

Camouflaged Fitness

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Fitness can be fun. Work on your student's health-related fitness without them realizing it!

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Cryptogram Fitness:

Create a cryptogram (a secret message that you want your students to figure out.) This works great at the beginning of class to have students work to figure out the goal or the essential question that they will be working towards in class. Have students work in pairs. Line up the pairs at one of the play area with the puzzle and a writing utensil. The key should be posted at the other end of the play area. One student runs down and gets the code for one letter/number combination. When they return they fill in all of the blank spots that their code unlocks while their partner runs down to get another code. Repeat until the message is revealed. This also works well for vocab words. You can have the students uncover a word, and then they have to define it in order to win.

1-E, 2-L, 3-J, 4-W, 5-P, 6-A, 7-U, 8-F, 9-X, 10-Q, 11-B, 12-Y, 13-M,
14-R
15-Z, 16-G, 17-S, 18-K, 19-V, 20-C, 21-T, 22-I, 23-N, 24-H, 25-O,
26-D

* _____ * _____ * _____

 17 1 19 1 23 26 6 12 17 4 22 21 24 25 7
 21

* _____ * _____ * _____

 1 9 1 14 20 22 17 1 13 6 18 1 17

* _____ * _____

 25 23 1 4 1 6 18

Cooperative Balloon Pushup: Have 2 (or more) people stand facing one another. Using their heads to hold the balloon (or other object) have them move down into pushup position, complete a pushup and then stand back up. You can also have them see how many pushups they can do in a row before the balloon falls. This requires a lot of teamwork, communication as well as core and upper body muscular strength and endurance.

Cooperative Balloon pushups Start with 2 (or more) people down in curlup position with their feet in the center. One student starts with the balloon in their hands and everyone in the down position. Students needs to curlup together at the same time, hand the balloon off and then return to the down position. Repeat. Challenge them to see how many they can do in a minute. This works on teamwork, communication as well as abdominal muscular strength and endurance.

Cooperative Balloon Squats: Have 2 (or more) students start facing away from each other; using only their backs to hold a balloon between them. Have students perform squats while keeping the balloon balanced between them and without popping it. Challenge students to do as many as they can in a

minute. This works on cooperation, communication and lower body strength and endurance.

Balloon Keep Up: Spread students out around the play area. Have students start in either upper plank (start of a pushup) position or crab position (on hands and feet with belly button to the sky) position. Using as many balloons as you want, see how long the students can keep the balloons in the air without letting them hit the floor. They can move around in whatever position they chose to start in to help them keep the balloons up longer. You can time the students to see how long it takes until the last balloon drops, and then challenge them to see if they can beat that record. This works on team strategy, communication and muscular strength and endurance.

Pushup Hockey: Have 2 students start facing one another in pushup position. They will need an object to use as the puck. Hacky sacks, fleece balls, bean bags work well for this. The goal is to score a point by pushing or throwing the ball between their partner's goal (the arms form the side of the goal and the chest forms the top of the goal. The goalie may attempt to block the shot, but must remain in the up pushup position while doing so. Take turns. Modify for students who need to start in modified pushup position. The closer the students are, the easier it is to score. This is a great upper body and core workout.

Crab Tag: Designate a boundary line. For a class of 25, I would recommend no larger than half of a basketball court. All players start standing. Call out some identifying marker to determine who starts as crabs. (ex. Everyone with a blue shirt on is a crab, or everyone who has a birthday in June is a crab.) The object is to be the last person standing. When you are a crab, your job is to move around in crab position and tag

anyone that is still standing. When tagged, you drop down and join the other crabs. This is great for core and upper body strength.

Scrabble Fitness: You will need a bunch of letters for this game. Actual scrabble pieces, index cards with letters written on them or anything that has letters on them will do. Place a bunch of letters face down in the middle of the play area. I like to use the center circle of the basketball court. Divide the class up in to small groups and have them seated equidistant from the circle. Give the students a topic, spelling list, vocab list or questions and then the students take turns running out to the circle to pick up one letter at a time to try and spell the answer. You can vary the locomotor movement to change this as well.

Deal or No Deal: Have a bunch exercises listed out in a pile of cards or have them in a randomizer app. Choose one student at a time to come up to the front of the class. They pick a card (or you show them the first exercise.) It should say the name and number of time assigned for the exercise. They either say deal and the class does that exercise or they say no deal and the class MUST do the next exercise that comes up in random order.

Tic Tac Toe Fitness: Create a tic tac toe game board that has the name of an exercise listed in each square. Have students seated in partners. Place a copy of the game board across from where they are sitting at whatever distance you think is best for the locomotor movement you choose. Students take turns running, bear crawling, skipping, etc over to the game board. They place an X or O in a square. The students then have to complete the exercise that is in the square. You can also put different questions in the squares that they have to answer or

math problems to solve in each square. They must complete they exercise or answer the question correctly before they can mark the square.

10 Jumping Jacks	2 Burpies	6 Mountain Climbers
8 Squats	5 Rocket Blasters	10 Steam Engines
8 Lunges	6 Curlups	10 Scissor Jumps

Pushup Macarena: Have students perform the Macarena while in the up position of a pushup. Students should hold themselves in the position with one arm while they complete the next move in the sequence and then switch the arm and do the move with the other arm.

Survivor Fitness: Partners start connected. I use our flag belts to do this. If the flags fall off, they must stop and reconnect.

1. Crawl under rope a couple of feet high
2. Cooperative toss (with mini parachutes or garbage bags)

3. Make up however many challenges you want.

Connect 4 Fitness: You will need a few sets of connect 4 games to play this. How many depends on how you set up your game. The goal is for the student (or their team) to be the first to get 4 of their color chips in a row on the gameboard. Students earn colored chips by correctly answering a question or completing a physical activity. You can vary the locomotor pattern to change emphasize different major muscle groups. (example: crab walk, jump, etc.)

Fitness Dice: You will need a key with a list of 6 exercises, and a pair of dice. You can do this as a whole class, as individuals or in groups of any size you choose, but you will need more dice to accommodate smaller groups. Have students roll the dice one at a time. The first dice determines how many reps of the exercise they will do, and the second roll determines what exercise they will do. Repeat!

Pushup Jenga: Dump a large pile of jenga pieces in the center of the play area. Have students in pairs equidistant from the playing pieces. Students take turns moving out to pick up a jenga piece. When they return, they put they start to make a pile, while their partner runs/jumps, skips/crawls, etc out to get another game piece. You can say that students must be holding themselves up in pushup position in order to add to or modify their stack. Then have a quick walk around to see their favorite pile. You can also try to see which group can make the tallest pile in a given amount of time.

Dot/Spot fitness: Arrange poly spots or make chalk marks on the ground in a 2-1-2 formation so it looks like an x or a square with one spot in the middle. The spots should only be a few feet apart because you want them to be able to jump from the

middle spot to the other spots. Have students start with one foot on each of the 2 spots on one side. Then jump with feet together on the middle spot and then forward to the other 2 spots. Then either do a 180 jump or jump backwards and repeat. See how many times they can complete the task in 1 minute. You can also have them jump in a figure 8 pattern so that both feet land on each spot. Or an extra challenge would be to have them hop the figure 8 pattern.

Many of these ideas are adapted from things I've seen from previous EPEWs, AAHPERDS, CAHPERDS, and other workshops, but I've been to so many I don't remember which workshop or which person I saw present it for many.

Standard 1: Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.

Standard 3: Students assess and maintain a level of physical fitness to improve health and performance.

Standard 4: Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

Standard 5: Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

4th grade-

3.4

Perform increasing numbers of each: abdominal curl-ups, oblique curl-ups on each side, modified push-ups or traditional push-ups, and triceps push-ups.

5.5

Include others in physical activities and respect individual differences in skill and motivation.

