

Fast, Fun, Furious Fitness NJAHPERD 2016

Chip Candy

1995 NASPE/SHAPE National Middle School Teacher of the Year

Haines School Physical Education Teacher, Medford, NJ ccandy@medford.k12.nj.us or chcpe@juno.com

John L. Smith

1989 NASPE/SHAPE National Elementary Teacher of the Year

Educational Consultant, FlagHouse Inc. John.Smith@flaghouse.com 800-793-7900 ext 7528

1. Rock Paper Scissors Run- Everyone begins in the same corner and faces off with someone for a R/P/S dual. The winner runs to the next corner...the loser stays and plays someone else as fast as possible. This continues in each corner, dueling quickly to make your way around the square as many times as possible in the designated time. Sometimes I have students pick up a stick each lap to keep track of their progress (it is fun watching them try to figure out how to do the RPS with a stick{s} in their hand).

2. Don't Get Caught Run – Students run around the basketball court with music playing. When the music gets turned off, all students caught running along the end lines go to the middle of the gym for 5 push-ups...or any other exercise, before continuing (similar to musical chairs, but with no elimination).

3. 6 of a Kind – The set-up is - 4 to 6 students in a line at one end of the gym with 1 die, and 6 cones numbered 1 through 6. The action begins with the first student rolling the die, and taking that numbered cone out on the court in front of their line. The second person immediately rolls and does the same thing. So...if the first person rolls a 3, they take the 3 cone out and place it in front of their line at half court. If the next person rolls a 1, they take the 1 cone and place it at the closest foul line. Let's say the next rolls a 6, they take the 6 cone to the far end line. Now the "catch"...if the next person rolls a 6...they must bring the 6 cone back! This makes it very difficult to get all 6 cones out on the floor at the same time! This can also be done in reverse (bring the cones back), and can be done with any objects numbered 1 – 6 (examples – playing cards, numbered spots, numbered paper plates, etc.). The Human Variation (6 people needed) – When the die is rolled, that person runs out to the spot and stays there (a human cone). If someone rolls that same number, they run out, high five the "human cone" and bring them back. The speed-up version of this is the same roll and run, but if you roll a number that is already out front, you go and give them a high 5 and stay there while they return to the start.

4. Double Die Fitness – Post 6 exercises numbered 1 through 6 on a wipe-off board...then everyone rolls 2 dice, one white, and the second any other color. The white dice will tell you the exercise from the list, the colored one the number of repetitions. How many rolls in 3 minutes?

Variation – On My Toes – Circles of students stand in a toe to toe to toe circle. The teacher will yell out a category that one person in the circle fits (tallest student...longest hair...oldest, etc.). That person runs to another part of the gym and yells; "on my toes". The group must reform their circle, and as above, roll the 2 dice and do the listed exercise and reps from the posted list as fast as possible (trying to beat the other teams).

5. Jugglers on the Move (A Project Adventure Activity from the book "Achieving Fitness And Adventure Activity Guide") – 6 to 8 people in a circle create a pattern with one person at a time running across their circle to give a high five (right hand to right hand only) to another person. Put another way...one person starts the action by running across, high fiving, and taking that persons place. That new person does the same, until each person has been included in the pattern. You should not go to the person on your immediate right or left, but rather, go across the circle. Once the pattern has been set and repeated (much like Group Juggling, but with people)...

How fast can you do 3 rounds? How many rounds can you do in one minute? Can you add sports skills to the pattern? Can the group reverse the pattern on cue from the leader? Can you split from your group into one large circle and continue with everyone?

6. Paper Run- Placing a plain piece of copy paper against their chest, students take off running around the circle with the "wind" holding the paper in place (no hands). If the paper drops they must do some chosen activity before continuing.

7. Skip the Run – Simply run up one side-line of the basketball court. When you get to the corner, skip diagonally back to the opposite corner. Then run up the other side, and skip diagonally back to the starting point. The skippers must cross in the middle without running into each other (aka the Skip Negotiation Run). Variations -Use slides, backwards running, bear crawls, crab walks, gallops, etc. through the middle.

8. Partner Dice Scramble – One partner rolls a large foam die anywhere in the room. The other partner runs to it and does that many exercises (ex. Push-ups), then throws the die somewhere else for their partner to chase. Use the die as a touch point for the push-up.

9. Fitness Touchdown (Race) – Do 50 reps of an exercise, then 40 reps of a new exercise, then 30 reps/new exercise, 20 reps/new exercise, 10 reps/new exercise...touchdown! Example; 50 Jumping Jacks, 40 Squats, 30 Bird Dogs, 20 Crab Foot Slaps, 10 Plank-ups...TOUCHDOWN (this can be a fun race across the gym)!

Remember...“Be positive, like a pencil! The pencil is 7” long with a ½” eraser”

Dice Fitness
John L. Smith

1989 NASPE/SHAPE National Teacher of the Year

This activity combines math and fitness into one, fast, fun, furious fitness lesson.

The set up is 2 lines approximately 15 feet apart. These lines can be any distance apart and the further the distance the greater the fitness component in the activity.

The activity can be done individually, in pairs, partners or in teams of up to 6. The # of dice depends on the activity but the most you will need is 6 per team.

Activities: Stand behind the first line and roll the die across the second line trying to roll the following challenges. After each roll either return to line 1 and roll again or stand behind line 2 and roll back past line 1. The locomotor skill can be changed on each activity using walking, running, sliding, galloping, skipping, crab walk etc.

One Die Activities:

- Roll all of the #s 1-6
- Roll only the even #s 2, 4, 6
- Roll only the odd #s 1, 3, 5
- Roll the die to score a total of 30 points (addition)
- Roll #s 1-6 in order

Two Dice Activities: Using 2 dice...

- Roll all of the #s 1-6
- Roll 3 sets of doubles
- Roll both dice to score a total of 40
- Roll both dice and roll all the possible #s added together 2-12
- Roll the #s in order 1-6 (first roll must be 1-2, second roll 3-4 and third roll 5-6) roll until you achieve the sequence or roll again until you complete the next sequence.

Three Dice Activities: Using 3 dice...

- Roll all of the #s 1-6
- Roll 3 sets of triples
- Roll 3 dice to score a total of 50
- Roll 3 dice and roll all the possible #s added together 3-18
- Roll the #s in order 1-6 (first roll must be 1, 2, 3 second roll 4, 5, 6). Roll until you achieve the sequence or roll again until you complete the next sequence.
- Roll 3 dice and get all even numbers on one roll and all odd numbers on next roll

Six Dice Activities: Using 6 dice...

- Roll all of the 6 numbers 1-6
- Roll all 6 dice and roll all of the 6 numbers on one roll
- Roll all 6 dice to get all even numbers
- Roll all 6 dice to get all the odd numbers
- Roll all of the 6 dice and score a total of 100 points
- Roll all of the 6 dice and get the same number on all 6 die (if too difficult use the "leave a die" rule where you may leave a die or dice that you want to stay on the floor)

Activities with Half Noodles

John L. Smith

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Basic Skills:

- One arm bicep curls: right and left
- One arm bicep curls (2 noodles): alternating left and right
- Two arm curls
- Bench press
- Shoulder press
- Clean: lifting it off the ground to your shoulders
- Clean and Jerk: lifting weights off the floor to over head in 2 movements
- Over head press alternating in front of your face and behind your head.
- Noodle bending and curling:
- Noodle bend and curl: Hold noodle out in front with hands facing up. Curl right hand over to left hand and then back to starting place. Curl left hand over to right hand and back

- Noodle front squeezes down: hold each end of noodle with hand facing down out in front, then squeeze noodle ends together so they slightly touch together
- Noodle front squeezes up: hold each end of the noodle with hands facing up out in front, then squeeze the noodle ends together so they slightly touch together
- Noodle front squeezes to circles horizontal forward: hold noodle near the ends with hands facing away from you with thumbs up. Bend the ends of the noodle together into a circle
- Noodle squeezes to circles: : hold each end of noodle with hand facing down out in front, then squeeze noodle ends together so that they form a complete circle
- Noodle front squeezes up: hold each end of the noodle with hands facing up out in front, then squeeze the noodle ends together so they form a circle
- Noodle slaps up: hold each end of the noodle with hands facing up out in front, then squeeze the noodle ends together so they slap together making a slapping noise
- Noodle slaps down: hold each end of the noodle with hands facing down out in front, then squeeze the noodle ends together so they slap together making a slapping noise
- Noodle slaps forward: hold the noodle about 6" from each end with hands facing out and noodle in a horizontal position. Slap the ends of the noodle together. Fast and slow slaps
- Noodle bicycle forwards: hold each end of the noodle and make the arms move in a bicycle motion forwards
- Noodle bicycle backwards: hold each end of the noodle and make the arms move in a bicycle motion backwards
- Criss-Cross Ribbons: Hold the noodle in front of you with the noodle curve pointed up. Move your hands from right to left and left to right forming a ribbon. Reverse left and right and front and back on each switch.
- Noodle stair climbers: Hold noodle in front of you with both hands and noodle in the shape of a ? mark (right hand lower than the left hand. Push right hand up while pulling left hand down then push left hand up while pulling right hand down.
- JJ's: Hold noodle in front of you with the noodle in a J shape (left hand lower than right hand). Pull left hand up as you pull right hand down. Reverse and pull left hand down as you pull right up.
- S's Vertical: Hold the noodle out in front of you near the ends of the noodle with both hands facing down. Push your right hand towards and above your left hand to form the noodle into an S shape. Bring them back to starting position and then push left hand towards and above right hand to form a backwards S shape
- S's Horizontal: Hold the noodle out in front of you near the ends of the noodle with both hands facing down. Push your right hand forward and towards your left hand to form the noodle into a horizontal S shape. Bring them back to starting position. Push left hand forwards and towards the right hand to form a backwards S shape.
- Horse Shoe Shape Pumps Vertical: Hold the noodle out in front of you with the noodle in a horse shoe shape and hands facing each other. Pump the hands together as fast as you can.
- Horse Shoe Shape Pumps Horizontal: Hold the noodle out in front of you with the noodle in a horse shoe shape and hands facing each other. Pump the hands together as fast as you can.
- Power Push: Hold the noodle towards the ends with hands facing down and try to push the hands together without bending the noodle
- Core and Balance: Balance on your seat while performing the following tasks:
 - Hand noodle from right to left hand over knees and back
 - Hand noodle from right to left hand under knees and back
 - Hand noodle from right to left hand around back and back
 - Hand noodle from right to left hand between knees and back in a figure 8
 - Hand noodle from right to left hand with noodle slap on floor and then back
- Curl Ups: In sitting position with knees slightly bent and half noodle under the legs. Place hands on the top of the noodle and roll it back and forth as you do your curl ups
- Push Ups: In a push up position with noodle in front of hands, place right hand over noodle and then left hand over noodle. Then bring right hand back and followed by the left hand back over noodle. Repeat.
- Push Up Touch: Place noodle under your chest area as you are in the push up position. Do push-ups touching your chest to the noodle

Noodle Slices #17748

See Flaghouse.com/activityguides for more activities

These Noodle Slices are made of 1 inch cut pieces of water noodles.

Noodle Slices Activities: Place a large amount of Noodle Slices in the center of the activity area. Partners take turns going into the area to pick up 1 or 2 slices and return to their group to continue the activity.

1. Balance slices on a partner. Groups of 3 with 2 partners going into the middle to retrieve the slices bring them back and balance them on partner #3. This continues until the balanced slices fall. Then change the balance partner.
2. Slices Sandwich: 2 partners place 1 slice between their hands. The third partner retrieves 2 more slices and places them between the hands. This continues until the slices fall. Then another partner becomes the retriever.
3. Noodle Slices Muscle Building: Partners 1 and 2 go into the activity area and retrieve 1 slice each. They return and build biceps on partner #3. This continues until the bicep falls. A new partner then becomes the muscle.
4. Weight Lifting Slices: Just like Noodle Slices Muscle Building except the Slices Weight Lifter must hold their hands up like they are doing a bench press or a lift and jerk.

Noodle Bit Back Tag –Partners:

Each partner has a noodle bit or noodle slice. Objective of the game is to pop a noodle bit off of another person's (not partner or alliance) back. This scores 1 point. If you catch it off the back you score a bonus point! Game is played for 1-2 minutes and team score is added up.

CANDO, Thera Bands or Dyna Bands: #35723

The DYN-O-MITES for kids program was developed by John L. Smith. This explosive program is designed to be used in the gymnasium as well as the classroom. Very little space or equipment is needed to integrate this program right into your school's physical education or physically active classroom curriculum. The objectives of the program are:

1. Increase the muscle strength of the students
2. Increase muscle endurance of the students
3. Add more rhythms and dance to the curriculum
4. Improve the flexibility of the students
5. Enhance the overall fitness of the students.

Equipment used: Rep Bands (Latex Free from FlagHouse #30698

Soul Man

The Blues Brothers Dynamite Routine

Introduction: Expanding front pulls on beats

8 Front Pulls

8/8 Right/Left Diagonal Pulls

4 Big Front Pulls on "Soul Man" with quick pulls on beats

4/4/4/4 Right/Left Diagonal Pulls

4 Big Front Pulls on "Soul Man" with quick pulls on beats

2/2/2/2/2/2/2/2 Right/Left Diagonal Pulls

4 Big Front Pulls on "Soul Man" with quick pulls on beats

16 Alternating Right/Left Diagonal Pulls

2 Front Expanding Pulls on "YEAH!"

4 Soul Man Over Head Pulls

Above the Head Pulls

24 Front Pulls

1 Long Ending Pull

Equipment used in session from FlagHouse

Numbered cones #18074

Dice #7049

Noodle Slices #17748

Half Noodles #19641

Noodle Slices #17748

3 Inch Foam Ball #18718

Cando Bands #30402

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