

Superman Fitness

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6-10 students will be given a kryptonite stick (cut green pool noodle) and are superman's arch nemesis Lex Luthor. All other students are superman or superwomen. When the music starts Lex Luthor will try to tag superman and superwoman. When superman is tagged she/he is given the kryptonite. She/he will need to regain strength from the kryptonite and go to the exercise area. She/he will open up the kryptonite. Inside the kryptonite is the exercise the student will do. When the exercise is completed s/he will become a tagger in the game play area. Activity last 7 minutes

Safety: Students must move with control (skip, gallop, slide, etc). eyes forward moving in open space. Tag softly on shoulder.

To increase MVPA I recommend choosing low repetitions of exercises to keep students from getting stuck in the exercise area and slowing game play down.

