

# **Instant Activity Fitness Connection**

## **NJAHPERD 2016 Annual Convention**

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Get students moving immediately, keep them motivated and offer students a challenge. Learn new ways to teach basic fitness concepts that emphasize creative thinking, respect, cooperation and positive competition. Instant activities provide students with moderate to vigorous movement options, which help students focus before the lesson begins.

### **Bear Crawl Basketball:**

**Equipment:** 8 cones

8 hoops

8 buckets or containers

5 - 10 tennis balls, 5 - 10 beanbags or 5 - 10 small gator-skin balls/section

Music

**Set-Up:** place 1 cone 15 feet away from the bucket. Place a hoop between the cone and bucket, which holds 5 tennis balls, 5 beanbags or 5 small gator-skin balls.

Divide students up into equal groups. You may set up more cones & hoops if needed.

**How to Play:** Students will begin at their designated cone and bear walk to the hoop.

Pick up a ball while remaining in a plank position and toss the ball into the container.

Score 1 point for a bucket and bear walk back to the cone. Next person will take a turn.

### **4- Corner Speed & Agility:**

**Equipment:** 4 cones per section

4 tennis balls or 4 beanbags

1 hoop

Music

**Set-Up:** the cones to form a square, place the ball or beanbag on top of the cone and place the hoop in the middle of the square. Create the square any size for your space.

Repeat this setup for each section you can fit in your space.

Divide students equally into the number of squares you created.

**How to Play:** Begin with 1 foot in the hoop. Sprint to cone 1, retrieve the ball and place it into the hoop, sprint to cone 2, retrieve the ball and place it into the hoop, repeat for cone 3 and cone 4. Now remove 1 ball from the hoop and place it on cone 1, remove ball 2 and place it on cone 2, repeat for ball 3 and ball 4. At that point the second person in line begins the activity.

Variation: The first person can stop after all 4 balls are place in the hoop and the next person may begin by placing all of the balls back.

### **Single Leg Balance & Coordination:**

**Equipment:** 1 tennis ball per student or partner

Music

**Set-Up:** Find a wall and stand approximately 4 feet away from the wall holding the tennis ball. If you have a partner your partner will stand behind the first person.

#### **How to Play:**

**Progression #1:** Stand on 1 foot, toss the tennis ball against the wall with the opposite hand and catch the ball off of the wall while balancing on 1 foot - 10 times; repeat on the opposite foot.

**Progression #2:** 1 foot hops in place - 10 times; repeat on the opposite foot, toss the tennis ball against the wall with the opposite hand and catch the ball off of the wall.

**Progression #3:** 1 foot dynamic hops on 1 foot as you move down the wall - 10 hops. Repeat on opposite foot, moving back down the wall - 10 hops.

### **Cone to Cone Agility Shuffle:**

**Equipment:** 2 cones per student

Music

**Set-Up:** place 2 cones 10 - 15 feet

**How to Play:** Shuffle between the 2 cones for 30 seconds counting the number of times you touch each cone with your hand.

Repeat the activity and try to beat your score.

### **Triangle Tag:**

**How to Play:** Have students form groups of 4 students; 3 students join hands. The fourth student will be outside the circle of 3 that are holding hands. He/She will be the chaser. Designate 1 person in the circle as the person that the chaser will try and tag. On the teachers signal the chaser will try and tag the designated person in the group. The group holding hands will work together to try and protect the taguee. Play for a designated amount of time and if they tag the taguee then switch roles.

### **Pushup Variation:**

**High 5's:** Students get into a pushup position facing a partner. Perform a High -5 with the right hand to your partner, then perform a pushup, then perform a High-5 with the left hand to your partner. Plank walk right 4 times - repeat from the start. Continue the sequence 4 times.

**Hockey:** Partners face each other in a pushup position, approximately 12 feet apart. One partner tries to slide a beanbag through the arms of the other, who tries to prevent it from going through. The partners continue taking turns. How many goals can you make?

**Stacking Anything:** Students place 6 objects (hockey pucks, cups, blocks) in front of them. Students get into a pushup position and see how many times they can stack and unstack objects in 30 seconds.

**Spiderman Pushups:**

Assume the standard pushup position. As you lower your body toward the floor, lift your right foot off the floor, swing your right leg out sideways, and try to touch your knee to your elbow. Reverse the movement, and then push your body back to the starting position. Repeat, but on your next repetition, touch your left knee to your left elbow. Continue to alternate back and forth.

**Ball Roll Push-Ups:**

Start in groups of 3. Students line up in a pushup line, one behind the other. The first person in line rolls the ball underneath them to the next person in line that continues to roll the ball back the last person. The last person in line dribbles to the front of the line and begins the process over again. Try to go from one end of the gym to the other.

**PE Central Challenge Partner Plank Taps:**

Two people in plank face each other at least **15 feet apart**. Using a ball (e.g., gator skin, foam, whiffle, etc.) the partners must **tap (not catch and roll)** the ball back and forth without missing **30 times** in a row (**15** for each student). If either partner does not tap the ball back successfully or if a partner touches the ground with their knees or comes out of the plank position in any way they must start over.

Variation: **Team Plank Challenge:**

Students are divided into 2 groups and perform a plank facing each other at least **10 feet apart**. Students roll balls across to the opposite team attempting to score points when the ball crosses over the opposing teams line.

**Pushup - Mountain Climber Combo:**

Students perform 1 pushup, 10 mountain climbers, 4 plank walks to the right, Hi-5 R/L while facing a partner. Repeat the sequence 1 pushup, 10 mountain climbers and 4 plank walks to the left. (4 sets)

### **Card Suit Sprint:**

Equipment: 2 decks of playing cards - divided into 2 suits per deck, 1 bucket or container for each team

Students are divided into 4 - 8 groups. Place one  $\frac{1}{2}$  of the deck approximately 20 - 30 feet away from the start line. Students are in relay line formation. Each line is given a particular suit to collect.

On a signal, 1 runner from each team sprints to their deck of cards, which are face down. Turn over the first card, if it matches their designated suit run back with the card and deposit in the team bucket. If it doesn't match place the card in a discard pile and sprint back to your team. Continue until all 13 cards in your suit are collected. Once all cards are collected arrange them in order from Ace to King.

### **S - Spots**

#### **Cardio Madness**

Equipment: 1 jump rope and 5 polyspots for each group

- Students get into groups of 3. One starts on the spots, one with jump rope and the other student performs exercises.
- The spots are arranged like dice with 5 spots. The student can begin by using both feet to jump and touch all of the dots ending where they started (1 set). They have 30 seconds to see how many sets they can complete.
- Second student performs as many burpees as s/he can in 30 seconds
- Student with jump rope has 30 seconds to see how many times s/he can jump consecutively without missing.

#### **Variations:**

- As students improve, challenge them by having the dot partner use only one foot to hop through the pattern on the dots. Let them try both right then left legs.
- Jump ropers can be challenged by using different skills like jumping backward, using the cross arm, trying a running jump, etc.
- Burpee student can be challenged to add a push-up into exercise, etc.

### **Cones:**

**Equipment:** Cones (cards with illustrations & instructions describing various cone drills.  
24 - 36 cones

**How to Play:** Form groups of 4 - 5 students depending on gym space necessary to set up the drill.

Select a cone card & the number of cones required to set up the drill. All group members must perform the drill at least 1 time or until time is finished.

If time allows all groups rotate 1 cone drill station to the right and perform the drill station set up.

### **Wall Sit & Jump:**

**How to Play:** Perform a 30 second wall sit, followed by 30 seconds of jumping jacks or jump rope or any other jumping exercise. Repeat 5 times.

### **Movement in the Middle:**

**How to Play:** Partners begin opposite each other in the middle of the gym. Partners high 5 each other and sprint to the baseline. Second time high 5, 10 pushups, run to baseline. Third time high 5, 10 crunches with high 10, run to baseline. Fourth time high 5, 10 jumping jacks, run to baseline. Fifth time, high 5, right elbow swing, left elbow swing, run to baseline. Add any exercise you like.

### **4 Corner Jog:**

**How to Play:** Students jog around the gym and stop in each corner. Students perform the exercise at each corner and continue jogging to the next corner.

Corner 1: 5 Jumping Jacks

Corner 2: 5 Burpees

Corner 3: 5 Ski Jumps

Corner 4: 6 Crab Kicks

### **The Wave:**

**How to Play:** Divide the class into 2 groups forming 2 circles. Everyone must perform a plank until it is their turn to move the wave by lowering their plank to the floor. When the wave reaches the last person, that person will begin the upward part of the wave by rising to a plank position. Repeat several times and then change the exercise.

### **Cardio Switch:**

**How to Play:** Find a partner - 1 student performs rope jumping and the other performs an exercise for a sequence. Then switch

Jump rope 30 times then perform 10 crunches

Jump rope 30 times then perform 10 pushups

Jump rope 30 times then perform 10 squats

Jump rope 30 times then perform 10 burpees

### **Who's the Boss?**

**How to Play:** Give each student one card from a deck of cards. Have the students begin walking (jogging, skipping) in the area. Each time a student walks by another student they exchange cards.

After about 15-20 seconds, call "who's the boss". The students quickly sort themselves into the four suits. The student with the highest card leads the group in a warm up exercise.

Repeat again - sorting themselves into 4 suits in order starting from Ace - King. The group who finishes second leads a warm up exercise.

Repeat again - sorting themselves into 2 groups; face cards & numbered cards. The group that finishes first leads the warm up exercise.

### **Team Marathon**

Students create groups of three. Within each group of 3, students number off 1, 2, and 3. When finished students obtain activities sheet find a spot on the outer part of the gym.

Students perform only activities on the sheet that correspond with their number.

Example: First group below - Student #1 does 25 jumps with air jump rope; Student #2 performs 10 burpees; Student #3 performs 10 push-ups.

### **Team Marathon Activities and Sequence:**

Everyone Runs 1 lap TOGETHER upon completion of each sequence!

1. 25 Skier Jacks
2. 10 burpees
3. 10 push - ups

1. 10 tuck jumps
2. 35 jumping jacks
3. Air Jump rope 50 times

1. Plank Jacks 20 times
2. Walk toe to heel across the gym (run back)
3. Waist twist 20 times with hands shoulder height

1. Air Hula Hoop 15 times
2. Give a high five then a high 10 to everyone on the team
3. Bicycle crunch 15 times

1. 20 toe raises
2. High knees 30 times fast
3. 10 crunches

1. Mountain Climbers 20 times
2. 10 star jumps
3. Jump over and back on a line - 20 times

1. Air Jump rope 20 times
2. Do- si-do with your team 6 times
3. Squat 15 times.