

## PE Land/Exercise Land

I lay all my spaces out on the floor in a board game type pattern. I didn't want to roll that many pieces of tape and I tried sticky putty because it was reusable but that was a disaster so for now I just lay them out and for the most part they don't move too much. I just straighten them back out between each class.

Make sure you pay attention to how you lay them out though. I had one that said move ahead two spaces and when they moved ahead that one said move back two spaces so they were kind of stuck going back and forth. When I clean it up I make sure to pick it up in order so I don't have to figure it out each day. I've made adjustments throughout the week if I needed to.

I let the class pick their groups of 3-5 students depending on the class size. Some students I have to assign their group because of behavior. I imagine it would be hard to rotate through 28+ students if they each played on their own. If you have them play individually let me know how it goes. I was worried about keeping track of the order.

I assign them a group number and then I draw the cards and call out "group 1 purple", then "group 2 green" and so on through the groups. This was easier than trying to have students run back and forth to a pile or me remember for sure who was what group # and go to them.

When they land on the space they just do whatever it says. I allow them to count their own time while holding the wall sit or plank. I only have each class for 30 minutes and by the time we get started we barely make it through the game. I don't have time to count for them. I guess I could have them use a stopwatch but I only have a few students who actually know how to use them.

If the whole group passes that challenge then they get to stay there. If even one student fails to do what's on the space then they move back 5 spaces, which I should have added to the spaces. I do make exceptions based on individual circumstances. (Injuries, ability to actually jump rope etc).

They just continue on through the game until we get to the end. I made my "finish" space one color so they have to actually draw that color to win. It just draws it out a little longer so everyone can make it to the end. I'm evil but I love it when one group gets all the way to the end quickly but can't win because they didn't draw a pink so they are stuck there for a while. Eventually someone wins. I don't have the resources to get prizes for the winner so I give them a golden ticket that they turn into the office then the office draws names weekly for prizes. It's a school wide thing that students get for being respectful, following directions, good behavior, etc.

Of course you can modify any of it to work for you and your students. The rest of this document is what I put on the spaces. I printed 3 or 4 copies of the exercises and then glued them onto cardstock then laminated them all. I also laminated a bunch of blank cardstock in the same colors. I'm thinking of adding some more exercises to mine because as we went through the game I had at least one group in each class that only landed on one exercise space. If you think of anything different to add feel free to change it. Just let me know what you did, because I'd love to add to mine. I hope this covers everything, pm me and I'll answer any questions you might have. Or just make it up. ☺

Good Luck! I hope your students enjoy it!!

# Hold a wall Sit for...

K-1<sup>st</sup> Grade – 20 Seconds

2<sup>nd</sup>-3<sup>rd</sup> Grade – 30 Seconds

4<sup>th</sup>-6<sup>th</sup> – 45 Seconds

# Hold A Plank For...

K-1<sup>st</sup> Grade – 20 Seconds

2<sup>nd</sup>-3<sup>rd</sup> Grade – 30 Seconds

4<sup>th</sup>-6<sup>th</sup> – 45 Seconds

# Do Jumping Jacks

K-1<sup>st</sup> Grade – 10

2<sup>nd</sup>-3<sup>rd</sup> Grade – 25

4<sup>th</sup>-6<sup>th</sup> – 40

# Do Push Ups

K-1<sup>st</sup> Grade – 5

2<sup>nd</sup>-3<sup>rd</sup> Grade – 10

4<sup>th</sup>-6<sup>th</sup> – 15

# Jump Rope

K-1<sup>st</sup> Grade – 5

2<sup>nd</sup>-3<sup>rd</sup> Grade – 20

4<sup>th</sup>-6<sup>th</sup> – 30

# Do Burpees

K-1<sup>st</sup> Grade – 3

2<sup>nd</sup>-3<sup>rd</sup> Grade – 5

4<sup>th</sup>-6<sup>th</sup> – 10

You chose Fruits  
& Vegetables as a  
snack

Move AHEAD 3 Spaces

You stayed inside  
and played Video  
games

Move BACK 4 spaces

You Chose candy  
& cookies for a  
snack.

Move BACK 3 spaces

You went outside  
and played with  
friends

Move AHEAD 4 spaces

You drank a soda  
instead of water

Move BACK 3 spaces

You exercised 4  
days this week

Move AHEAD 2 spaces

You went to Dance  
class or sports  
Practice.

Move AHEAD 2 Spaces

You Slept 8 hours  
last night

Move AHEAD 2 spaces



You stayed up too  
late

Move BACK 2 spaces

You stayed home  
from Dance class  
or sports Practice

Move BACK 2 spaces

FINISH

START