until the ball bounces out of a square or bounces twice in a person's square.
7. Any disagreement about whether a ball was in or did not bounce enough times is solved by players not involved in the volley where the issue arose.
8. The player who is out shifts to the lowest level square, which is number one.

Variations:

- Use [low-density foam balls](#) instead of ping-pong balls.
- Change the size of each square to make it smaller or bigger.
- Change groups every couple of minutes.

Make it six, eight, or twelve squares for a bigger game that lasts longer.

Silent Speed Ball



Purpose of Activity: This activity is meant to be interactive and helps keep students active in a tight space. The activity can be modified several ways to accommodate any number of students.

Suggested Grade Level: PK - 5

Materials Needed: 12 to 24 [low-density foam balls](#)

Directions:

The Setup:

1. Create groups of four to six with one ball per group.
2. Have the groups form a circle and stand back-to-back. The students then take five steps away from the center of the circle and turn to face one another.

How to Play:

1. The goal of the game is to be the last one in the group left standing.
2. Assign one student in each group to be the counter. They will count down from three to zero. At zero, students cannot talk.
3. Students must pass the ball across the circle to each other by making eye contact with the person they are throwing it to.

4. Students are out when they throw a bad pass, drop the ball, or talk.
5. Have the winners of each group play each other to determine a winner for the class.
6. If the game is moving slow, impose a limit on how long a student can hold the ball before throwing.
7. Have younger students start the game sitting and passing the ball around the circle from one person to the next without giggling or talking. Progress them to playing standing up.

Variations:

- Add multiple balls to each group.
- Play as one large group.
- Have students do an exercise if they get out of order to come back in the game.
- Use just underhand throws or just overhand throws.
- Add a person in the middle to try to deflect a pass. If they deflect it, whoever threw it goes into the middle.
- While students are playing, have them do a stationary exercise such as running on the spot.

Puff Ball Challenges



Purpose of Activity: This activity is meant to be interactive and helps keep students active in a tight space. The activity can be modified several ways to accommodate any number of students.

Suggested Grade Level: K - 5

Materials Needed: One [puff ball](#) per student.

Directions:

The Setup:

1. Go over the safety rules for using puff balls, such as not pulling on the strands of the ball, not throwing it at heads, and not putting it in unsanitary areas.
2. Ensure students know how to throw underhand and receive a catch properly.
3. Below are some challenges you can walk the students through.

Challenges:

1. Group students in teams of four to six with four or five balls. One person starts with the ball and tosses it to another person. That person tosses it to another person. The group does this until it gets back to the first

person. This is now the pattern they must throw it in moving forward. Have them add a second, third, and even fourth or fifth ball as they progress.

2. Have students see how many times they can hit the ball in the air without it falling, by using their palm, back of their hand, and switching between both. Challenge them to let the ball fall as close to the floor as possible before they hit it back up.
3. Have students pair up or get in groups of four. Each student has a ball. The students make eye contact with each other and toss their balls at the same time with the goal that everyone catches the ball thrown to them without dropping it.
4. Have students put the ball on different body parts and walk around without it falling off. If the ball falls off, the student has to freeze until another student walks over with their ball on the specified body part, picks up the ball of the frozen student, and hands it to them. Use the following body parts: head, shoulder, elbow, knee, foot, back, and stomach.
5. Pair or group students in teams of two to four. Have one student make a human Hula-Hoop by holding their hands out in the shape of an O to their side. Have the other students take turns practicing tossing the ball underhand through the Hula-Hoop when it's in a low, medium, and high position.
6. Pair students up. Give one student in each group a puff ball. Students stand back to back and walk three steps in the opposite direction from each other. They then throw and catch with each other. For every successful catch the pair makes, they take a step back. For every missed catch or poor throw, they take a step forward. See how far apart they can get.

7. Have the students show you what they can do with a yarn ball for two to three minutes.

Variations:

- Use low-density foam balls instead of puff balls.
- Have students work at different levels, pathways, and directions.

Over, Under, Around & Through



Purpose of Activity: This activity is meant to be interactive and helps keep students active in a tight space. The activity can be modified several ways to accommodate any number of students.

Suggested Grade Level: K - 5

Materials Needed: Two [scarves](#) per group of three.

Directions:

The Setup:

1. Have students in groups of three in a place where one student can safely circle the remaining two.
2. Each group of three gets two scarves.
3. Use this [video](#) to show an example to students or for yourself.

How to Play:

1. Two of the students face each other holding a scarf in each hand so that each facing student is holding one side of the same scarf with their right hand and the other side with the left hand to make an X shape.
2. The third student stands in the middle.

3. The two students lower themselves close to the ground so the student without a scarf has to jump over the two scarves being held.
4. The student jumping now runs around the pair as they raise the scarves higher. The student running must now go under the scarves.
5. Finally, the students holding the scarves hold one up high and one down low and the student running around now goes through the scarves.
6. Students sit down when they have completed this over, under, through sequence.
7. Make sure each student gets a turn being the runner.

Variations:

- Have students do a locomotor skill as they run around their partners holding the scarves.
- Have students hop or leap during the over instead of jump.
- Have students crawl under instead of run during the under portion.
- Have students time themselves to see how fast all three in the group can do this, and have them try to beat their baseline time.

Speed Stacking Fitness Relay and Challenges



Purpose of Activity: This activity is meant to be interactive and helps keep students active in a tight space. The activity can be modified several ways to accommodate any number of students.

Suggested Grade Level: K - 5

Materials Needed: [Speed Stacking Cups](#) - minimum of three cups per student and a maximum of 12 cups per student. A set of [jumbo stacking cups](#) is optional.

Directions:

The Setup:

1. Show students the speed stacking DVD that comes with the set of cups.
2. Emphasize the safety rules in the video, especially no slamming cups and light touches so you avoid students damaging equipment or getting hurt.
3. Give students ample time to individually practice the 3 stack, 3-3 stack, and 3-3-3 stack before starting the game.
4. Challenge students to practice with their eyes closed to focus on technique.
5. Have a desk or dedicated area for each team to use to stack during the game. This could be an upside down bin or other flat surface.

6. Form groups of four to six and line students up at a desk or designated stacking area.

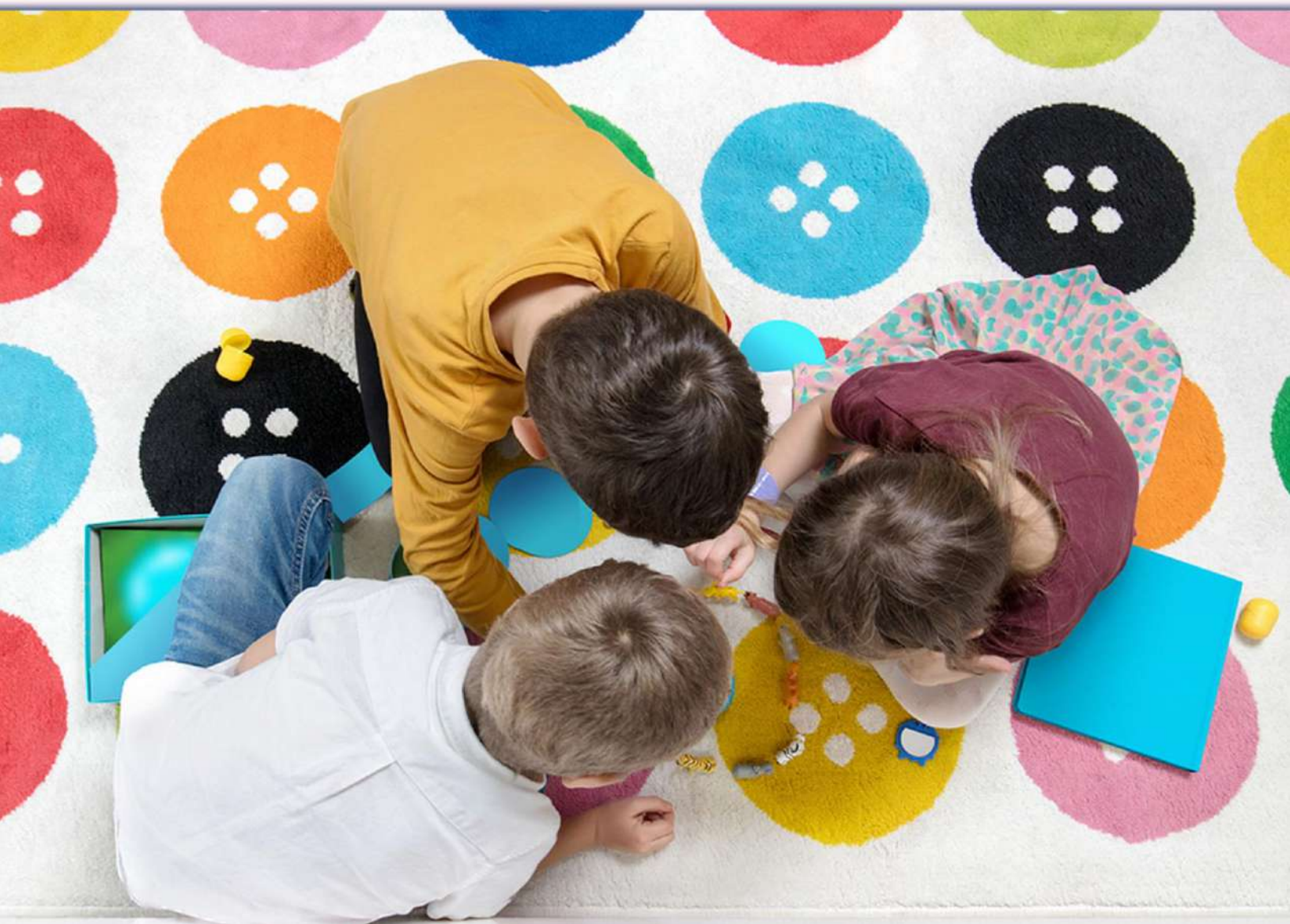
How to Play:

1. The goal of the game is to be the first team to finish the relay and the team to win the most points during the game.
2. The first person then does the stack chosen by the teacher. The class skill level will dictate which stack they start with, but I suggest starting with the 3 stack.
3. The first student in line goes and does the stack once. If they mess up or drop the cups, they must start over. When done, they high-five the next person who goes. The student who just went sits down at the end of the line so you know they are done.
4. Ensure students start with their hands palms down on the stacking surface and finish with them that way.
5. Repeat until everyone in the group has had a turn.
6. The first group sitting wins that round.
7. Play several rounds, assigning points to winning teams throughout the relay to see which team gets the most points.
8. Repeat the game as time allows with more challenging stacks such as the 3-3 or 3-3-3.

Variations:

- If space allows, allow the students to run up to the stacking area to stack.
- While students are waiting in line to stack, have them run in place or do jumping jacks.
- Allow teams to build large pyramids with the cups if time allows for fun and to work on cooperation.
- Challenge groups to spell vocabulary words with the cups if time allows.
- Each class can do this relay with harder and harder stacks such as the 6 stack and 3-6-3 stack.
- Use [jumbo stacking cups](#) instead of regular cups.

OTHER NOTABLE ACTIVITIES AND EQUIPMENT



Skillastics Games

These games come with a large and small board. They encompass themes from fitness to soccer and basketball skills. They are designed to be played either as a whole group using the large board, or in small groups using individual boards. They come with all the dice and game pieces you need as well as instructions to play.



Power Cross Challenge



This has students work their way across a carpet with handprints. Students can do different challenges as they move across. Challenges are at different difficulty levels. Instructions are included.

Jumbo Rolling Tote

This will allow you to store your equipment neatly and safely while being able to transport it like you would rolling luggage. This saves you the hassle of having to find a cart to carry equipment on, or drag equipment around yourself.



Teach 'N Train Station Pack



This pack has everything needed to get your group moving. It includes a set of 9-10-inch diameter, heavy-duty vinyl Teach 'N Train Fitness Spots, plus a pack of twelve 2-inch foam Exercise Spot Dice. Ten of the dice have the numbers 4, 6, 8, 10, and 12 on them, and two have all blank

sides so they can be customized. Pair one dice with one spot and you've got a great exercise station: simply roll the dice to determine how many repetitions of an exercise to complete!

Example of Use:

- Lay the spots on the ground or desks in the area.
- Group students into groups of two to four.
- Give each pair a dice.
- The first student in each pair picks an exercise spot and takes their team to that spot.
- That person rolls the dice. The team does that exercise the number of times on the dice.
- A different student in the group gets the dice, picks an exercise spot, takes the team to it, rolls the dice, and has the team do that exercise the number of times on the dice.
- Repeat until everyone in each team has had a turn to roll, each team has done every exercise spot, or when a certain amount of time has lapsed.
- To make it harder, have each team hold two dice so that the number of times they do an exercise is greater.

Yoga Cards

These are great for small spaces. Each card has a pose on one side and instructions on the other. You can do them with the whole class or have students practice on their own. In addition, the cards come with three levels: easy, medium, and hard.



Code Breakers Challenge Easy Pack



Work as teams or solo to uncover the hidden letters or numbers to break the code and find the answers. Use simple clues to find either a number or letter spot and reveal the hidden letter/number underneath. Piece together the code to determine the final answers. Includes a set of 26 alphabet spot markers and (36) 5-inch numbered spot markers, 4 clipboards and 12 pre-sharpened pencils. A 14-page instruction guide is downloadable and includes re-printable materials. The guide includes a variety of cross curricula games/materials and suggestions for creating your own. For 2 to 32 players, ages 5 and up.

Floor Glide Exercise Spots

Use these durable 10-inch diameter, 5mm thick felt spots for a variety of slide exercises and fun activities. The spots work well on smooth gym floors and even on Berber carpets. The instructions include 31 different low impact exercises that cover both the



upper and lower body for older kids and adults, plus five fun individual and team activities for younger kids and teens. The exercises require one or two spots at most, so this set of 12 spots can be used by 6 or 12 people! An activity guide is included.

Juggling



This is a great way to keep students engaged and having fun in a small space. It gives everyone something they can hold in their hand. Plus, they learn a new skill and challenge themselves to get better through practice. Use [large scarves](#) to start. You can teach yourself or the students how to juggle using this [video](#).

FITNESS

Tic-Tac-Toe



5 Themed Game Boards
Full Lesson and Assessment
Editable Game Boards
3D Game Boards
Blank Boards in Many Colors



Introduction

This is a fun game that is enhanced to make it into a great way to get students to move and work cooperatively. You can play the game in a myriad of ways and attach the activity to a myriad of learning objectives.

Some examples of use include:

- Play to practice a certain skill such as locomotor skills
- Play class versus the teacher
- Play in small groups
- Have students create their own game

You get the following in this game set:

- A full lesson you can use and edit to make your own.
- Two sample assessments.
- 5 tic-tac-toe boards with different exercise and themes (Strength, plyometrics, stretching, locomotor skills, and yoga).
- Editable boards where you can place your own activities.
- Multiple blank boards in different colors for student use.
- Editable 3D boards with instructions on how to use.

This game allows you to teach many skills in a limited space or full gymnasium with ease. Students will want to play this again and again! All of the mentioned material is included in the zip file you downloaded. Happy Teaching!

How To Play

1. Have a tic-tac-toe board projected on the whiteboard.
2. Play so it is students vs. the teacher for the first round.
3. The students go first. Pick students to go based on a random method: equity sticks, numbers, or a political order all work.
4. The student going chooses a square and places an x on it.
5. Everyone in the class must do the exercise in the square picked a certain number of times the teacher chooses.
6. Then, the teacher places an O in the square of their choice.
7. All students must do the exercise in the square the teacher picked the same number of times.
8. Continue the game until you have a winner or a tie.
9. The winning team gets to pick three exercises the losing team must do.
10. Repeat.

Variations

- Change boards
- Change the number of repetitions
- Have students play in small groups of 2-4
- Have students create their own board

Note: a full lesson and assessments are in a folder in the zip file you downloaded. Also in that file are an editable and blank boards, including the 3D boards.

Fitness-Tic-Tac Toe



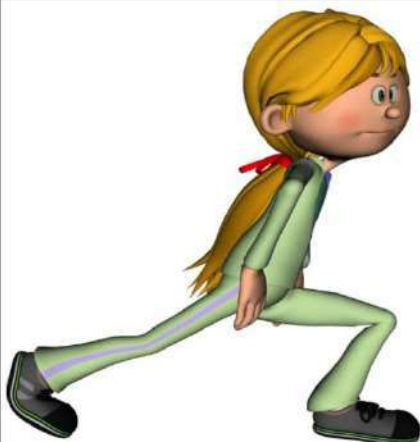
Balance Sit



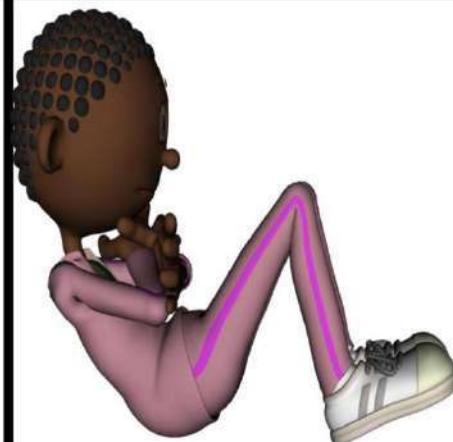
Curl-Up



Push-Up



Balance Sit



Sit-Up



Balance Sit



Plank



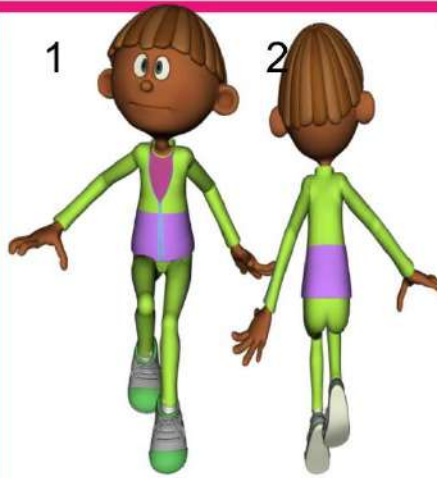
Squat



Trunk Lift



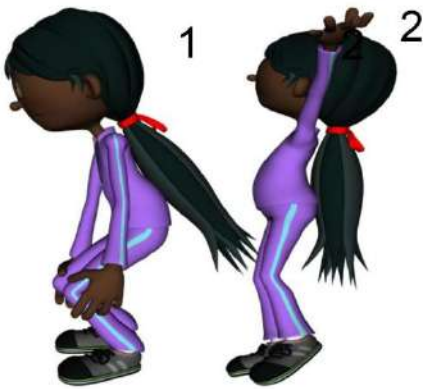
Jumping Jack



Half Turn Jump



Crab Walk



Squat Jump



Hop



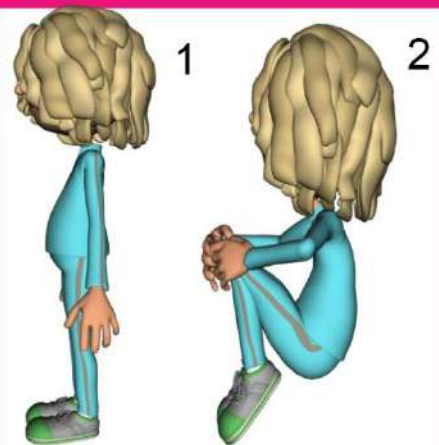
Run in Place



Stradle Toes Jump



Star Jump



Tuck Jump



Standing Stretch One



Seated Stretch



Standing Stretch
Left and Right



Quadriceps Stretch



Butterfly Stretch



Balance Sit



Standing Stretch 2



Hamstring Stretch



Neck Roll



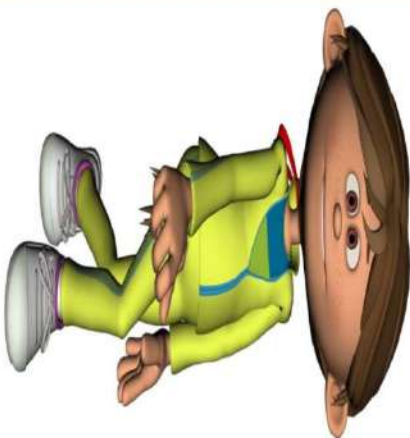
Gallop



Crawl



Tip Toes



Log Roll



Leap



Jump



Slide



Skip



Run



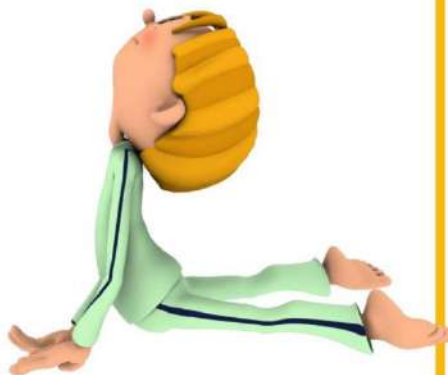
Boat Pose



Bridge



Low Lunge



Cobra



Downward Facing
Dog



Pigeon



Seated Twist



Tree



Upward Dog

Clip Art Created by The Following Company



<https://www.teacherspayteachers.com/Store/Awaywiththepixels>

Backgrounds Created by The Following Company



<https://www.teacherspayteachers.com/Store/Digi-By-Amy>

Boards Created by The Following Company

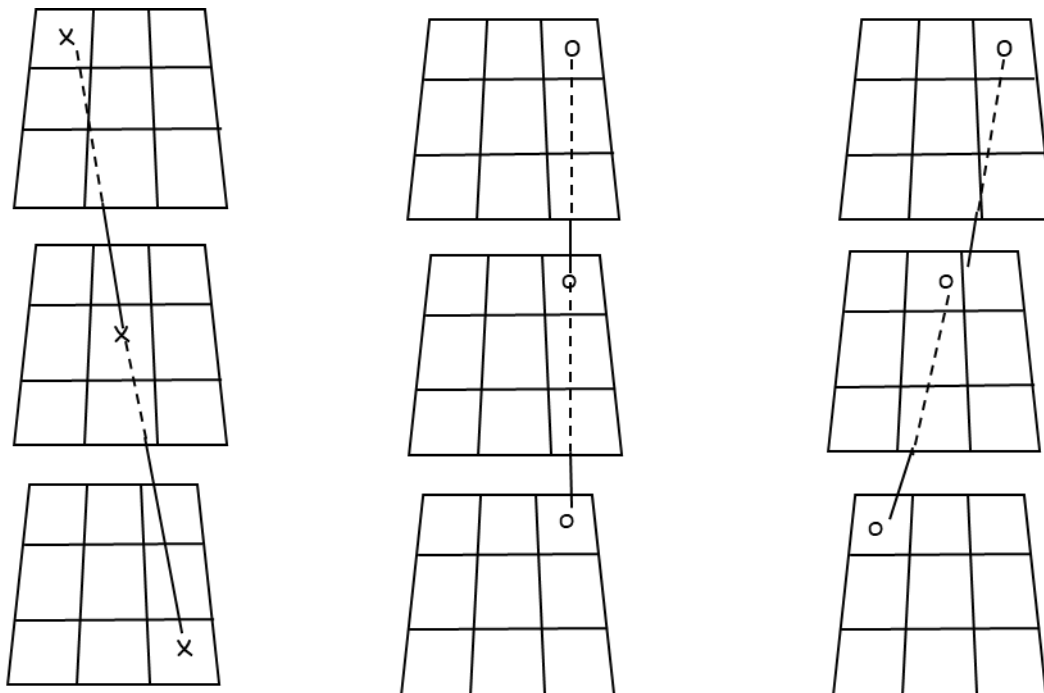


<https://www.teacherspayteachers.com/Store/The-Enlightened-Elephant>

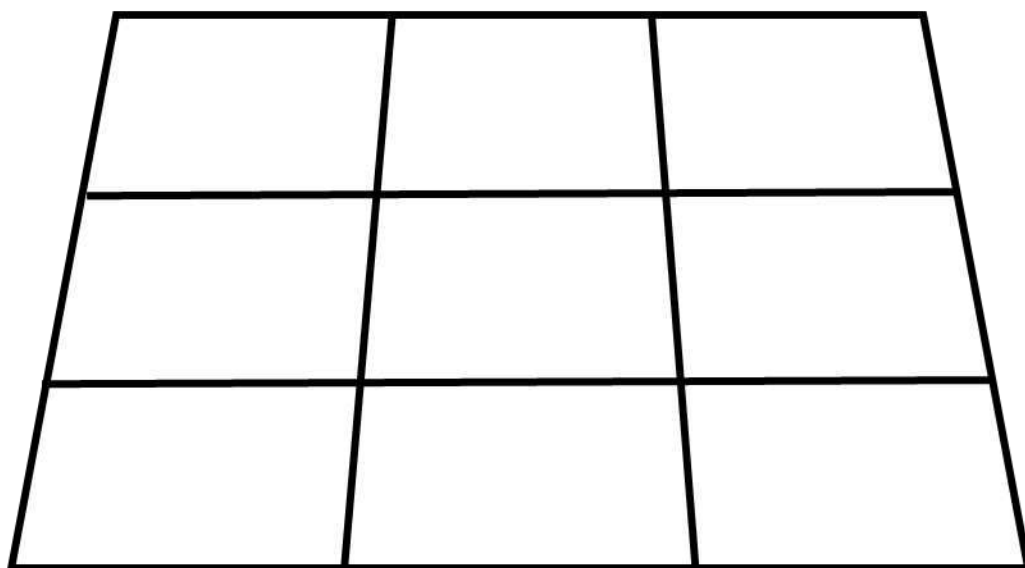
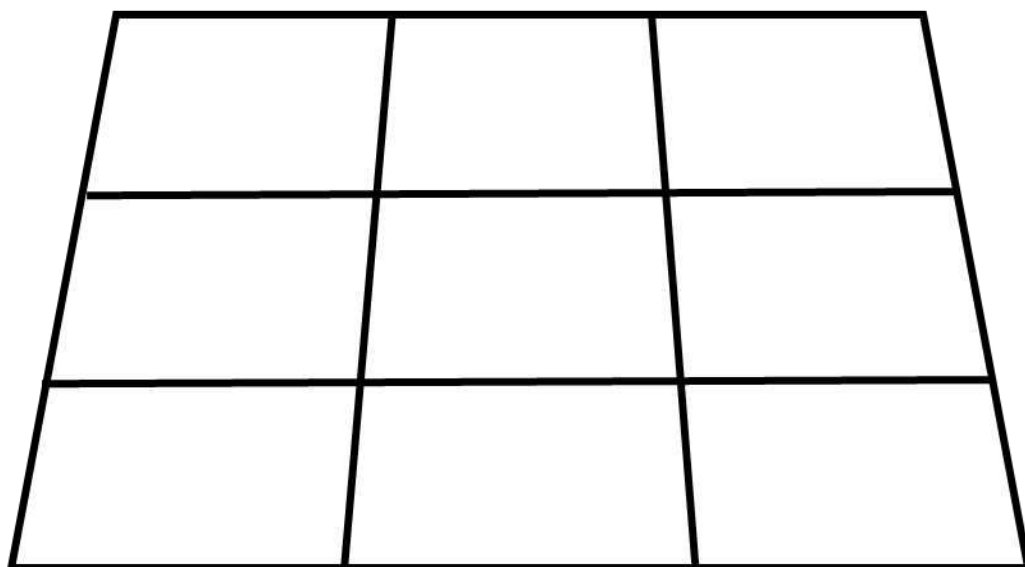
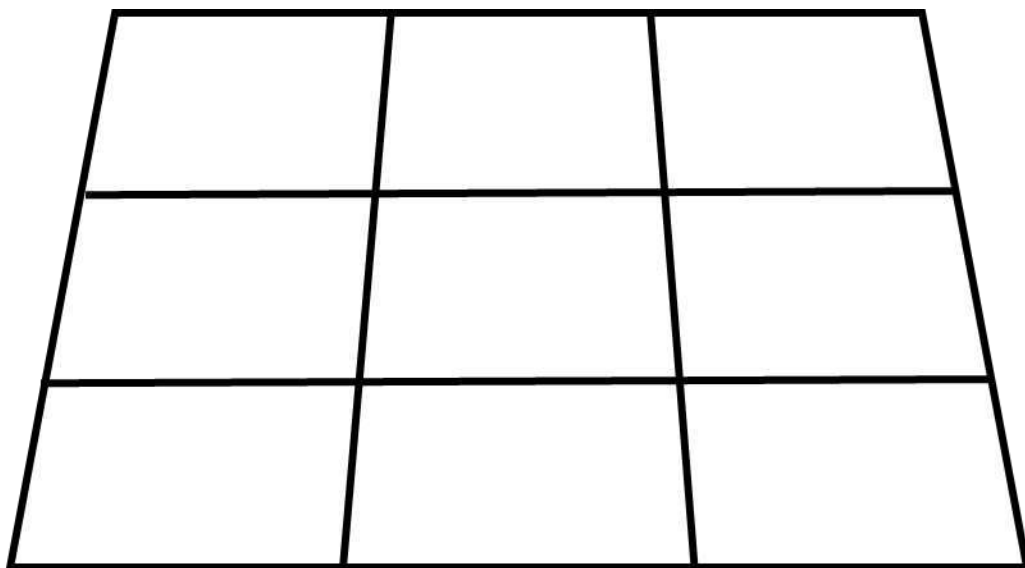
3-D Tic-Tac-Toe Directions

Objective: Mark three boxes in a row, horizontally, vertically, or diagonally using one or all three boards.

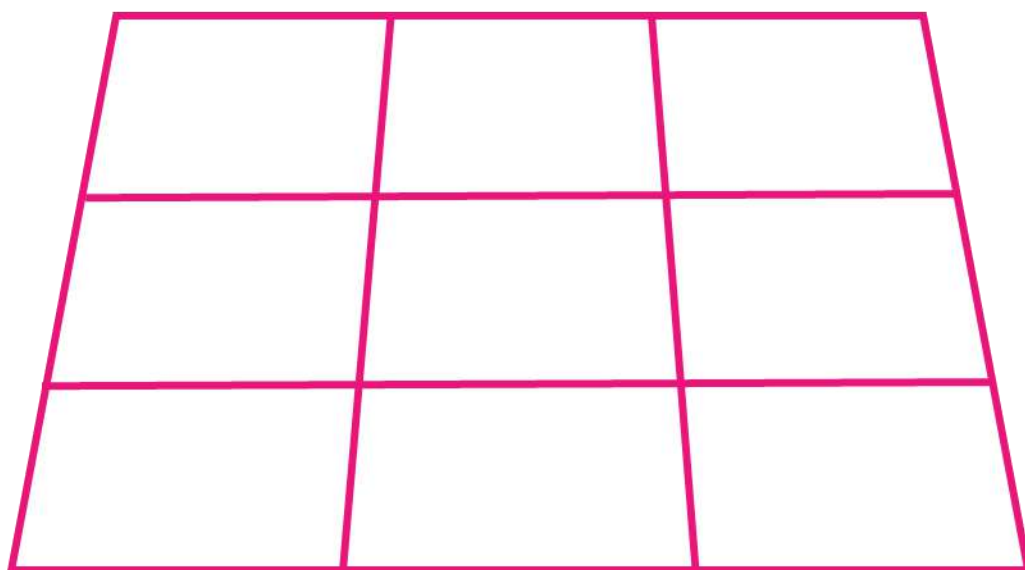
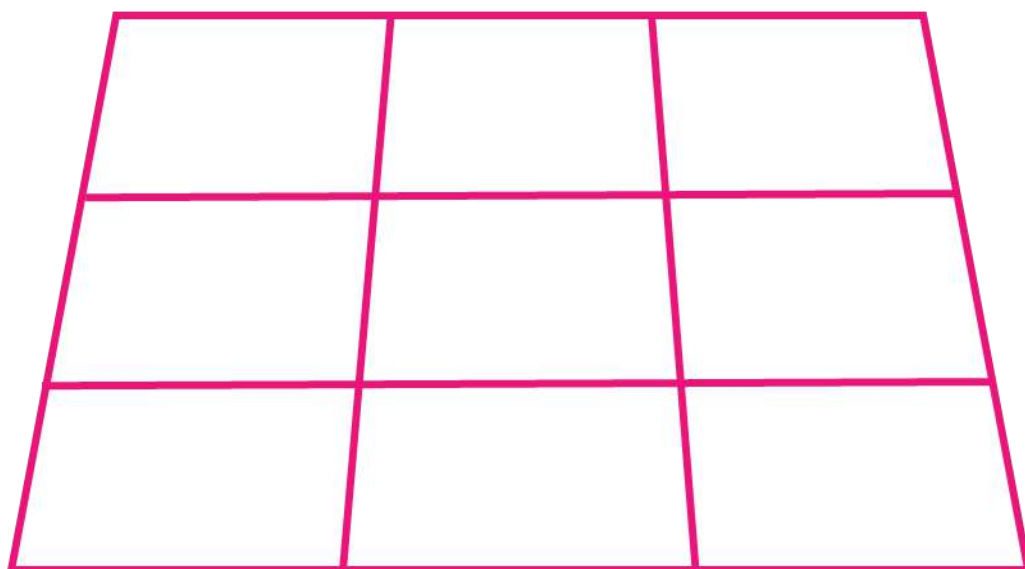
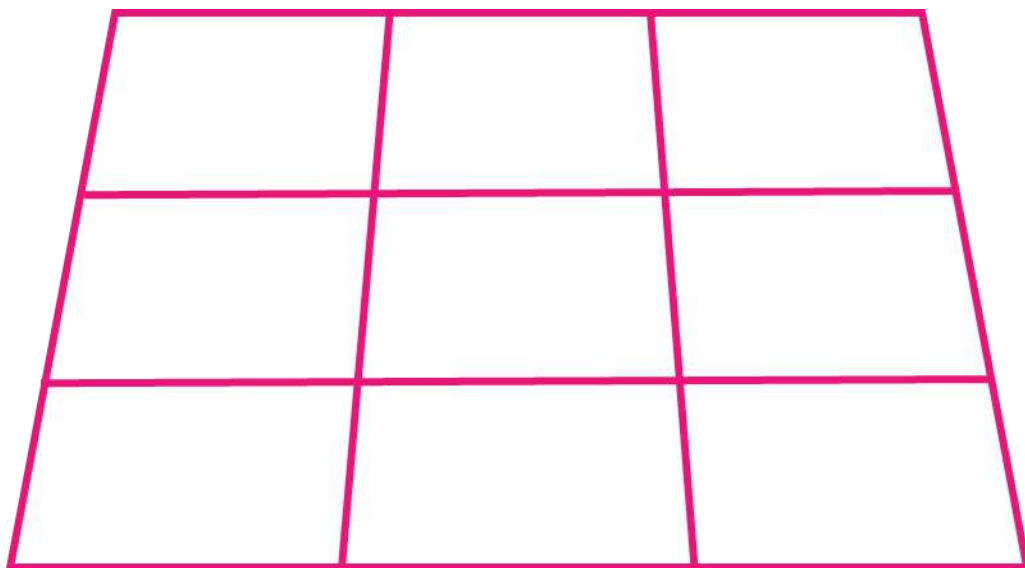
Game play is similar to regular tic-tac-toe, but with more options for play. Players can get three in a row on just one board or they can use all three boards to mark squares diagonally, vertically or horizontally from the top board to the bottom board. See diagram.



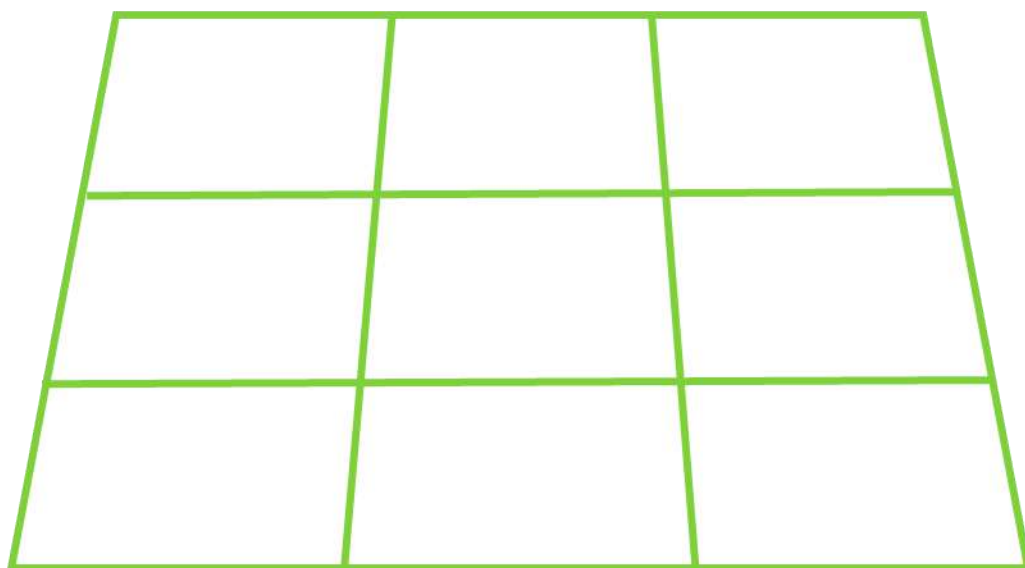
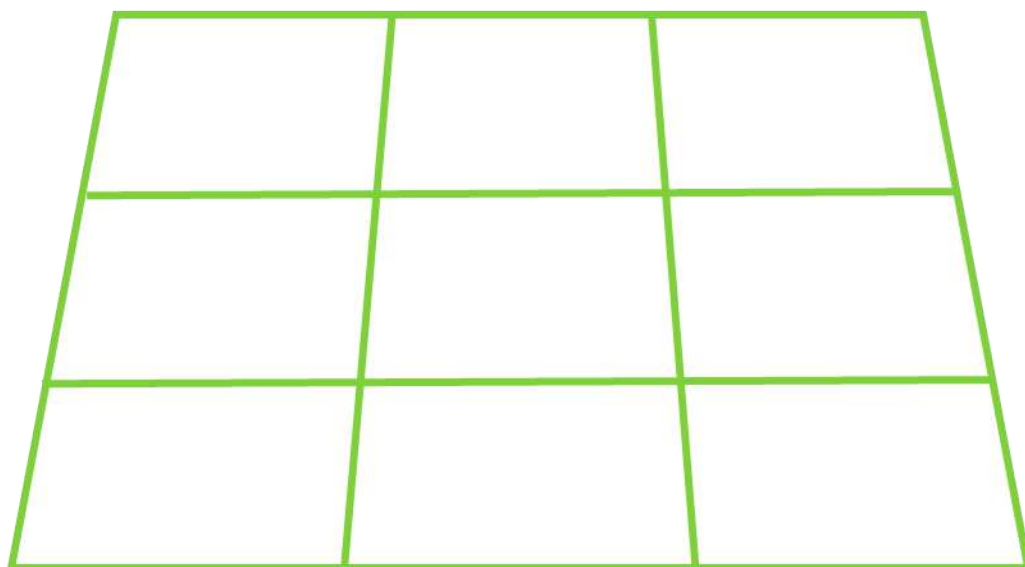
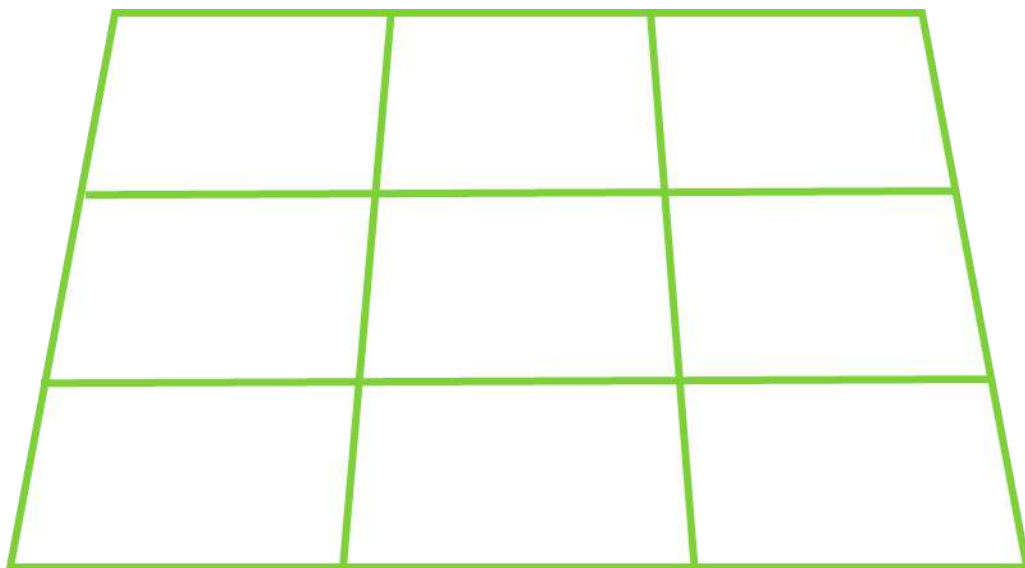
Fitness-Tic-Tac Toe



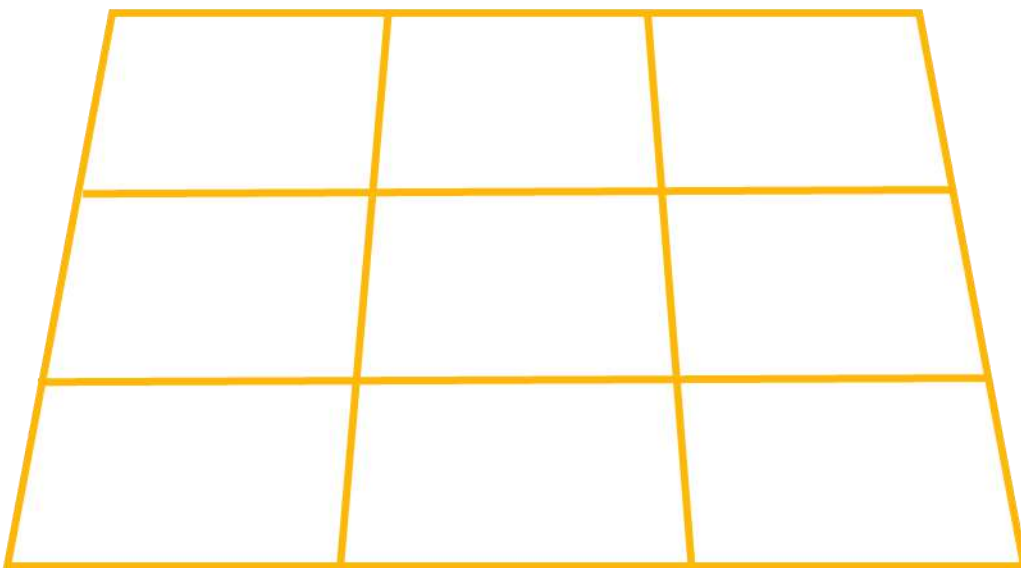
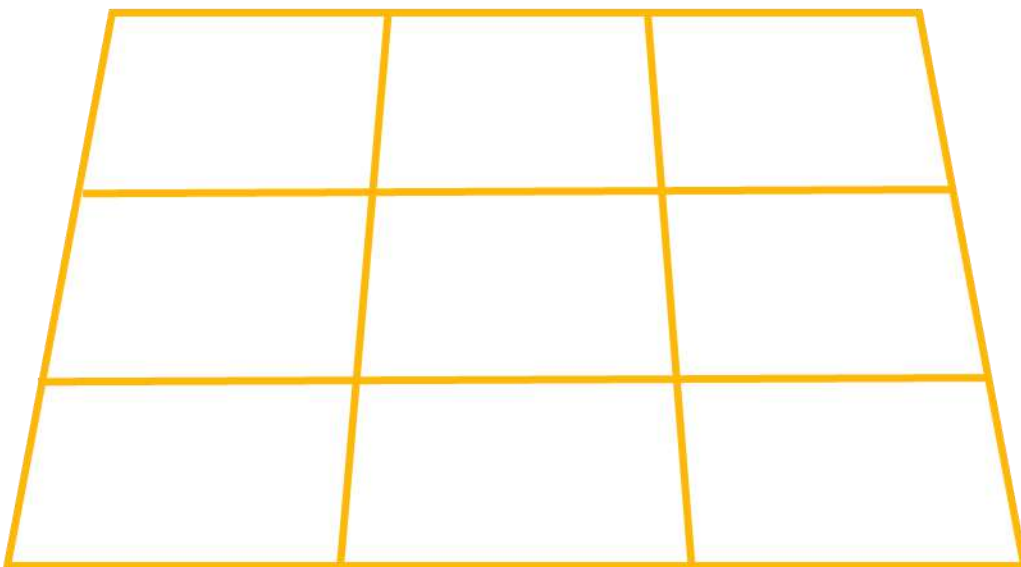
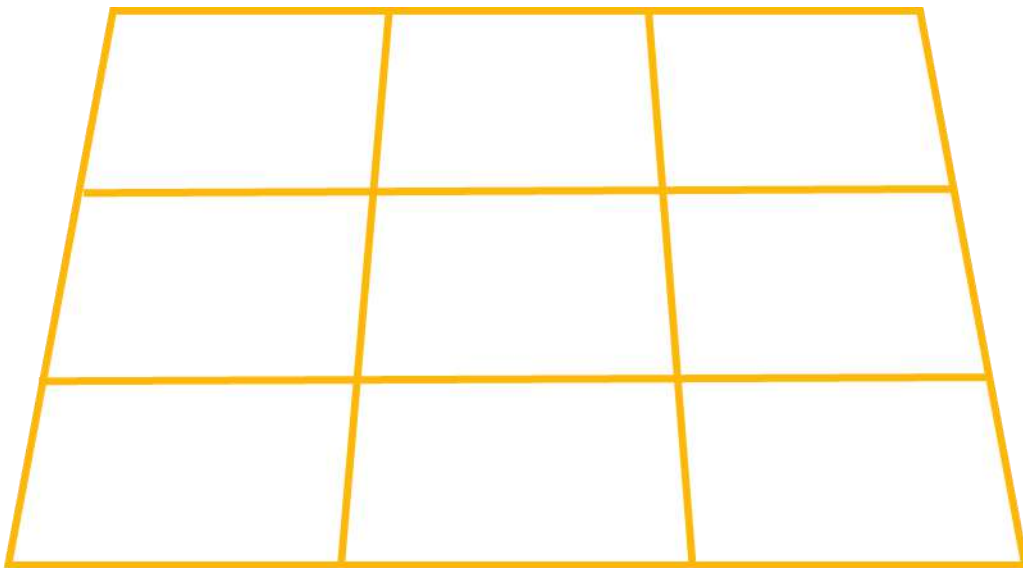
Fitness-Tic-Tac Toe



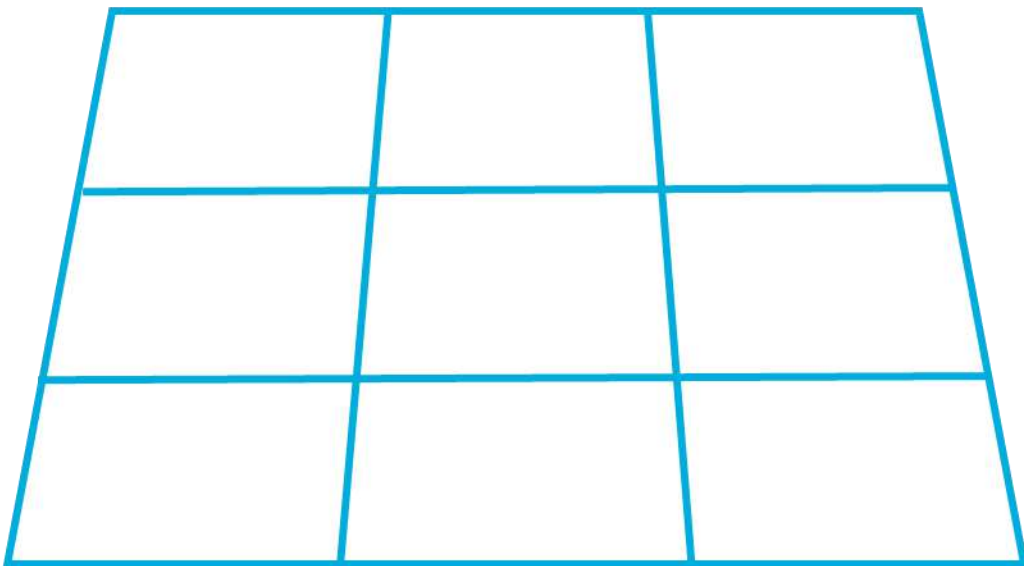
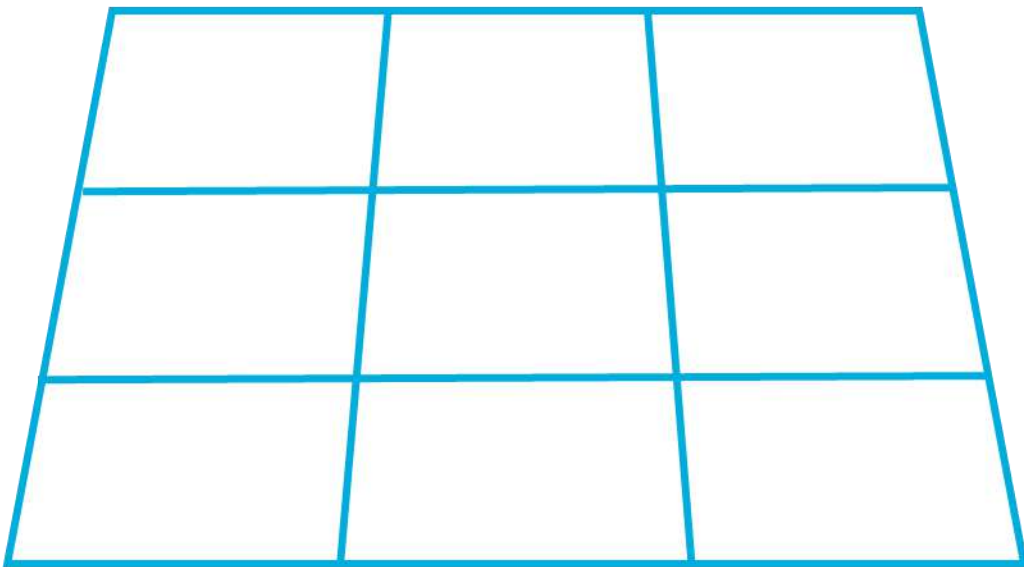
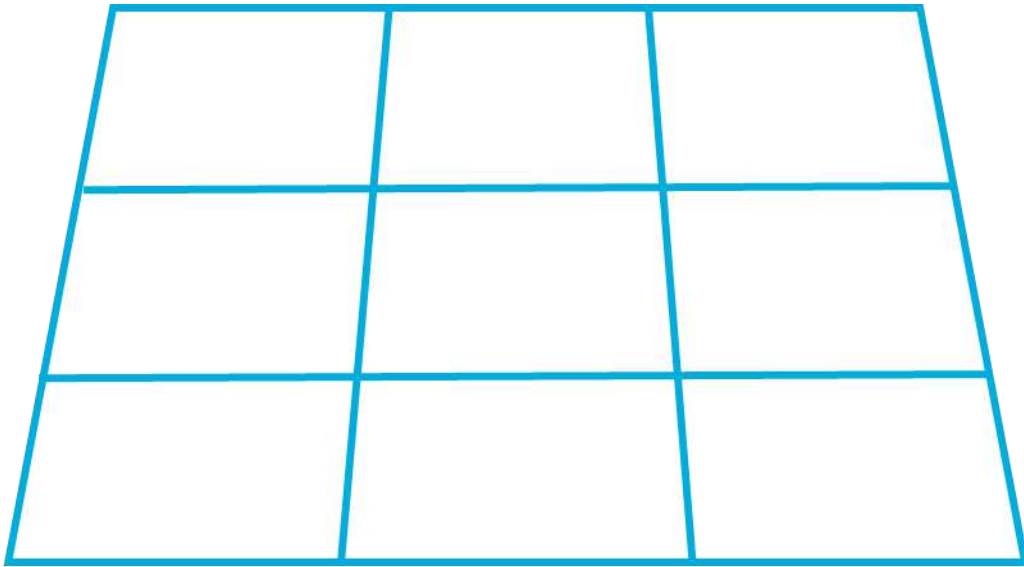
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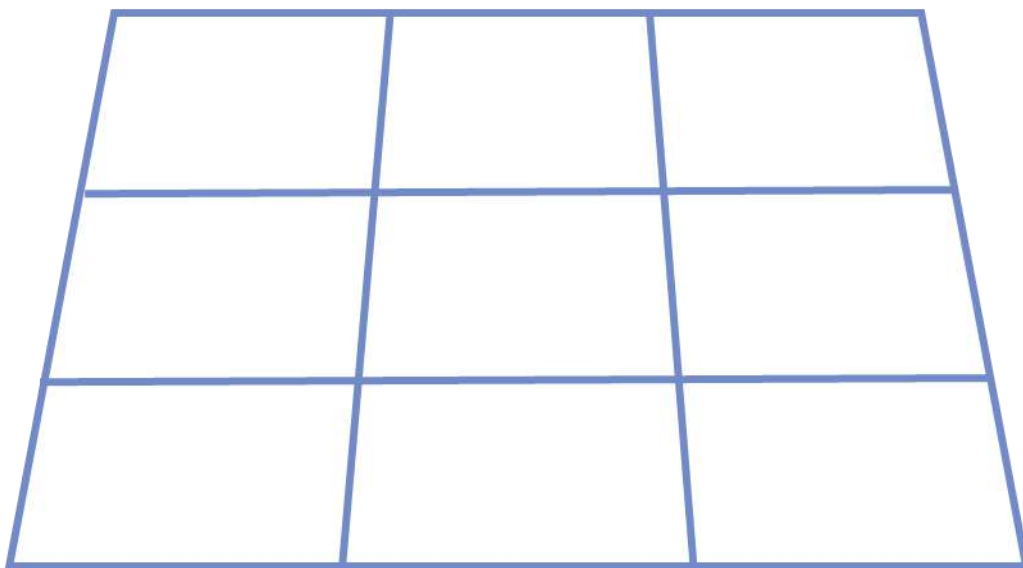
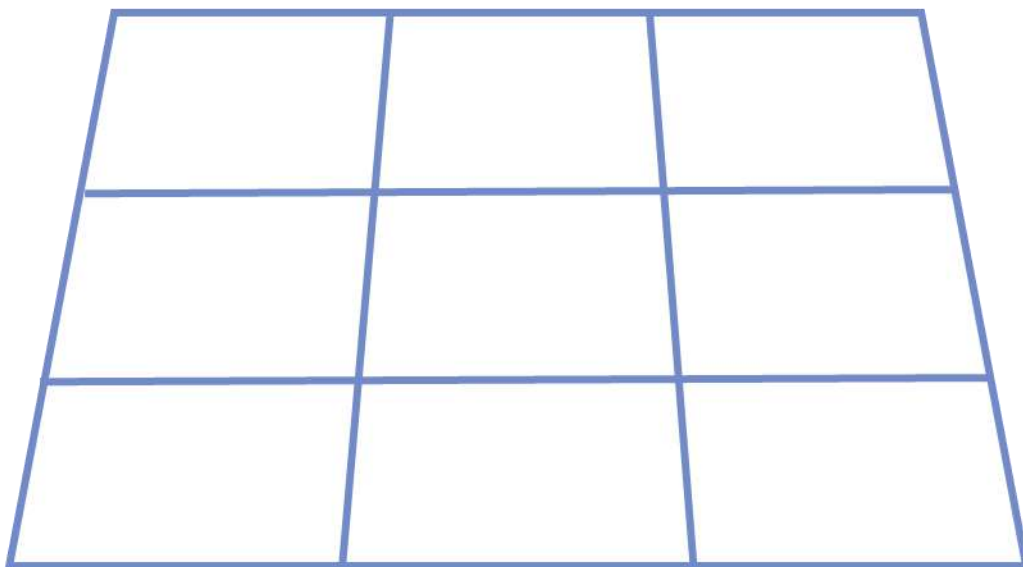
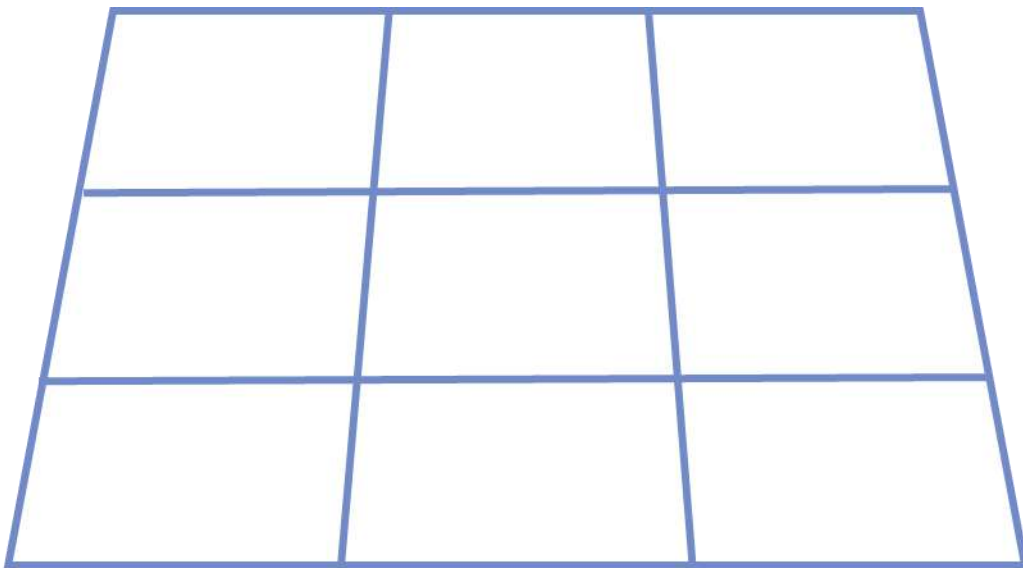
Fitness-Tic-Tac Toe



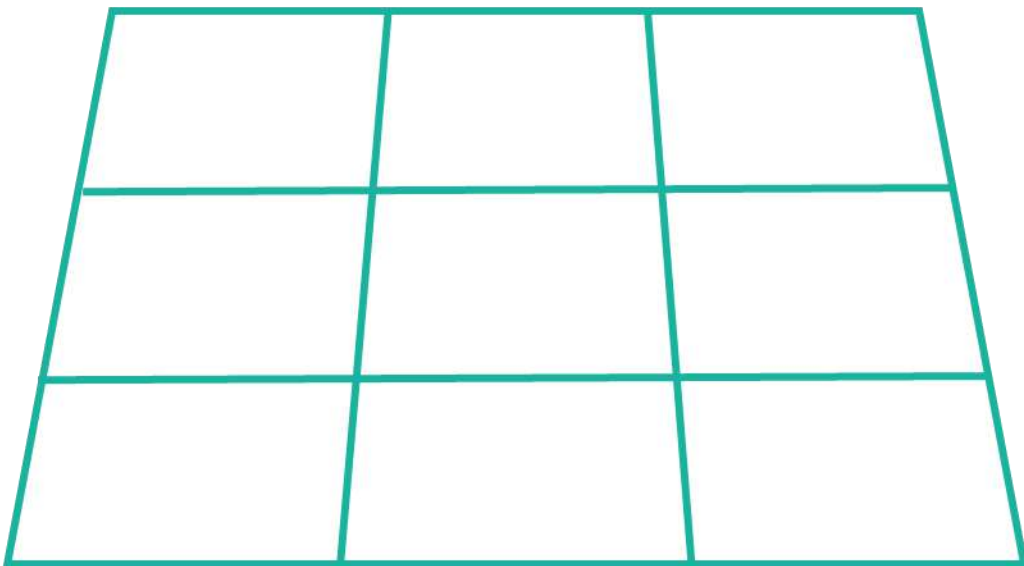
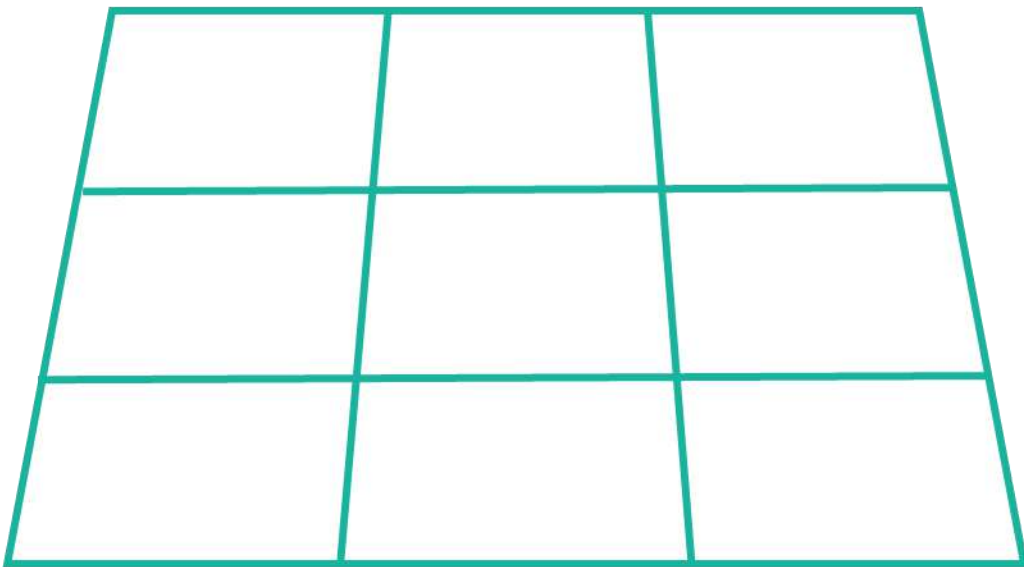
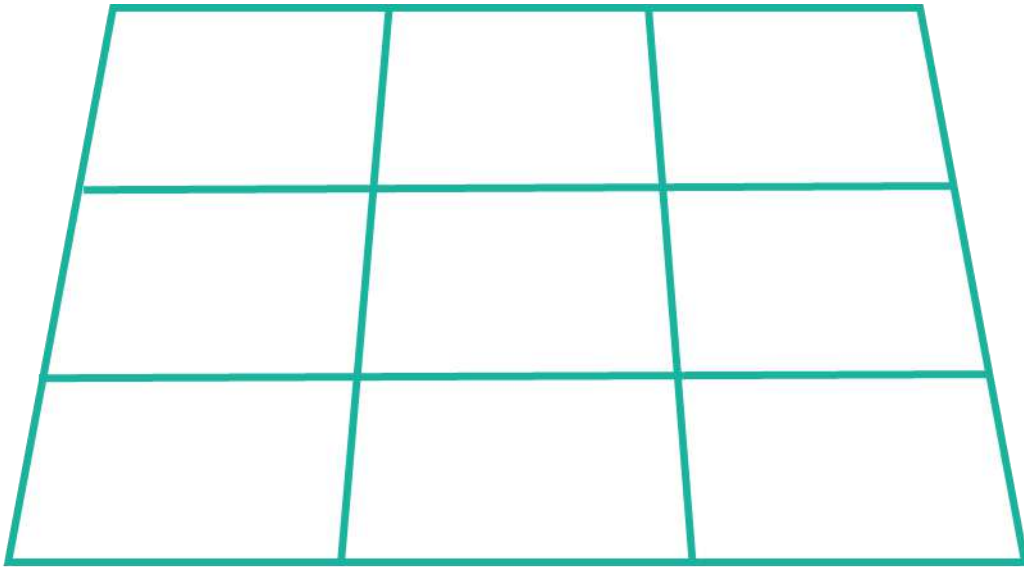
Fitness-Tic-Tac Toe



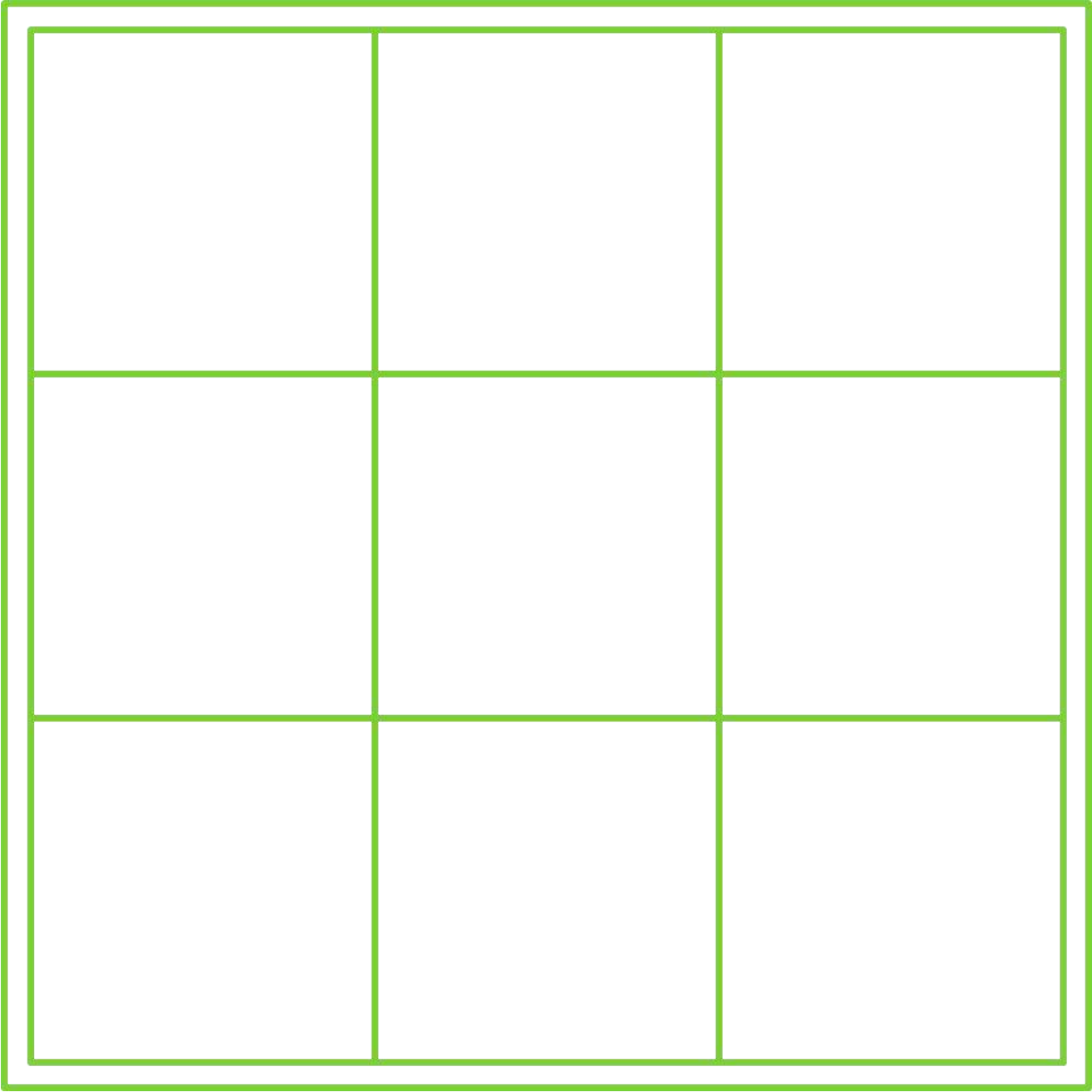
Fitness-Tic-Tac Toe



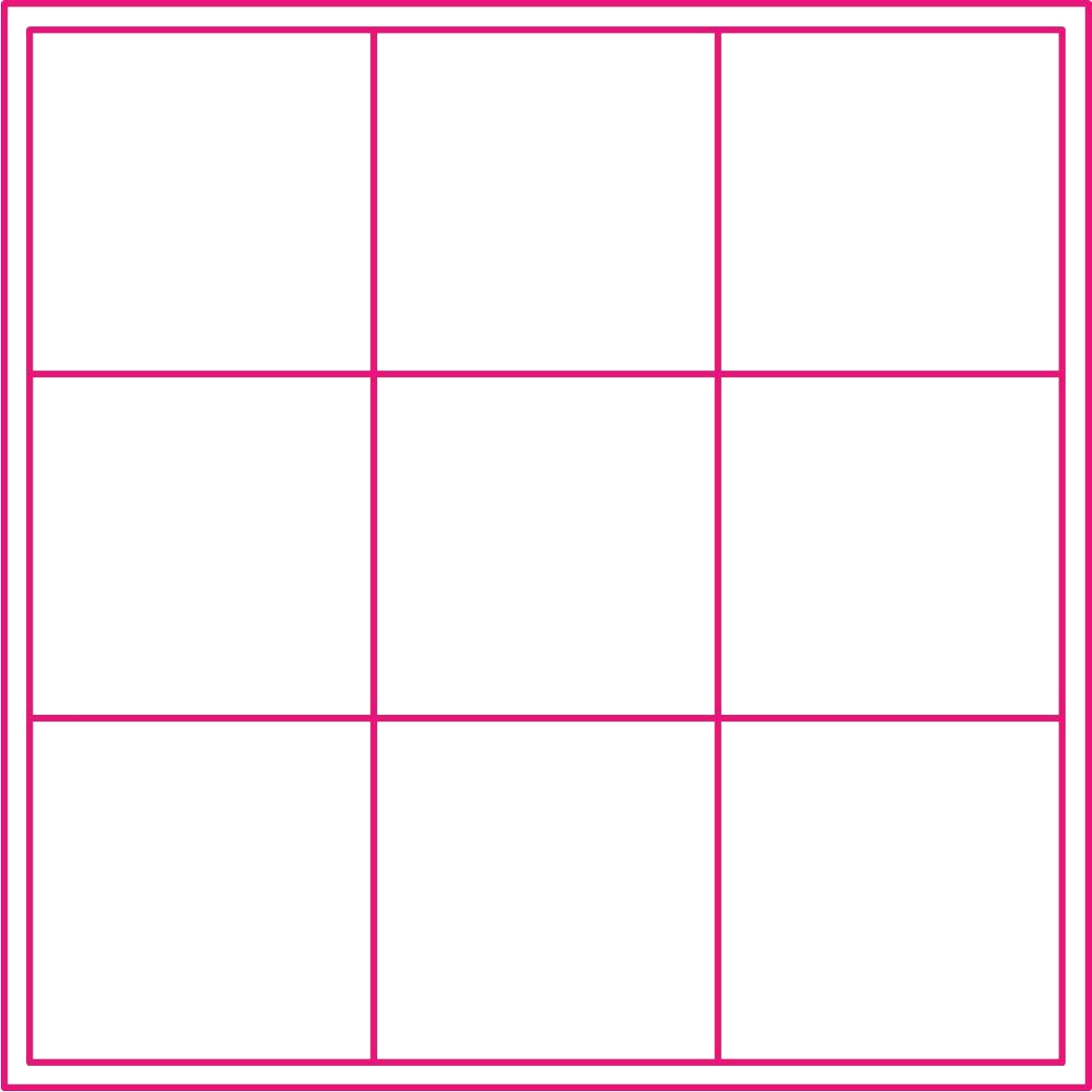
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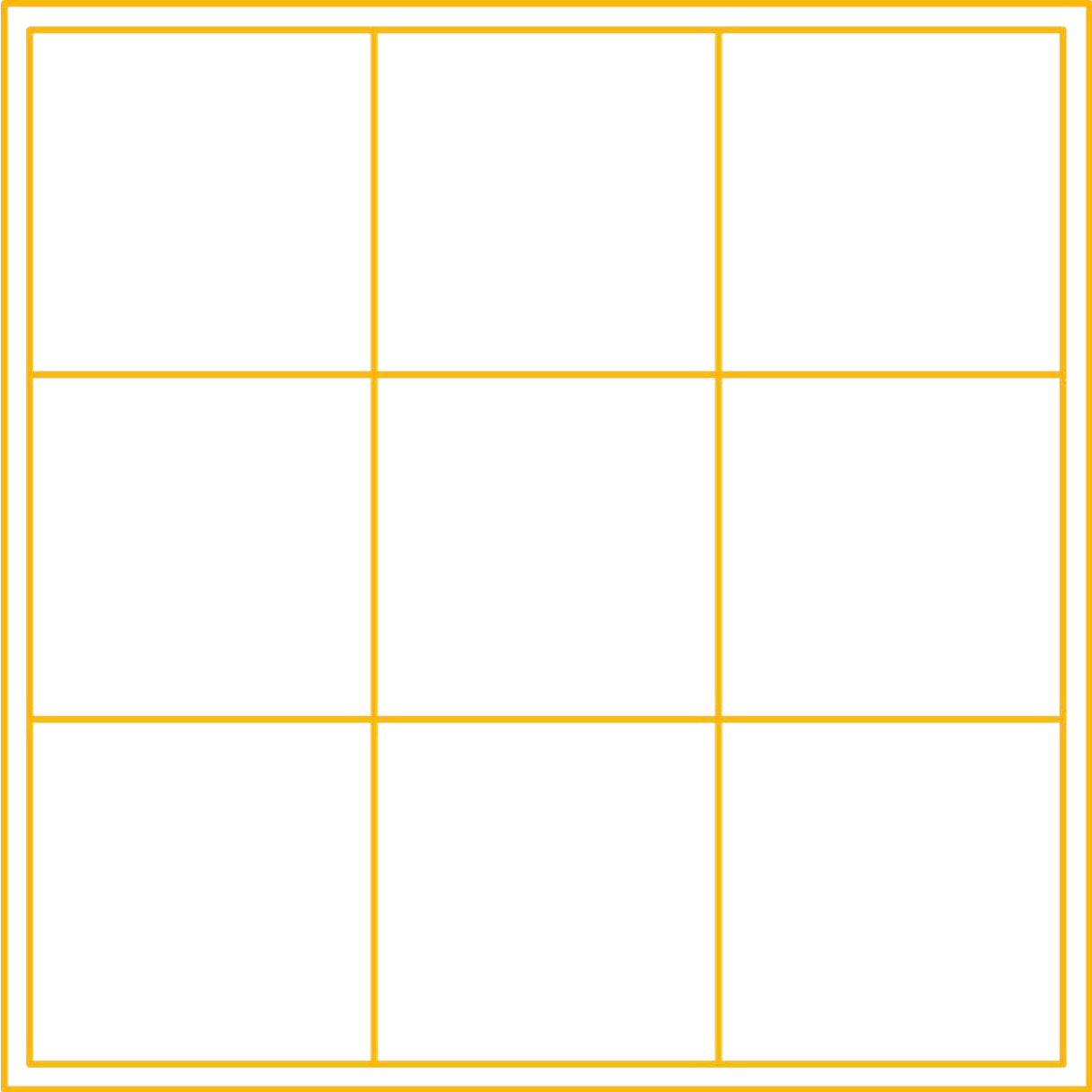
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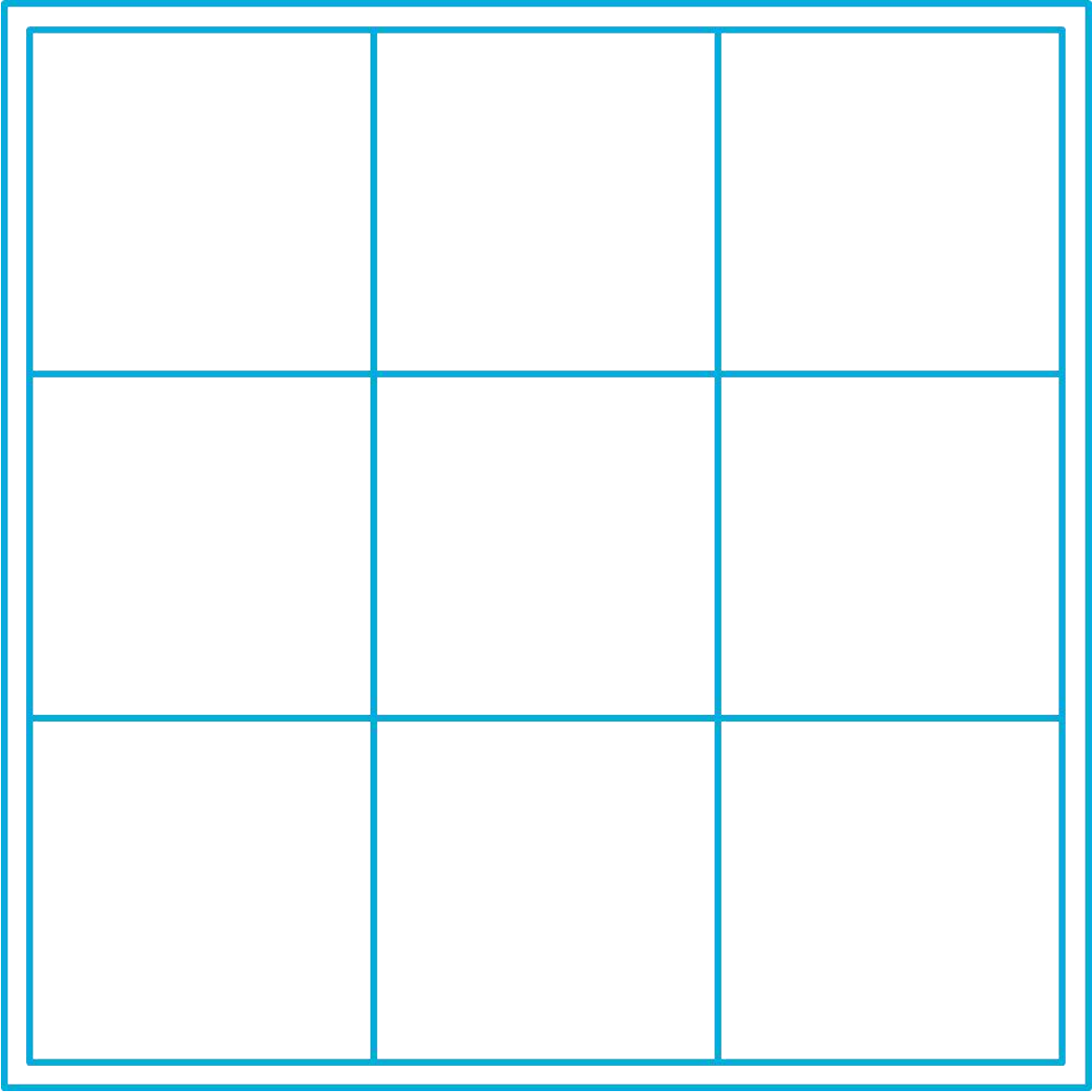
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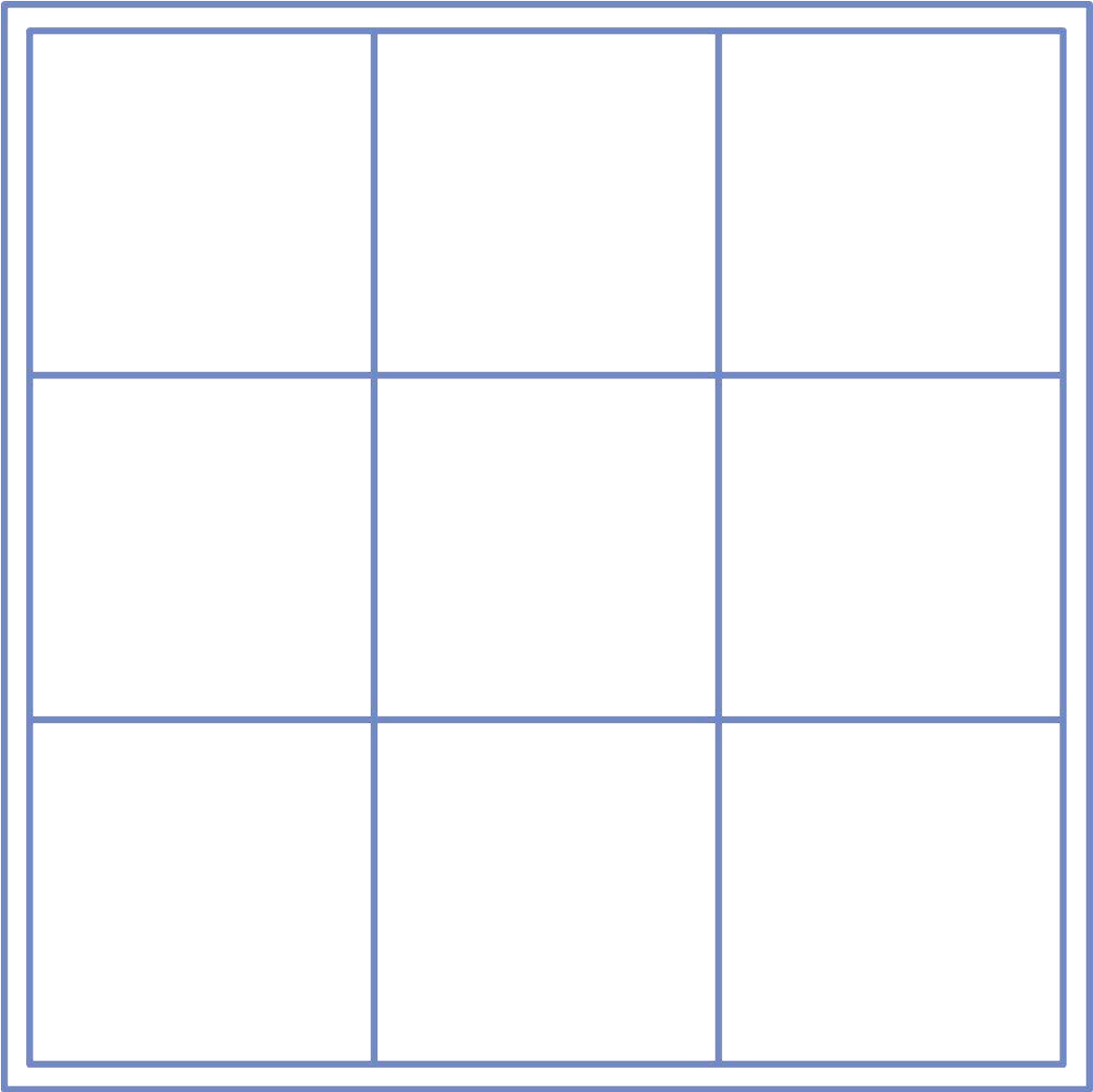
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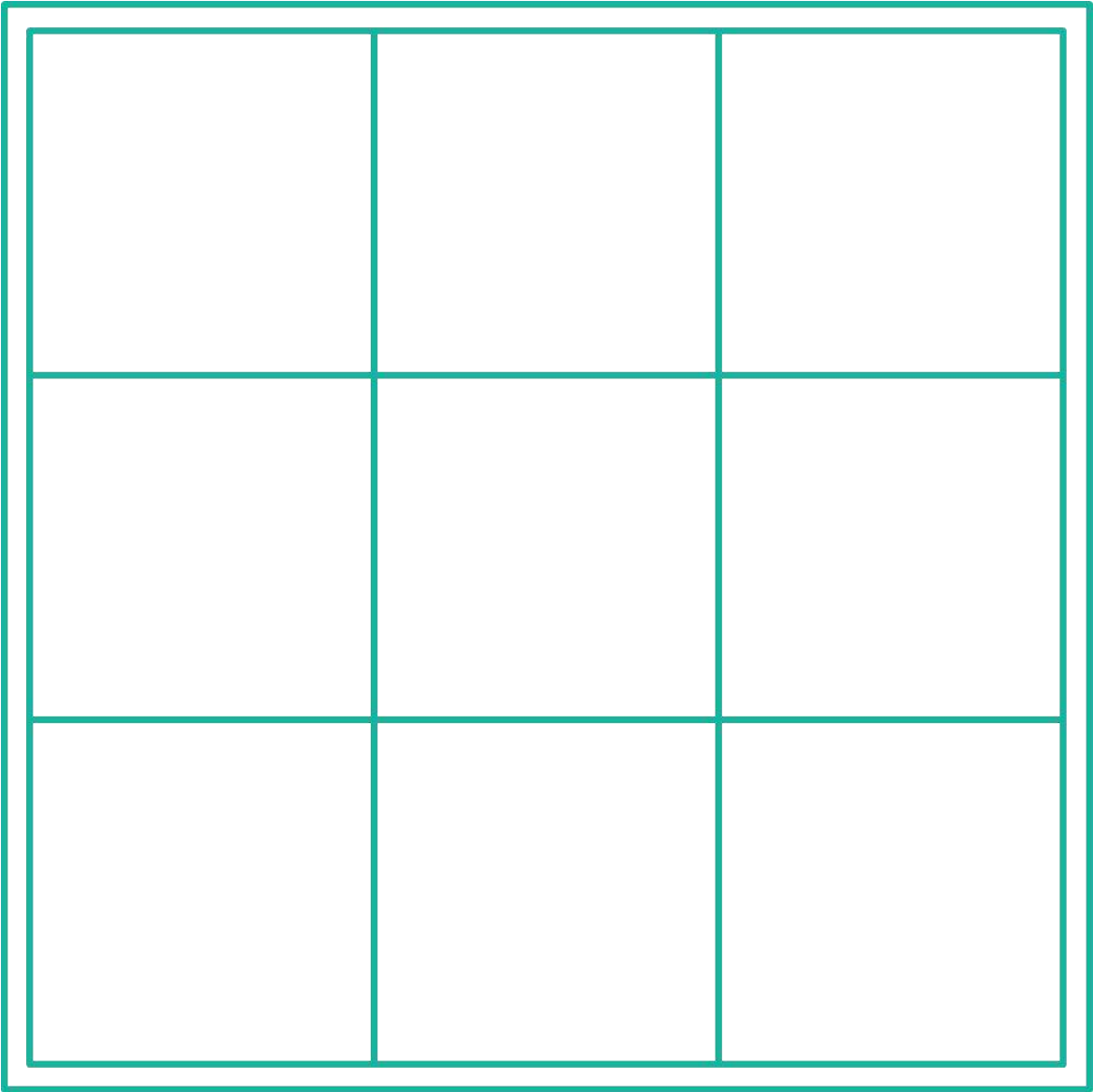
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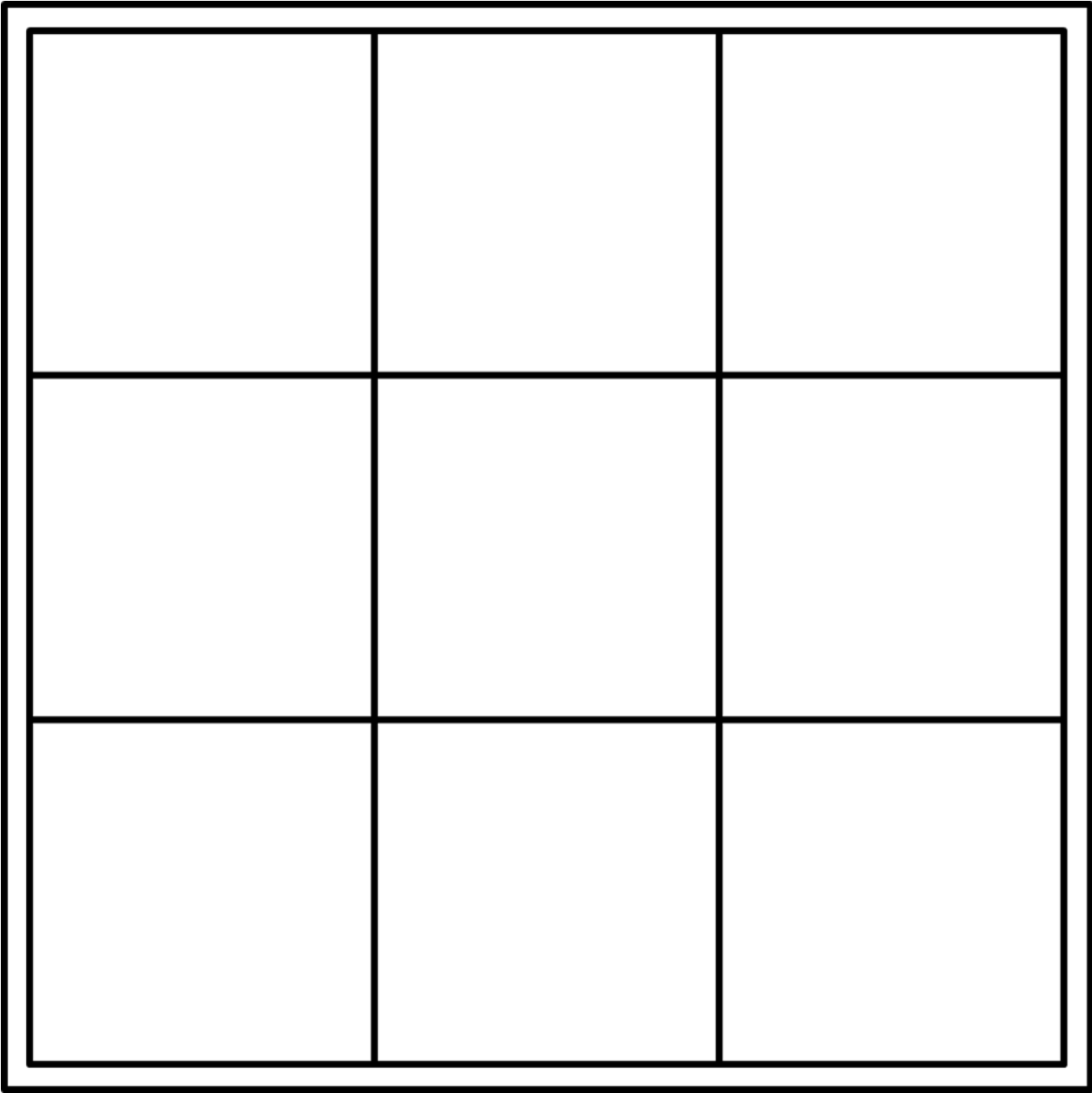
Fitness-Tic-Tac Toe



Fitness-Tic-Tac Toe



Fitness-Tic-Tac Toe



Fitness Tic-Tac-Toe

Lesson Plan

Element	Topic	Description
Value, Sequence and Alignment	Standard	<p>Shape National Standard:</p> <p>Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <p>Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p> <p>Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p> <p>Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <p>Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p> <p>State and Curriculum:</p> <p>III. Social Psychological Principles.</p> <p>IV. Exercise Physiology</p> <p>V. Physical Activity</p> <p>1.A and B (Exercise Physiology)</p> <ul style="list-style-type: none"> Analyze and demonstrate the effect of physical activity on the body systems. Compare and demonstrate how your body responds before, during, and after physical activity.

Fitness-Tic-Tac Toe

Element	Topic	Description
		<p>3.2.A (Social Psychological Principles)</p> <ul style="list-style-type: none"> • Work effectively with others in physical activity settings. • Describe strategies to maintain self-control in challenging settings. <p>5.1.C (Physical Activity)</p> <ul style="list-style-type: none"> • Perform aerobic and anaerobic activities.
	Objective	<ul style="list-style-type: none"> • Explore and participate in individual aerobic capacity/cardio respiratory fitness in order to explore aerobic and anaerobic activity and 3-5 physiological changes is causes our body. • Students will perform 3-5 minutes of stretching exercises in order to improve flexibility. • Students will sustain vigorous physical activity for 6 minutes. • Students will participate in activities that involve muscular strength and endurance. • Students will demonstrate at least 3 ways to play safe and respectful indoors in order to participate in fitness tic-tac-toe.
	Assessment	Teacher observation and data collection (tic-tac-toe games and assessment statements)
Clarity	Higher Order Thinking Questions	<ol style="list-style-type: none"> 1. What are physiological changes? (Changes that happen to our body when we exercise) 2. Pair and share 3-5 physiological changes you experienced today. (tired, thirsty, sweating, heart beating fast) 3. Why is it important to know about physiological changes that occur to our body when we exercise? (So you know how hard you are working and know how to adjust accordingly. Something along those lines.)

Fitness-Tic-Tac Toe

Element	Topic	Description
Balance	Teaching Across the Curriculum and Common Core Infusion	<ol style="list-style-type: none"> Look for and express regularity in repeated reasoning. <ul style="list-style-type: none"> Demonstrate turn-taking in order with a partner or small group. Look for and make use of structure. <ul style="list-style-type: none"> Identify boundary lines and transition between general and self-space. Attend to precision. <ul style="list-style-type: none"> Utilize proper form and technique when developing skills.
Learning Activities	Warm-Up (3-5 mins)	<p>Teacher will connect warm-up to the fitness tests trunk lift and sit and reach, which test how flexible muscles are. Thus, the warm-up will be used to demonstrate some stretches that can be used to improve flexibility. Teacher will redefine flexibility.</p> <p>Flexapoloza:</p> <p>Students stand in a circle and take a turn standing in the middle of the circle leading the group in a flexibility stretch of their choice for 20 seconds.</p>
	Introductory Tasks (10 mins)	<ul style="list-style-type: none"> Explain that today we are playing this game to explore different activities used in an indoor game to identify how different activities affect our bodies. Define physiological changes (changes that happen to our body when we exercise). Ask students to be aware of what is happening to their bodies as they engage in the different activities in the game. <p><i>Teacher will explain the rules of fitness tic-tac-toe:</i></p> <ul style="list-style-type: none"> On the chalkboard or projected on wall or other surface is a tic-tac-toe fitness board. Half class versus other half class. One half of class are Xs and other half are Os. Students will take turns picking squares to mark off.

Fitness-Tic-Tac Toe

Element	Topic	Description
		<ul style="list-style-type: none"> Teacher will pick students to choose a square based on how well they are following classroom behavior expectations. You win by having three of your marks in a row. For example, three Xs in a row will mean that the students have won. Once a square is picked, everyone has to do the physical activity in that square. Teacher chooses a number of times the exercise is done or stretches or poses are held. Students are to take into consideration safety: Stay around their desks, no physical contact, and no running around the room. Also, indoor voices should be used. <p><i>During activity ask students some changes they notice occurring. Emphasize them and relate them as physiological changes.</i></p> <p><i>Variations:</i> Change boards or increase the number of repetitions for each exercise required. Offer a repetition range as well.</p>
	Guided Practice (15-20 mins)	<p>Play the game with the teacher directing who is called to pick squares and how the exercises are done. Teacher or a student will model exercises before they are performed and reiterate safety rules for moving around the room before students perform exercises. Repeat game with variations per teacher's discretion if time allows.</p> <p>Allow students to play in groups of 2-4 using a board they choose or you decide to focus on. Students choose how many times they do each exercise.</p>
	Independent Tasks (15 mins)	<p>Allow students to make up and play their own game in groups of 2-4. They will do this using an empty tic-tac-toe board provided by the teacher. Teacher will pair students by similar skill levels and rotate while games are created.</p> <p>Teacher will review game boards for appropriate exercises prior to allowing students to play them.</p>

Fitness-Tic-Tac Toe

Element	Topic	Description
	Extension and Refinement (5 mins)	Challenge students to play game at recess or home with family.
	Closure Activity (3-5 mins)	<ol style="list-style-type: none"> 1. What are physiological changes? (Changes that happen to our body when we exercise.) 2. Pair and share 3-5 physiological changes you experienced today. (Tired, thirsty, sweating, heart beating fast) 3. Why is it important to know about physiological changes that occur to our body when we exercise? (So you know how hard you are working and know how to adjust accordingly.) <p>If time allows, pass out assessment statements.</p>
Instructional Materials and Resources		Blank tic-tac-toe boards

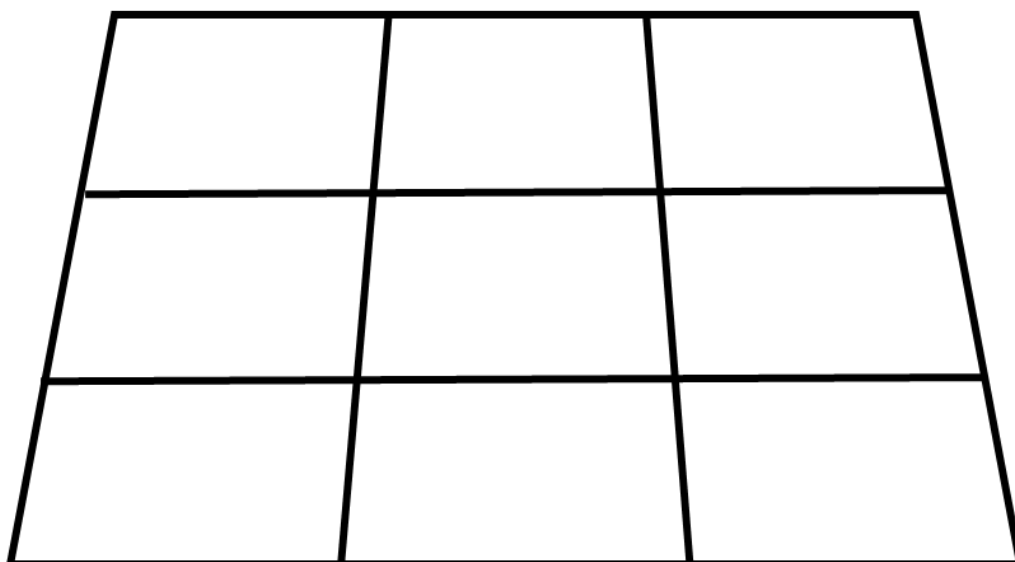
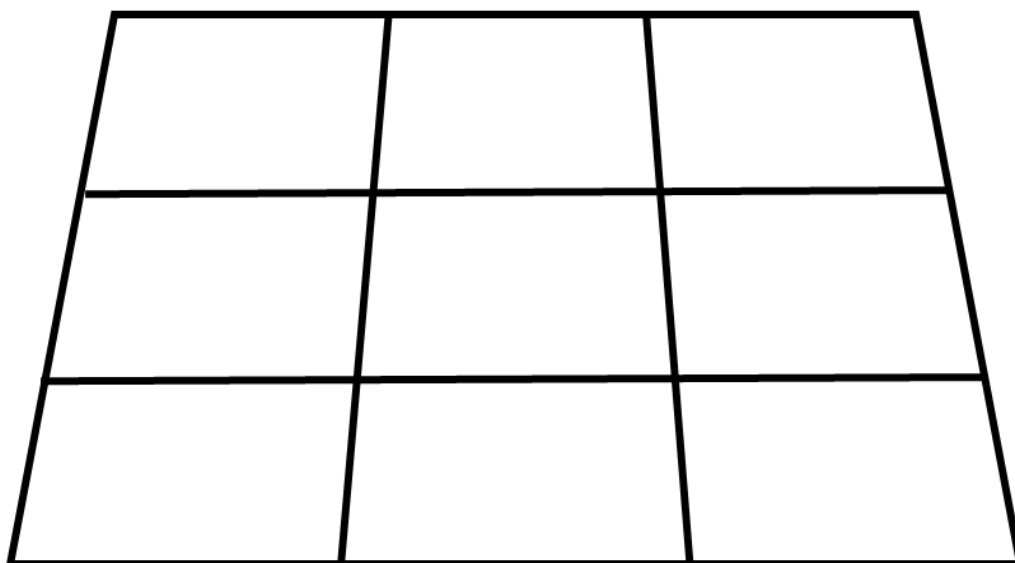
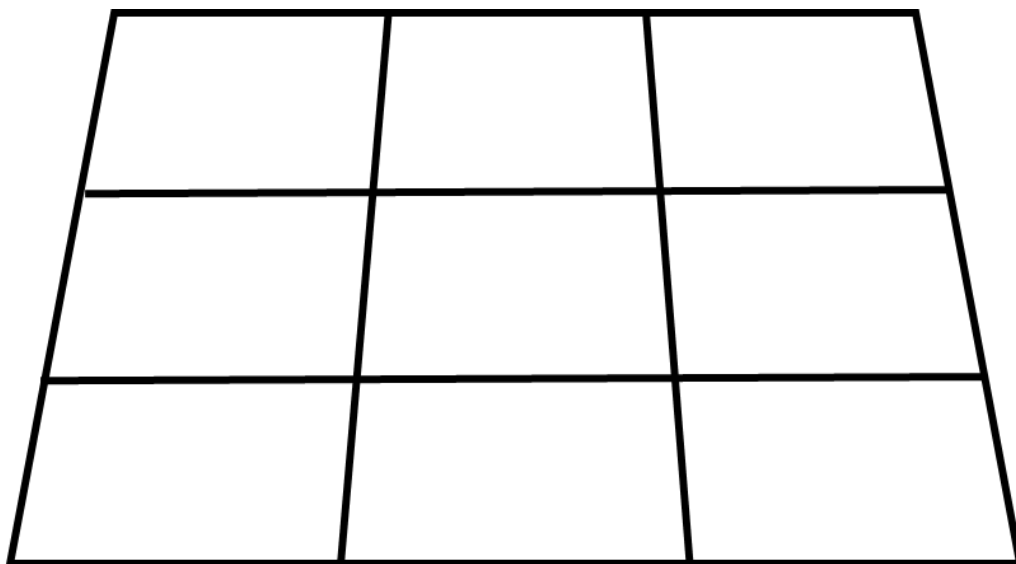
Sample Assessment

sample Assessment	
When I exercise harder my heart beats _____.	
When I exercise slower my heart beats _____.	
When I exercise hard I get _____ thirsty.	
When I exercise hard I _____.	
I get ___ of breath when I exercise hard.	
My muscles get _____ when I exercise hard.	
I need to know what happens to my body when I exercise because _____.	

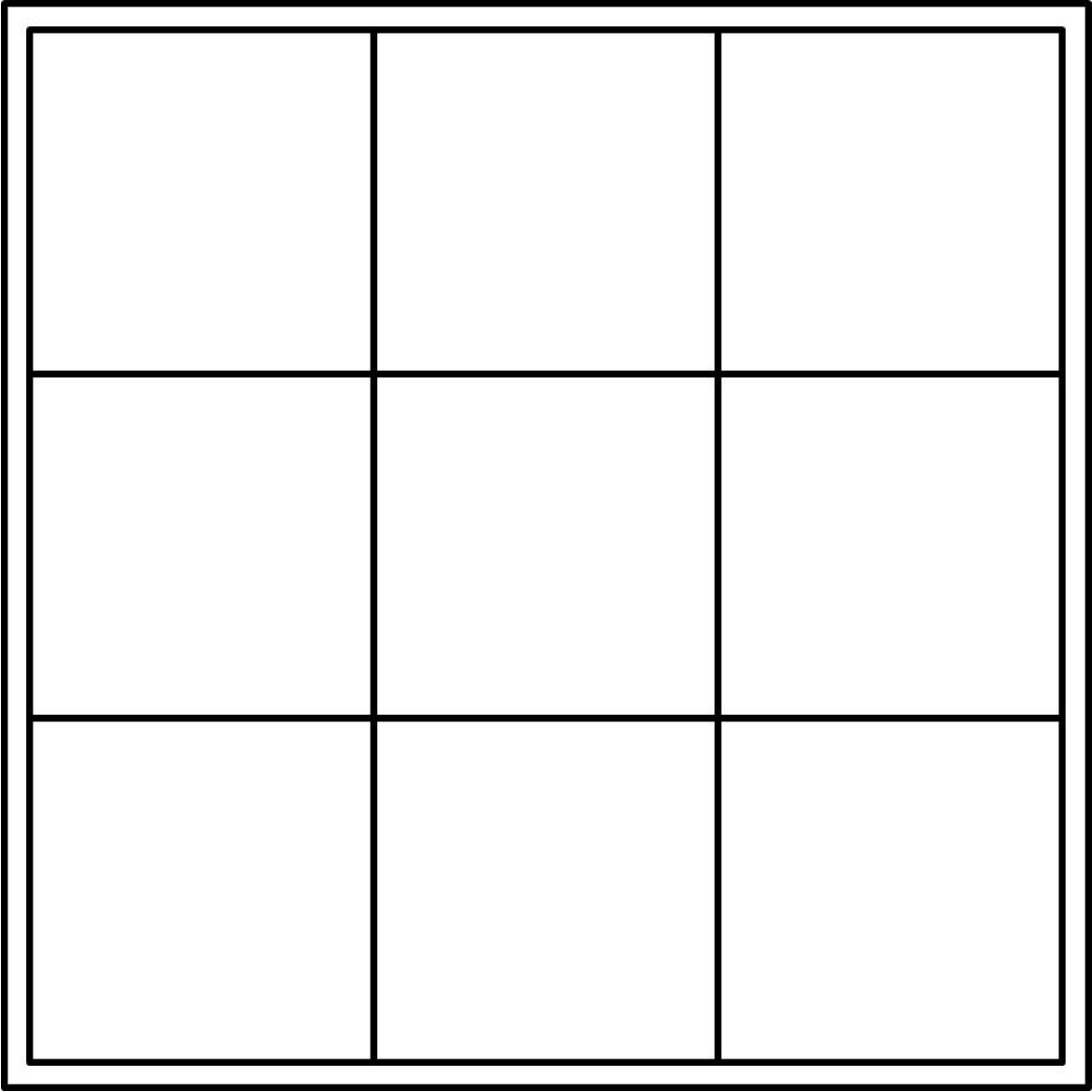
Write a 5 sentence paragraph below on what happens to your body when you exercise, including why you think it is important to know what is happening to your body during exercise.

[illegible]

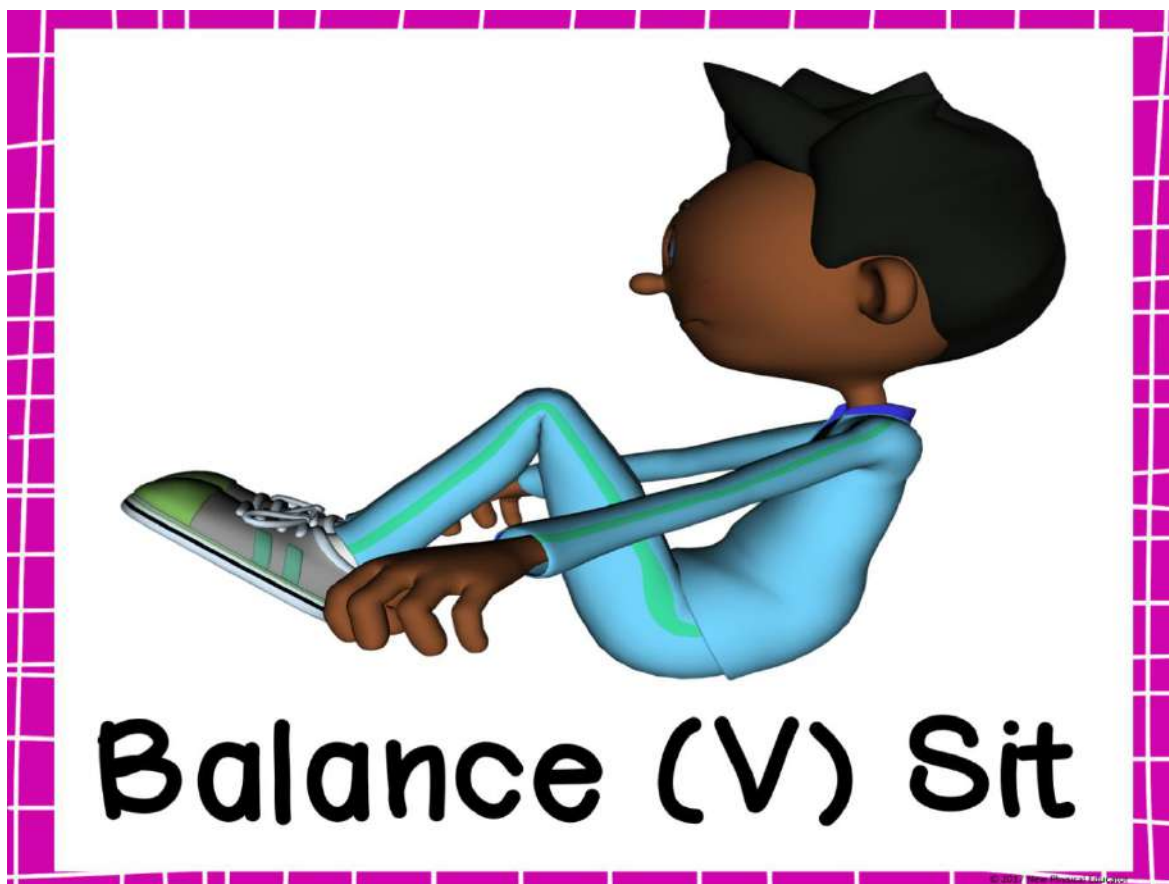
Fitness-Tic-Tac Toe



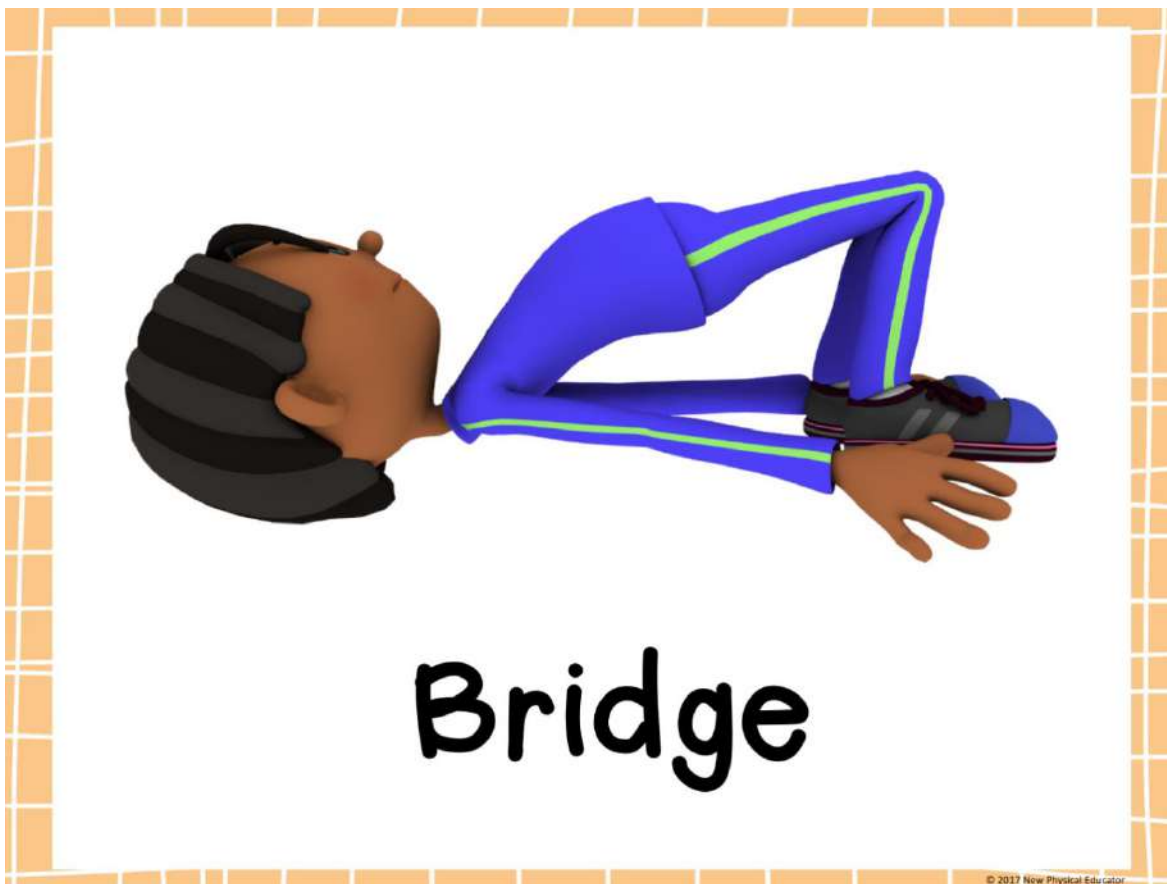
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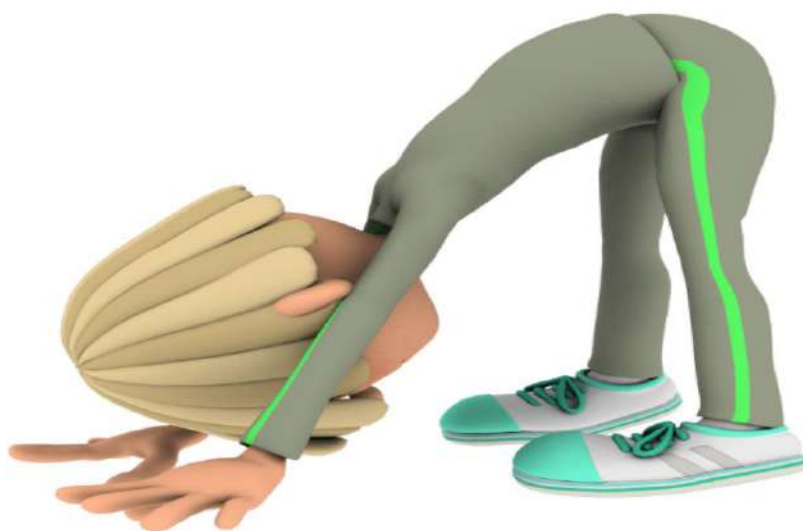
Task Cards











Downward Dog Pose

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