

Fast, Fun Fitness

1. Thunderstruck

Every time you hear “thunder” or “thunderstruck” the activity changes. It is best when students get to pick whatever is next—either solo or with the whole group.

2. Amazing Race

What a great activity to get your kids moving and check for knowledge. This can be implemented in any classroom with some clip art, content questions, and activity. All you have to do is put the “answer” you are looking for at the top, the activity in the middle of your page, and the next “clue” at the bottom. Students will either know the answers and find them accordingly or use the process of elimination to try to figure it out. At the end, when you review, students can pick up equipment as you go!

3. Tail Tag

Little scarves or flags are perfect for this game. You can have students partner up and decide who is “it”. That student chases the other and tries to get the flag. Once they do get the tag, the chaser becomes the chasee. Students, once tagged, have to do 2 of ___ before they can start chasing. I hardly ever use running for this activity, but usually use a variety of locomotor movements. You can also do this with small groups. Within a given space, you would have 2 students not have tails. When they pull a tail off a classmate, that classmate goes in search of someone else’s tail. You can keep adding “taggers” as necessary.

4. RC Car Chase

Best investment ever! You can have students perform a variety of locomotor movements while chasing them with a little car. If the car runs someone over, they have to go back or perform a fitness/skill based task before beginning again.

5. DYK. . .

This is a great formative assessment to see where your students are at with your content. “Yes” answers are either a skill or fitness based activity while “no” answers are opposite. That way you can really see who knows what and just exactly what needs to be re-taught. Additionally, you can have students practice the skills they have potentially been working on and scaffold tasks even from basic to distinguished.

6. *Moby-Flower*

You can do so much with this song! Be creative!

7. *Flip Flops (Happy)*

Another fun activity you can complete to music. You can also use any Tabata song. Have students in partners, one in the pushup position, the other one standing. The person standing has to go under the “bridge” and then over the top. Each time you hear “happy”, switch roles. Students can also do the mountain position or crab walk. You can also flip flop activities: sit ups/pushups, plank/leg lift, run/jump, etc. This is a great preparatory song for muscular endurance leading up to fitness testing.

8. *Quick Hands*

This is a great game/brain break for the classroom or gym. Students will partner up and face each other. Place 2 pieces of equipment between the students, a light and a dark object or large/small. When you say ready, hands have to go on the knees. You then call out the size/color of equipment and they have to reach and grab it quick. You can do this from a seated position, plank, pushup, or sit up position.

9. *Kickboxing (Beat It)*

If you have already taught jabs, crosses, front kicks, side-kicks, and combinations, you can really go through the list in this song. Each time students hear “beat it” they have to switch. Having the order posted will keep everyone on the same page and really is fun. . . except the solo is REALLY long!

10. *Shake it Off Tag*

Keep your ears open for the key word “shake”. Students are in partners and you designate who is chasing who first. I don’t let my students run for this activity either. When a student is tagged, the roles switch. However, each time the word “shake” is said, the roles switch. Be prepared for some quick turns and zig zags!!!

11. 25 Handshakes

Divide your class nearly in half. Half will be inside the “pen” and the rest in the “pasture”. You will have 2-3 taggers running around the pasture trying to tag those students. In order for a student to get out of the “pen”, they need 25 handshakes. They can shake two hands at once if they want, stop in the middle and resume where they left off, and shake multiple students’ hands as well, but they must get 25 total. Once they do, they go out to the “pasture” and try to free other students.

12. Toe Tag

Have students partner up again and each needs a small foam ball. You must really watch students as they complete this activity. The goal is for students to hit their partner’s shoes with their foam ball. Students are not allowed to touch or kick their partner’s equipment. Students are keeping track of how many times their shoes get hit. You can add a twist that they need to throw with their non-dominant hand, throw underhand compared to over, or whatever other modification you can think of. Students will be worn out quickly!!!