

No-Prep Fitness Lesson Plans

6 X 1 HOUR PLANS FOR PE TEACHERS AND COACHES

Lesson 1: Upper Body

Learning Objective

To improve upper body strength to help carry out daily tasks with ease and increase power

SHAPE Standards

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Crab Soccer

SKILL FOCUS

- ★ To improve upper body strength and coordination

GROUP SIZE

- ★ Any number of even teams

EQUIPMENT

- ★ 4 cones, 1 large beach ball, floor tape

LOCATION

- ★ Inside

SETUP

Divide the class into 2 even teams. Place a beach ball in the middle of your room. Set up 4 cones for goals (as seen in image) and use floor tape to mark off the goal line.

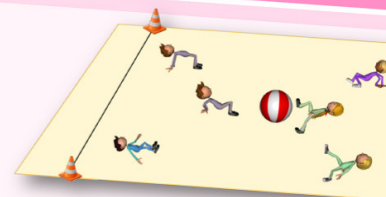
INSTRUCTIONS

1. Like regular soccer, each team is defending a goal while trying to score in another goal.
2. You can choose to assign positions, or just allow children to crab walk wherever they want.
3. In this game, nobody can touch the ball with their hands and to travel, they must crab walk around the room.
4. On 'go' the children kick the beach ball towards the other team's goal.
5. All the children play offense and defense in this activity. You can also choose to have goalies, but they cannot use their hands.
6. At the end, whichever team has more points wins the game.

Lesson 1 - Overview

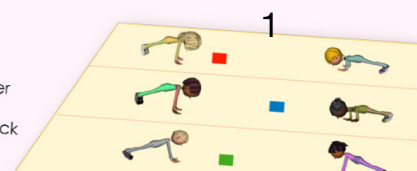
Lesson 1: Crab Soccer

Divide the class into 2 even teams. Place a beach ball in the middle of room. Set up 4 cones for goals (as seen in image) and use floor tape to mark off the goal line. Children will crab walk to travel around the room. The objective is to kick the ball into the other team's goal.



Lesson 1: Sliders

Children pair up and sit in a push-up position so they are facing each other. They hold one bean bag between them. On 'go', they stay in the push-up position, sliding the bean bag back and forth.



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Lesson 1: Upper Body

Learning Objective

To improve upper body strength to help carry out daily tasks with ease and increase power

SHAPE Standards

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Success Criteria

I can perform push-ups
I can perform pull-ups
I can perform chin-ups

Focus Questions

How can I improve upper body strength?
How can I perform upper body exercises properly?

Equipment

4 x		Tall cones
2 x		Hula hoops
1 x		Footballs
20 x		Bean bags

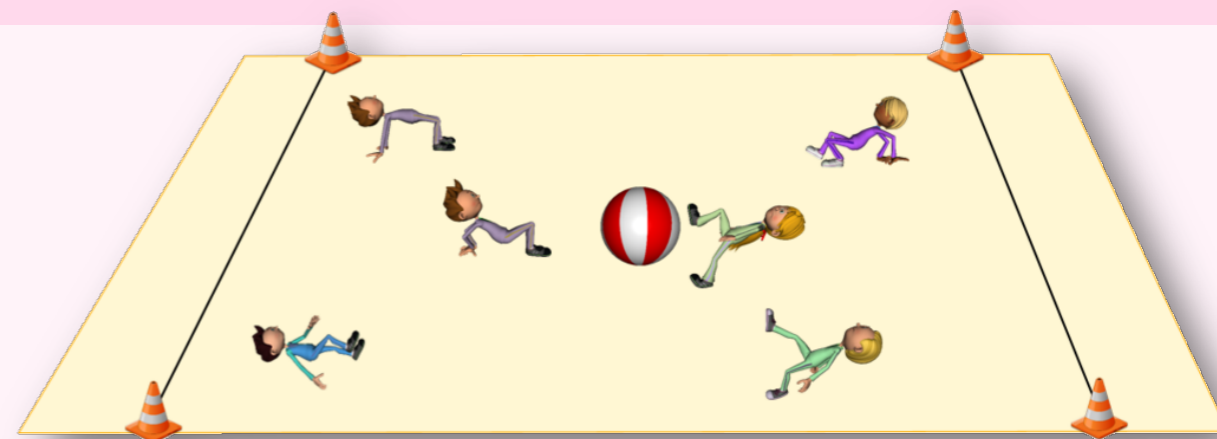
Coaching Points

- ✓ Breathe properly while performing exercises
- ✓ Use the proper methods and fundamentals
- ✓ Set realistic goals
- ✓ Do not take shortcuts
- ✓ Safety first

Lesson 1 - Overview

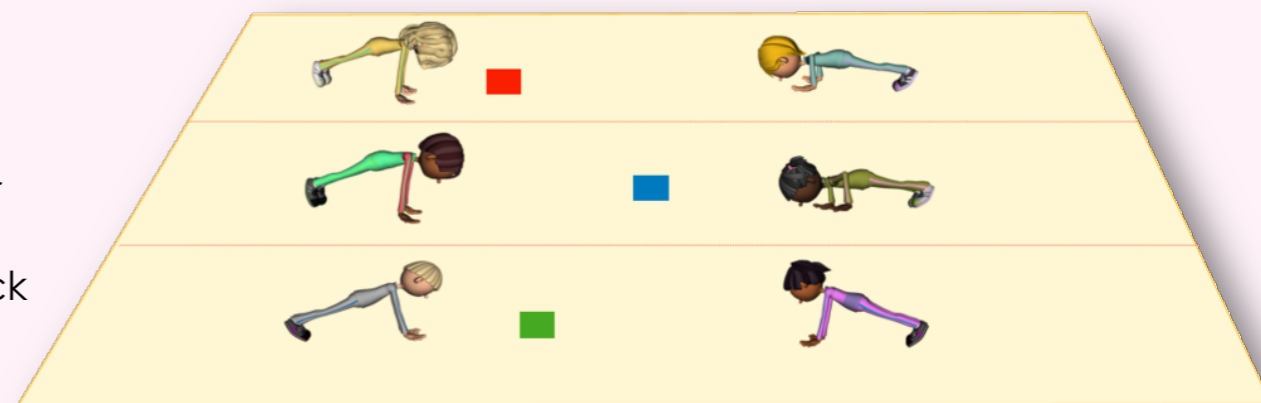
Activity 1: Crab Soccer

- Set up 4 cones as goals
- Place a beach ball in middle of room
- On 'go' the children will crab walk to travel around the room
- Their objective is to kick the ball into the other team's goal



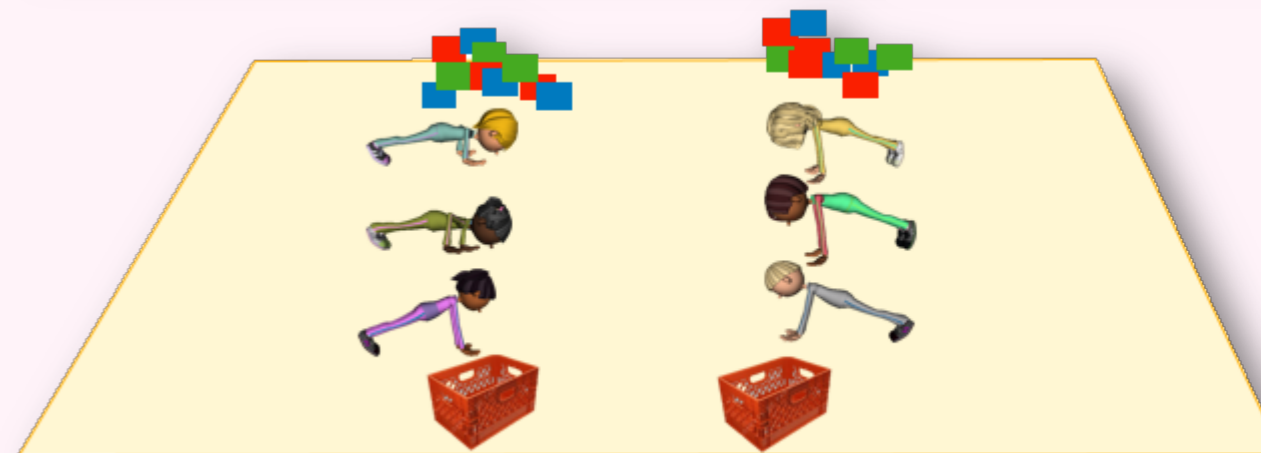
Activity 2: Sliders

- Assign each child a partner
- Have them get in a push-up position so they are facing each other
- Give each pair one bean bag
- On 'go' they stay in the push-up position, sliding the bean bag back and forth to each other



Activity 3: Push-Up Pass

- Divide the class into 2 teams
- Give each team 10 bean bags and a milk crate
- Each child must stay in the push-up position
- Their objective is to pass the bean bags down their line to the milk crate



Crab Soccer

SKILL FOCUS

- ★ To improve upper body strength and coordination

GROUP SIZE

- ★ Any number of even teams

EQUIPMENT

- ★ 4 cones, 1 large beach ball, floor tape

LOCATION

- ★ Inside

SAFETY

- ★ Children should be careful not to kick other children or step on their hands

SETUP

Divide the class into 2 even teams. Place a beach ball in the middle of your room. Set up 4 cones for goals (as seen in image) and use floor tape to mark off the goal line.

INSTRUCTIONS

1. Like regular soccer, each team is defending a goal while trying to score in another goal.
2. You can choose to assign positions, or just allow children to crab walk wherever they want.
3. In this game, nobody can touch the ball with their hands and to travel, they must crab walk around the room.
4. On 'go' the children kick the beach ball towards the other team's goal.
5. All the children play offense and defense in this activity. You can also choose to have goalies, but they cannot use their hands.
6. At the end, whichever team has more points wins the game.

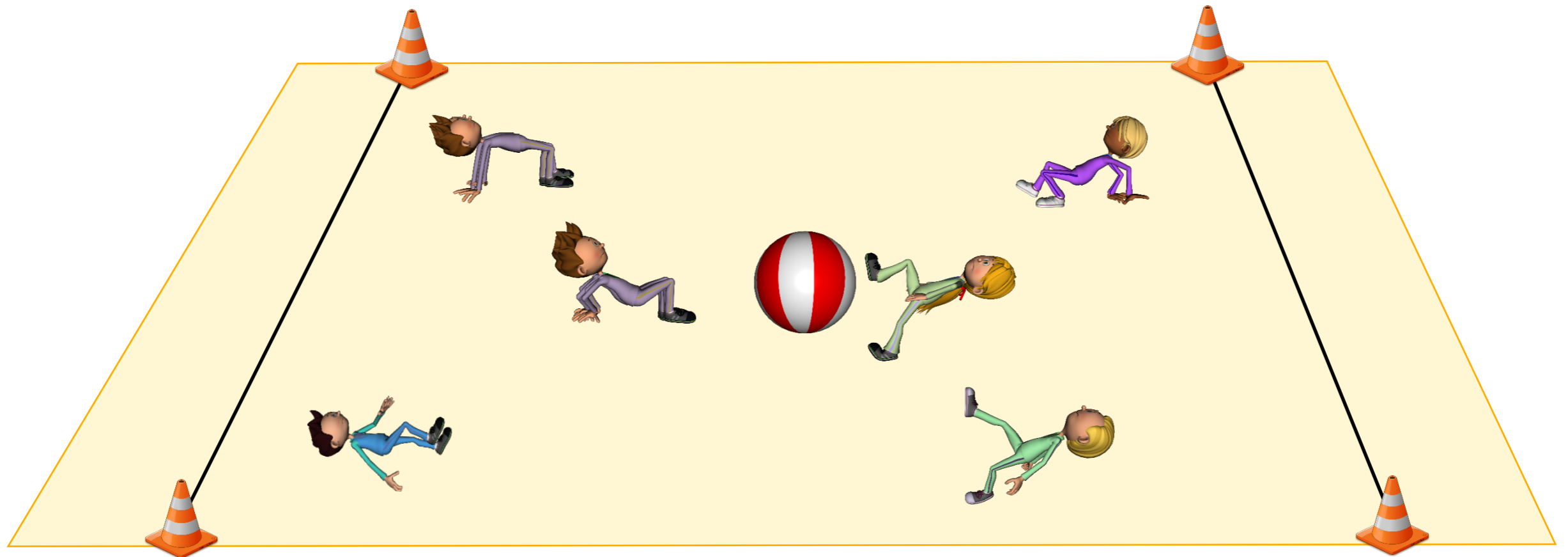
MODIFICATIONS

To make it harder, push back the goalie lines to make the playing area bigger.



Crab Soccer

A fun soccer game that will increase upper body strength





Sliders

SKILL FOCUS

- ★ Upper body strength, balance, coordination

GROUP SIZE

- ★ 8-30 students

EQUIPMENT

- ★ 40 bean bags

LOCATION

- ★ Inside

SAFETY

- ★ Children should rest if their arms start getting weak

SETUP

Partner each child with another student. They should be about 5 feet apart and get into a push-up position. Each group should have 1 bean bag.

INSTRUCTIONS

1. On 'go' the child in each pair starting with the bean bag will slide it on the floor to their partner. Remember, they are doing this from the push-up position.
2. While in the push-up position, the partner will stop the bean bag with their hand and then slide it back to their partner.
3. It is basically a game of catch, but doing it from the push-up position the entire time.

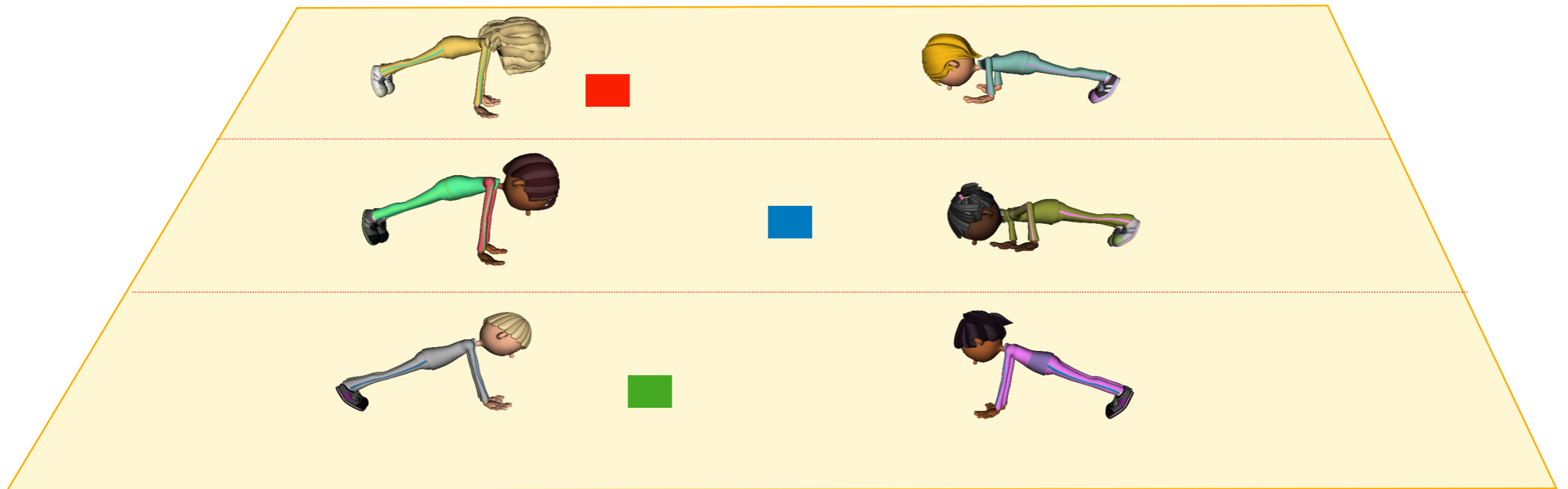
MODIFICATIONS

To make it harder, increase the distance between the partners. To make it easier, allow children to put their knees on the floor while in push-up position.



Sliders

An upper body strength activity where the children stay in a push-up position, sliding a bean bag back and forth with their partner





PUSH-UP PASS

SKILL FOCUS

- ★ Upper body strength, balance, coordination

GROUP SIZE

- ★ 8-30 children

EQUIPMENT

- ★ 20 bean bags, 2 milk crates

LOCATION

- ★ Inside

SAFETY

- ★ If children's arms get tired, give rest periods

SETUP

Divide the children into two even teams. They should form a line and get into push-up position. The first child in line should have exactly 10 bean bags within arm's reach. The last child in line should have an empty milk crate within arm's reach.

INSTRUCTIONS

1. On 'go' the first child in line grabs a bean bag from the pile with the hand closest to the pile of bean bags. Once they grab it, they need to slide it over to their other hand. Once it slides over, they can put the hand back down on the floor that originally grabbed the bean bag. Then, they must now pick up the bean bag with the opposite hand and place it on the floor by the child who is next in line.
2. The next child does the same process, passing it to the child next to them.
3. When children are not involved in the passing, they may rest on their knees.
4. When the bean bag gets to the last child, they follow the same process, but do not pass it to another child. They put the bean bag in their milk crate.
5. Once complete, the first child grabs the next bean bag to start the process again. The first team to get all 10 bean bags in their milk crate wins.

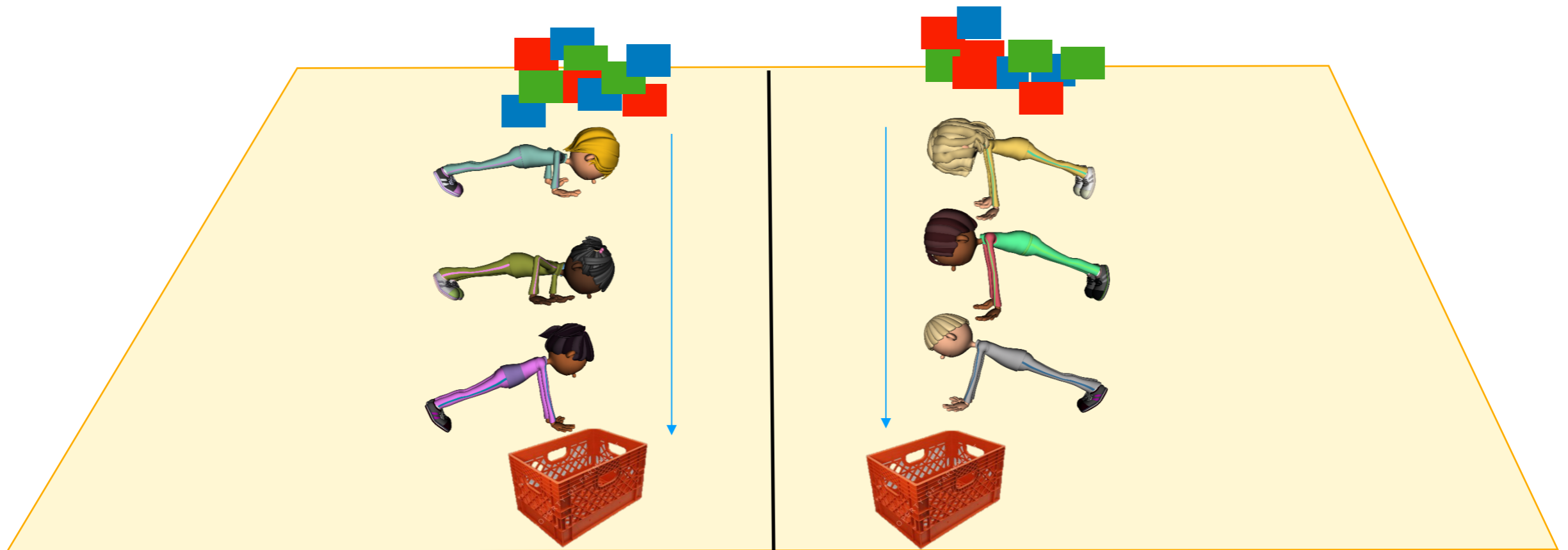
MODIFICATIONS

To make it harder, add more bean bags to the challenge.



PUSH-UP PASS

An upper body strength activity where the children stay in a push-up position and must pass a bean bag down the line



Lesson 2: Abdominal Strength

Learning Objective

To improve abdominal strength to help carry out daily tasks with ease and increase power

SHAPE Standards

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns





Success Criteria

I can perform curl-ups
I can perform leg lifts
I can perform leg scissors

Focus Questions

How can I improve abdominal strength?
How can I perform abdominal exercises properly?

Equipment

4 x		Tall cones
100 x		Small balls
20 x		Scooters
20 x		Plastic Boxes

Coaching Points

- ✓ Breathe properly while performing exercises
- ✓ Use the proper methods and fundamentals
- ✓ Set realistic goals
- ✓ Do not take shortcuts
- ✓ Safety first



Lesson 2 - Overview

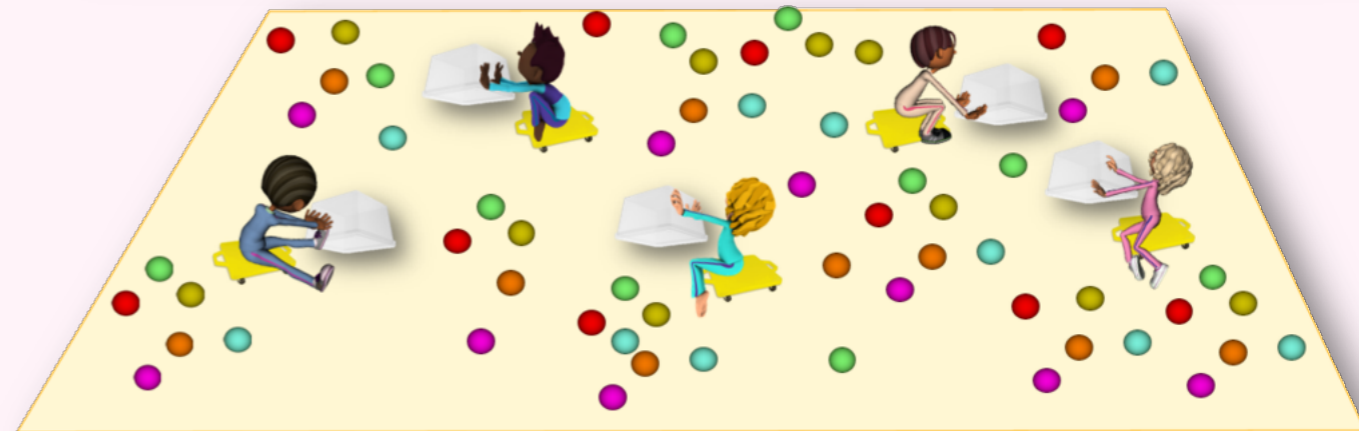
Activity 1 Curl-Up Relay:

- Have the children form a line sitting in a curl-up position
- The teacher will feed balls to the first child in line
- The first child will curl up to grab ball and reach back to pass it to the next student
- The next student reaches forward to grab the ball and follow the same pattern



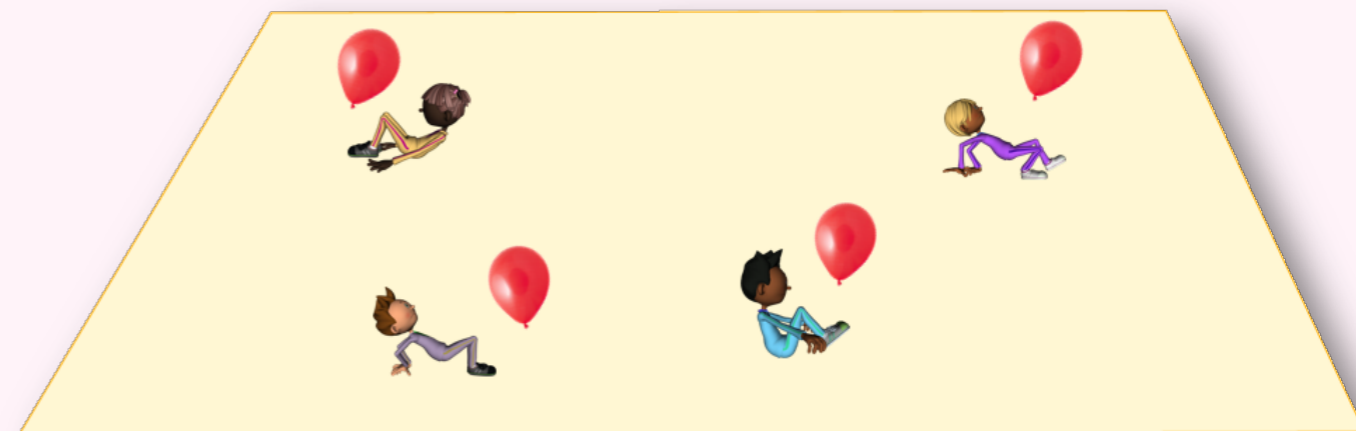
Activity 2: Core Collection

- Spread children out all over the gym
- Give each child a plastic container
- Spread out small balls all over the room
- The children must use their core strength to move about the room on their scooters to collect ball in their plastic containers



Activity 3: Balloon Kick

- Spread the children out around your room
- They should get into a crab walk position
- Give each child a balloon
- Their objective is to crab kick the balloon into the air as many times as they can without letting it hit the ground





Curl-Up Relay

SKILL FOCUS

- ★ Abdominal strength, balance, coordination

GROUP SIZE

- ★ 8-24 children

EQUIPMENT

- ★ 20 sponge balls, hula hoops

LOCATION

- ★ Inside

SAFETY

- ★ Children should be careful not to kick the person in front of them in line

SETUP

Line children up in a straight line, each in a curl-up position. Place a hula hoop behind the last child in line. The teacher will be at the front of the line with about 20 sponge balls next them.

INSTRUCTIONS

1. On 'go' the teacher will hand 1 ball to the first kid in line who is curling up to get the ball. Once they get the ball, they now pull themselves backward (staying in curl-up position) to hand the ball overhead to the child behind them in line.
2. The next child in line curls up to grab the ball and will follow the same pattern getting it to the child behind them in line.
3. Each ball will travel the entire line. When the last child reaches backwards, they will carefully place it into the hula hoop.
4. As soon as the last child places the ball into the hula hoop, the teacher will hand a new ball to the first child in line as the process starts over again.
5. Once the kids get the hang of it, form two lines and create a 'curl-up relay race.'
6. In the race, the teacher will have to work with two teams following the same process. The first team to get 10 sponge balls into their hula hoop first wins.

MODIFICATIONS

To make it harder, use more balls.



Curl-Up Relay

A fun abdominal activity where the children will curl up to grab a ball and then reach back to pass it to the child behind them in line





Core Collection

SKILL FOCUS

- ★ Core / abdominal strength, balance, coordination

GROUP SIZE

- ★ 8-24 students

EQUIPMENT

- ★ 100 small balls, a scooter and plastic container for each child

LOCATION

- ★ Inside

SAFETY

- ★ Children need to be careful not to bump into one another as well as not place their fingers under the scooter wheels

SETUP

Spread all the little balls around the room. Give each child a scooter and plastic container.

INSTRUCTIONS

1. Safety is always important when using the scooters, so safety rules should always be discussed ahead of time, such as not standing on the scooter, not placing fingers under the wheels or getting the fingers stuck under the scooter.
2. On 'go' the children must scoot all around the room.
3. They can go in any direction they want, but must keep their bottoms on the scooter at all times.
4. As they travel, they use their plastic box to collect as many of the little balls as possible.
5. This activity will help improve their core strength.
6. The child who collects the most balls wins the activity.

MODIFICATIONS

To make it harder, use a lot more balls in the activity.



Core Collection

A core exercise game where the children have to scoot around the room and collect balls with their containers





Balloon Kick

SKILL FOCUS

- ★ Core strength, balance, coordination, agility

GROUP SIZE

- ★ 8-30 students

EQUIPMENT

- ★ Enough balloons for each child

LOCATION

- ★ Inside

SAFETY

- ★ Students should try not to bump into each other

SETUP

Spread the children out around your room and give each student a balloon.

INSTRUCTIONS

1. On 'go' each student must crab kick the balloon into the air.
2. Wherever it travels to, they should crab walk to the location, wait for it to come back down, then crab kick it again.
3. This pattern continues until the balloon hits the ground.
4. Once it hits the ground, the child should start again.
5. Each kid should keep track of how many times in a row they can hit it successfully into the air.

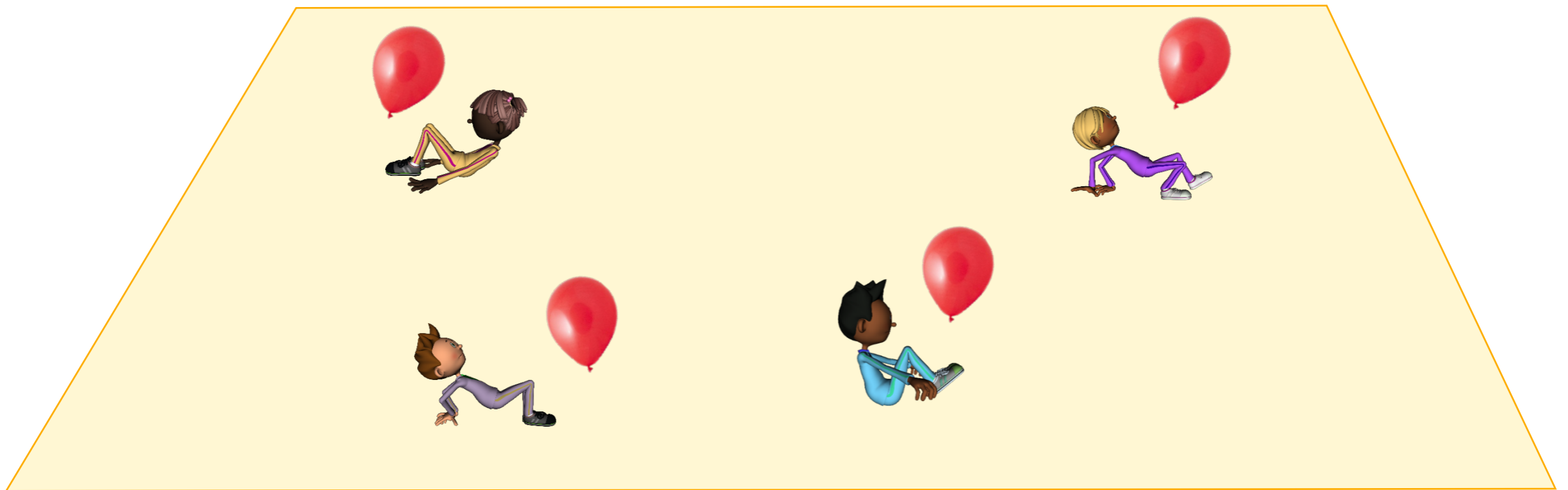
MODIFICATIONS

To make it harder, have two kids share a balloon and have them pass the balloon back and forth as many times as they can.



Balloon Kick

A fun activity where the children must crab kick a balloon, keeping it in the air as long as possible



Lesson 3: Cardiovascular Fitness

Learning Objective

To be able to perform activities for an extended period of time with no fatigue

SHAPE Standards

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance




Success Criteria

I can jog for an extended period of time
I can carry out daily tasks with ease
I do not fatigue quickly



Focus Questions

How do I improve my endurance?
How can I practice improving my cardiovascular endurance?

Equipment

- 2 x  Tall cones
- 15 x  Rubber balls
- 2x  Long jump ropes

Coaching Points

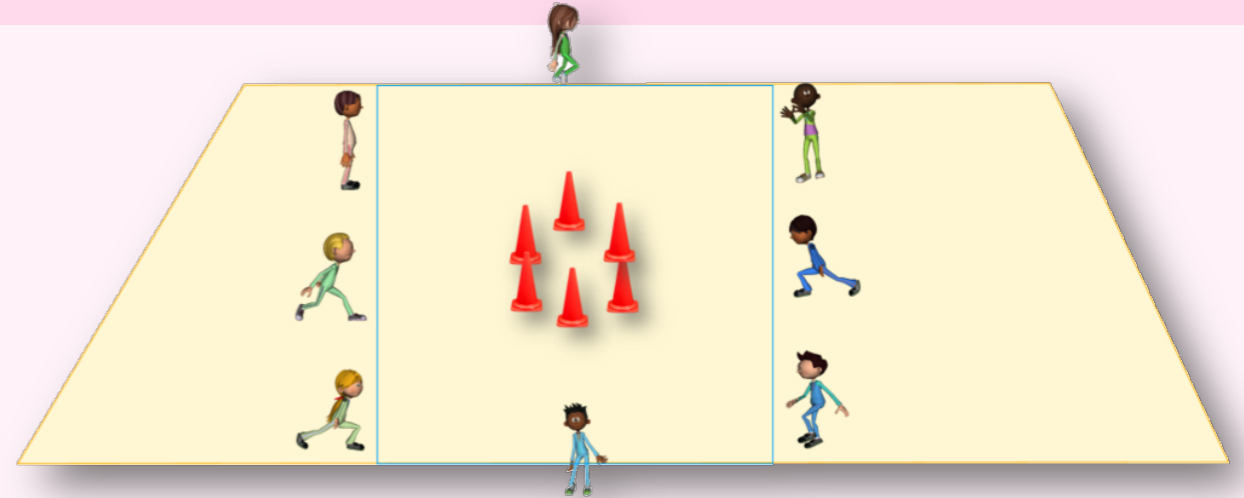
-  Participate in cardiovascular activities 3-4 times per week
-  Remember to breathe properly
-  Listen to your body; if something hurts or you get tired, stop
-  Try to go for family walks a few times per week



Lesson 3 - Overview

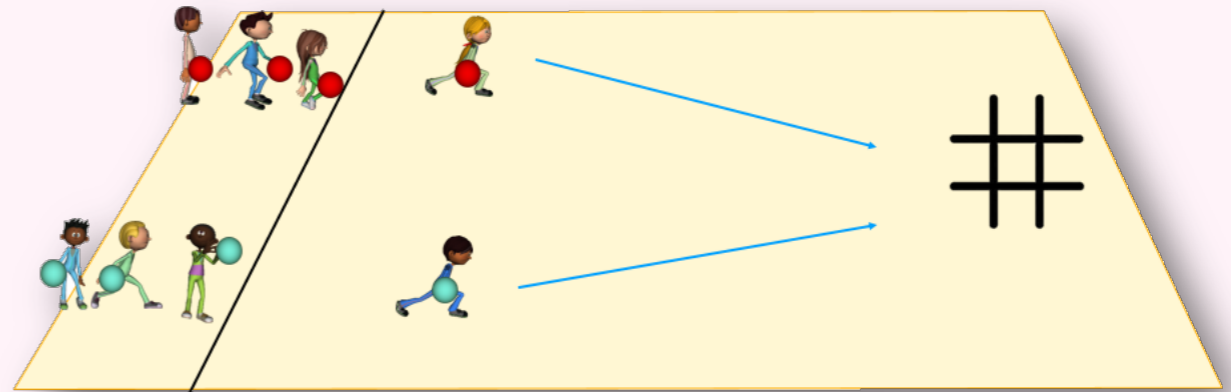
Activity 1: Whistle Go & Stop

- Set up some cones in the middle of your room
- Set up some boundaries for the kids to stand behind
- When you blow the whistle, they will perform various movement skills such as running, skipping or galloping
- When you blow the whistle again, they will stop
- Continue the pattern for an extended period of time



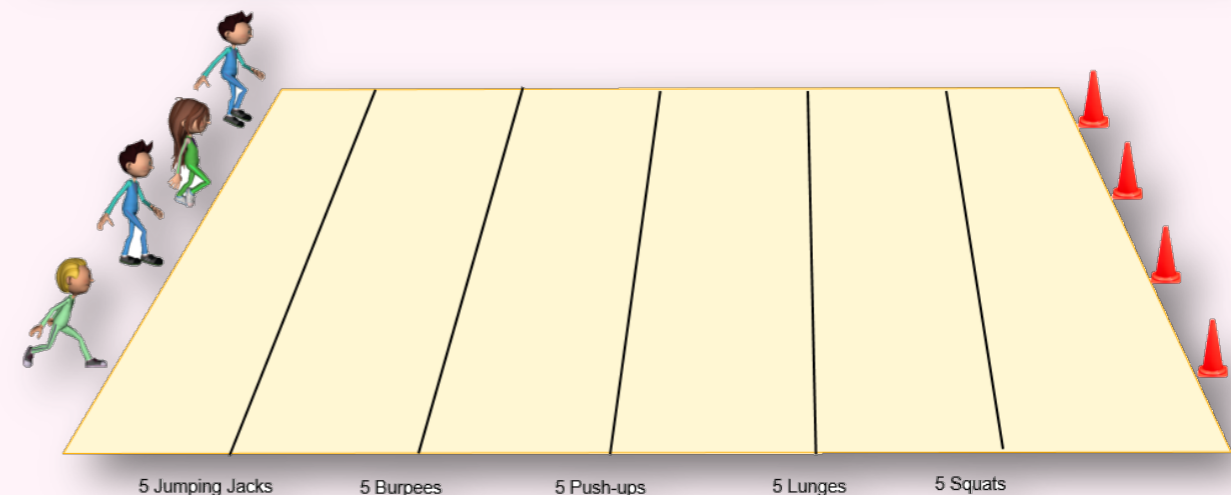
Activity 2: Tic-Tac-GO

- Place the children in 2 lines
- Give each child a ball, making sure each team has their own color ball
- On 'go' the first child in line runs to the tic-tac-toe board and put their ball in an empty square
- If a team can get 3 in a row they win



Activity 3: Exercise Run

- Use 5 pieces of floor tape to designate sections
- Place the students in groups of 4 or 5
- They must sprint to various lines in the gym
- At each line, they have to perform various exercises





Whistle GO & STOP

SKILL FOCUS

- ★ Speed, endurance, balance, cognitive skills

GROUP SIZE

- ★ 8-30 children

EQUIPMENT

- ★ 6-8 cones, floor tape

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children should be careful not to bump into one another

SETUP

Set up some cones in the middle of your room in the shape of a square. Use floor tape or cones to mark off an exterior square line for the children to stand behind (as seen in image)

INSTRUCTIONS

1. When the teacher blows their whistle, have the children jog to the interior cones area, turn around and jog back to their starting point.
2. When they get back to their starting point, they turn around and start the process all over again.
3. They keep doing this until the teacher blows their whistle again. This will be considered a rest time for the children as they return to their starting point.
4. Once the rest is over, the teacher will start the process all over again.
5. Interject various skills into this lesson such as skipping, galloping, or crab walking. Be creative!
6. Always provide rest period for the children between skills.

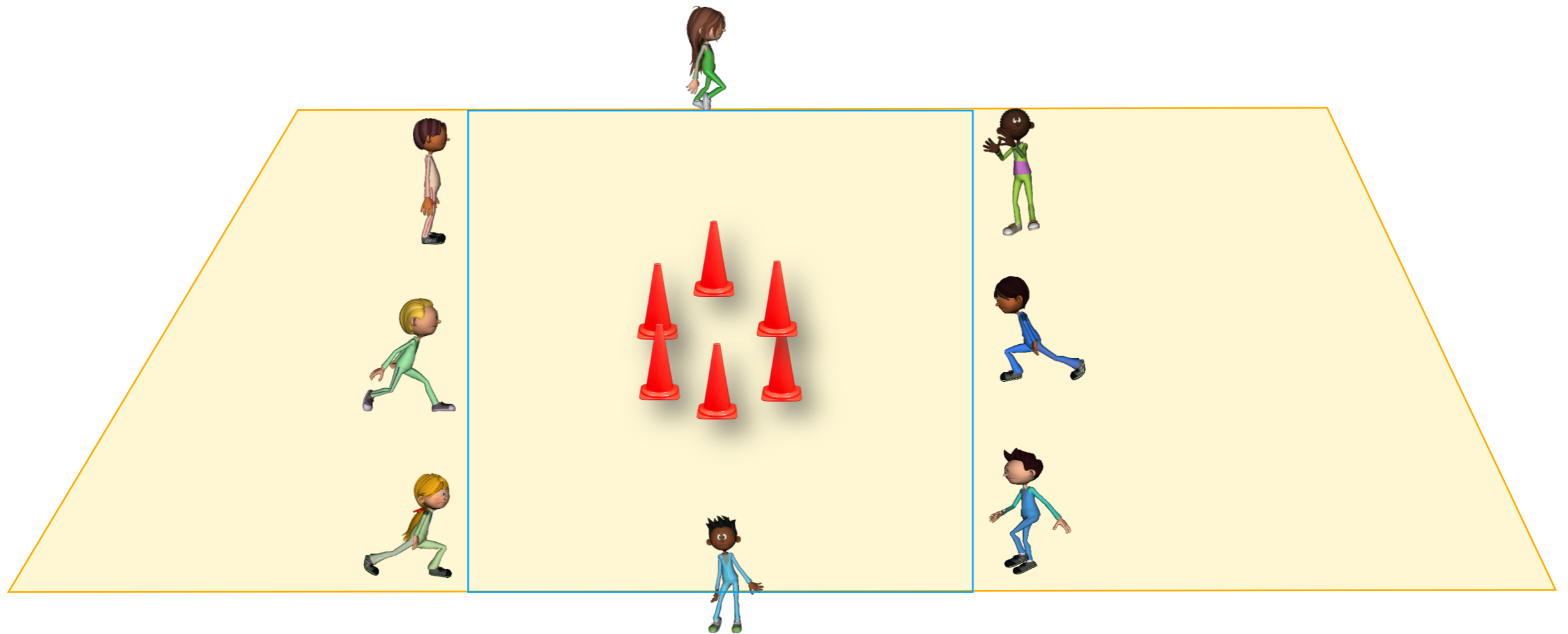
MODIFICATIONS

To make it harder, increase the distance from the starting line to the cones in the middle.



Whistle GO & Stop

An endurance activity where students will go and stop when they hear a whistle





Tic-Tac-Go

SKILL FOCUS

- ★ Eye-hand coordination, speed, agility, endurance

GROUP SIZE

- ★ 8-16 students

EQUIPMENT

- ★ 20 balls (10 of each color) 4 long jump ropes

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to be aware of the other children so they do not bump into each other

SETUP

Divide children into 2 even teams. Each child should have a ball. Make sure each team has different color balls. Use 4 long jump ropes to create a tic-tac-toe board.

INSTRUCTIONS

1. On 'go' the first child in each line runs down to the tic-tac-toe board with their ball and places it in an empty square.
2. Next, they should run back to their line so the next child can go. This child follows the same pattern.
3. If one team can get three of their balls in a row, they win that round.
4. Then, start a new round right where you left off in line so everyone gets a turn.
5. This activity can work better outside since you can run a longer distance. If you are inside, you can have them run back and forth 2 or 3 times before placing their ball in an empty square.

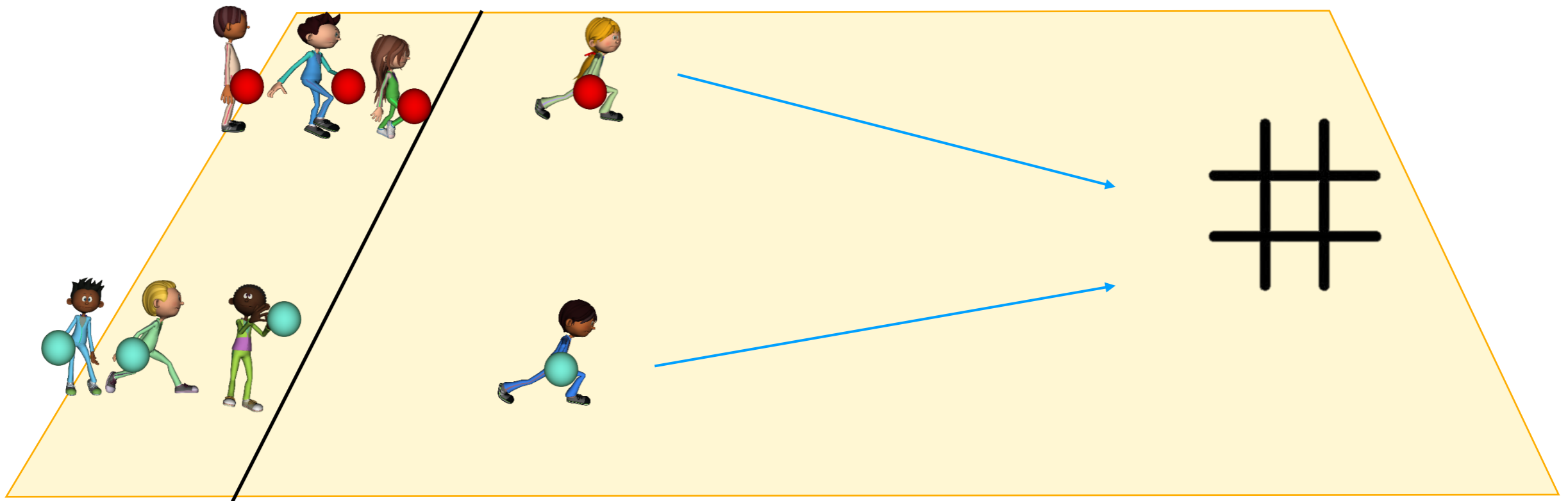
MODIFICATIONS

To make it harder, increase the distance from the lines to the tic-tac-toe board.



Tic-Tac-Go

A fun activity where the children run a distance and try to get a tic-tac-toe with their team





Exercise Run

SKILL FOCUS

- ★ Endurance, muscle strength, coordination, balance, agility

GROUP SIZE

- ★ 8-32 students

EQUIPMENT

- ★ 5 cones, floor tape

LOCATION

- ★ Inside or outside

SAFETY

- ★ Students should rest if they get tired

SETUP

Put the children into small groups of 4-5 students. Have them form lines at one end of your room. Using floor tape, mark off sections of the room (as seen in image). Place a sign at each line to remind them of what exercise they must do at this line. Place cones on the opposite end of the room (see diagram).

INSTRUCTIONS

1. On 'go' the first child in each line sprints toward the other end of the room, toward their cone. They need to stop at each line along the way, and do the exercise at each line.
2. Each line represents an exercise they will have to do. Look at our diagram to get examples of exercises you can use.
3. Once each child makes it to their cone, they must run around it and sprint back. But, they must perform the exercises again at each line before they can tag the next child in their line.
4. The small group that has all its team members finish first, wins.

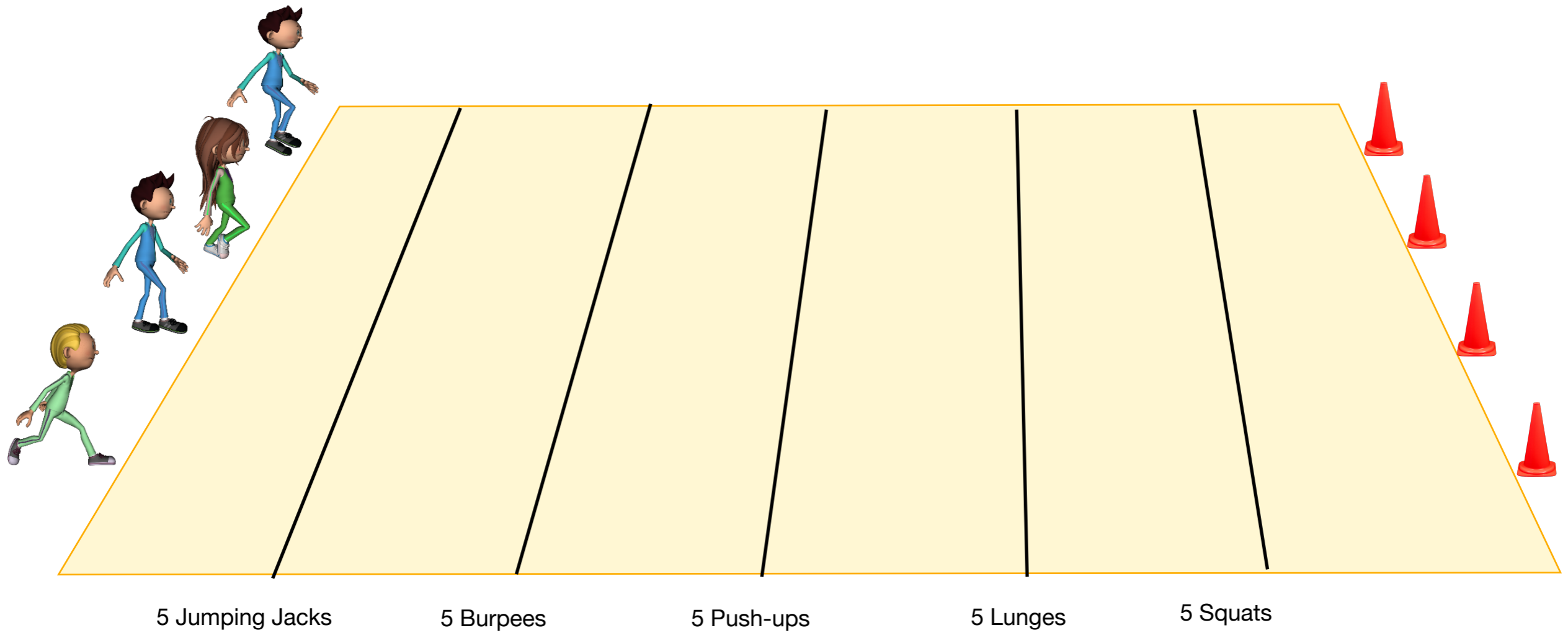
MODIFICATIONS

To make harder, add more lines for more exercises. You can also have each group go multiple times.



Exercise Run

An endurance activity where the children have to sprint to 5 separate lines and perform various exercises



Lesson 4: Flexibility

Learning Objective

To be able to bend and stretch without discomfort and assist in preventing injury while engaged in physical activity

SHAPE Standards

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Success Criteria

I can stretch without discomfort

I can stretch my muscles to prevent injury during activity

I can be flexible, which will enhance my athletic performance

Focus Questions

How do I stretch properly?

How do I prevent injuries from occurring?

Equipment

4 x  Tall cones

Coaching Points

-  I will stretch my muscles before performing any physical activity
-  I will stretch with the proper mechanics
-  I will not over-stretch my muscles to a point where I injure myself
-  I will not bounce when I stretch



Lesson 4 - Overview

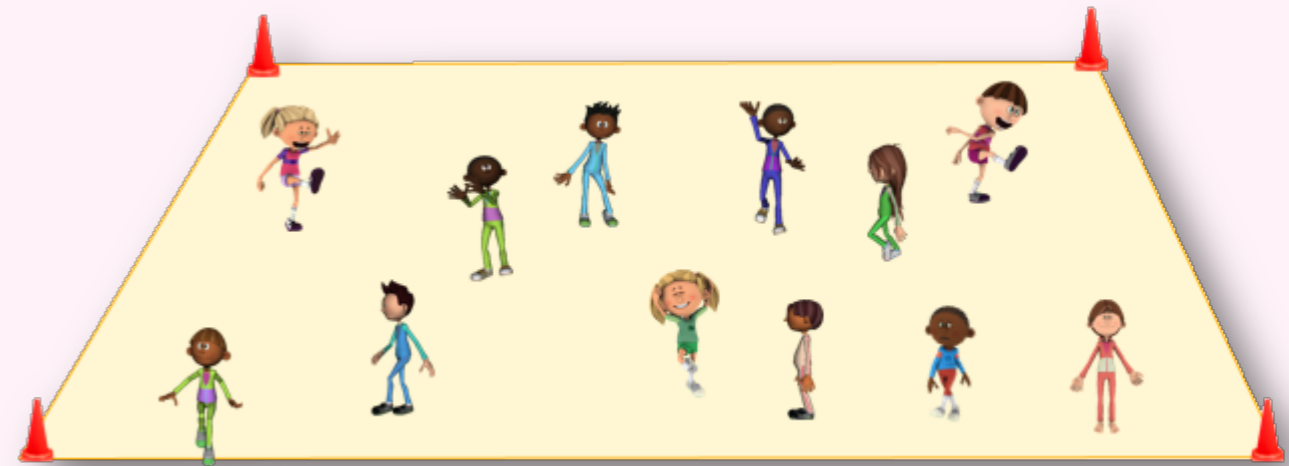
Activity 1: Mirror Image

- Spread the children out around your room
- Pair them up in groups of 2 or 3
- One child will be the leader, the other(s) will mirror their movements
- After a few minutes, have the children switch roles



Activity 2: Zoo Animals

- Spread the children out around your room
- Call out an animal for them to imitate
- The children need to move around the room acting like that animal
- Every 30 seconds change to a new animal



Activity 3: The Number 'Line'

- This is a team building game that also improves flexibility
- The teacher will call out a number
- As a group, the children will work together to form that number with their bodies





Mirror Image

SKILL FOCUS

- ★ Coordination, balance, flexibility, stamina

GROUP SIZE

- ★ Any number of children that can safely fit into your room

EQUIPMENT

- ★ None

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children have to choose safe movements that don't put children in danger

SETUP

Spread the children out around your room and divide them into groups of 2 or 3. Pick one child of each group to be the leader while the other child is the mirror.

INSTRUCTIONS

1. Go over various stretching, yoga and flexibility poses with the children.
2. When the class is ready, the leader in each group will begin to pose in some type of stretching, yoga or flexibility position.
3. The children who are the mirror now have to copy this pose.
4. Each pose must last between 10-15 seconds, then the leader moves on to a new pose.
5. After a few minutes, have the children switch roles.

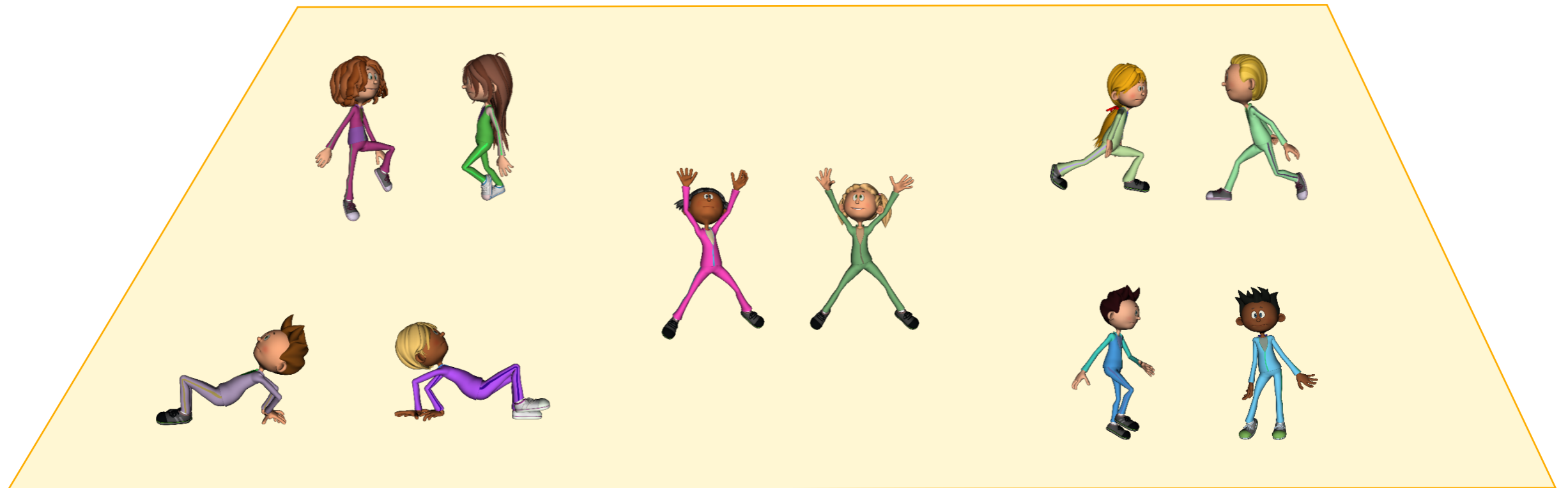
MODIFICATIONS

To make it harder, allow the children to also do exercises in this activity such as pushups, mountain climbers, lunges or squats.



Mirror Image

An activity where the children will mirror each other in various stretches or yoga positions





ZOO Animals

SKILL FOCUS

- ★ Flexibility, cognitive skills, gross motor skills

GROUP SIZE

- ★ 8-30 children

EQUIPMENT

- ★ None

LOCATION

- ★ Inside

SAFETY

- ★ Children should be aware of other children's space so they do not bump into one another

SETUP

Spread your students out around the room. Make sure they have plenty of space to move around.

INSTRUCTIONS

1. The teacher will make a list of animals that the students are familiar with.
2. Every 30 seconds, the teacher will call out the name of an animal.
3. When the children hear the name of the animal, they will now move about the room as if they were the animal.
4. For example, if the teacher says the animal 'snake' the children will slither on the floor. Or, if the teacher says a kangaroo, the children will have to hop around the room.
5. It is important to make sure the children don't rush around doing the imitations. Sometimes slower is better so the muscles are stretching and moving.
6. To build interest from the students, allow them to also pick the names of various animals to mimic.

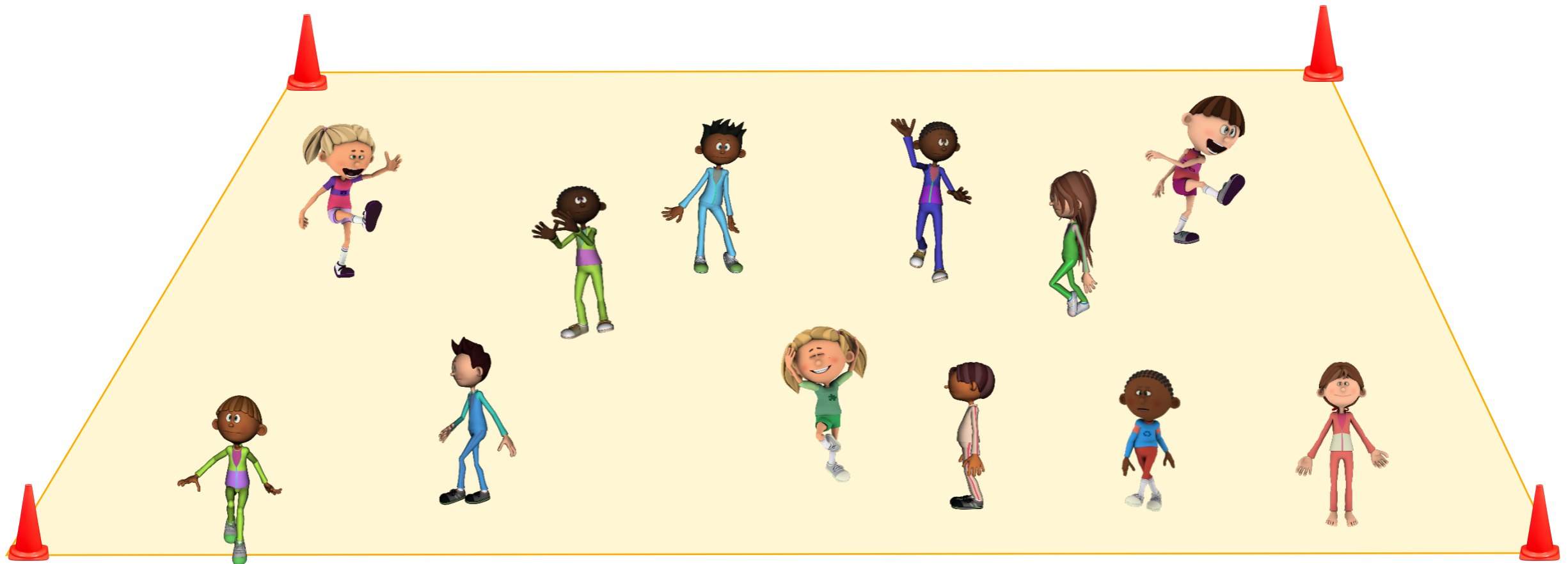
MODIFICATIONS

To make it harder, have the children imitate the animals for 1 minute instead of doing it for 30 seconds.



ZOO Animals

A fun activity where the children will have to act like a zoo animal and mimic their movements





The Number 'Line'

SKILL FOCUS

- ★ Flexibility, cognitive skills, gross motor skills

GROUP SIZE

- ★ 6=30 children

EQUIPMENT

- ★ None

LOCATION

- ★ Inside or outside

SAFETY

- ★ While forming the number, children need to be careful not to put their feet/shoes on other students

SETUP

No equipment is needed but the children will need to work together and communicate with each other during this activity.

INSTRUCTIONS

1. Spread the children out around the room.
2. The teacher will call out a number.
3. The children will need to work together on forming the number as a group.
4. The children can form the number while standing up, sitting or lying down.
5. The teacher can try the same activity using letters of the alphabet.

MODIFICATIONS

To make it harder, do not allow the children to talk, but only communicate with each other through body language.



The Number 'Line'

A flexibility game where the children have to bend and stretch their bodies to form numbers



Lesson 5: Conditioning

Learning Objective

To be able to perform various exercises with ease and proper fundamentals

SHAPE Standards

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

Success Criteria

I can run efficiently with speed and power
I can perform upper body strength exercises
I can perform exercises with proper fundamentals

Focus Questions

How do I perform a pull-up properly?
How do I run faster?

Equipment

4 x  Cones

30 x  Bean bags

Coaching Points

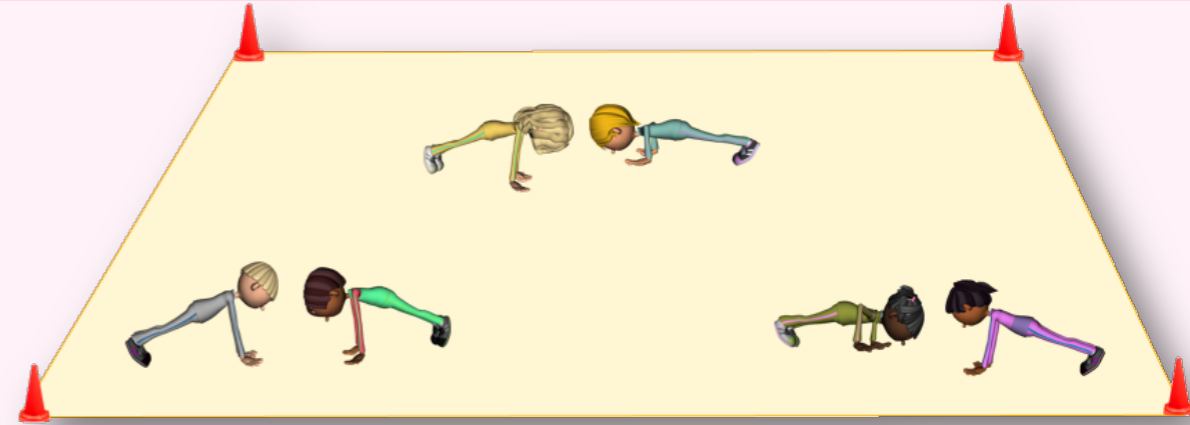
- ✓ Proper form is always important
- ✓ Always have adult supervision
- ✓ Younger children should not lift heavy weights
- ✓ Try to get 60 minutes of physical activity daily



Lesson 5 - Overview

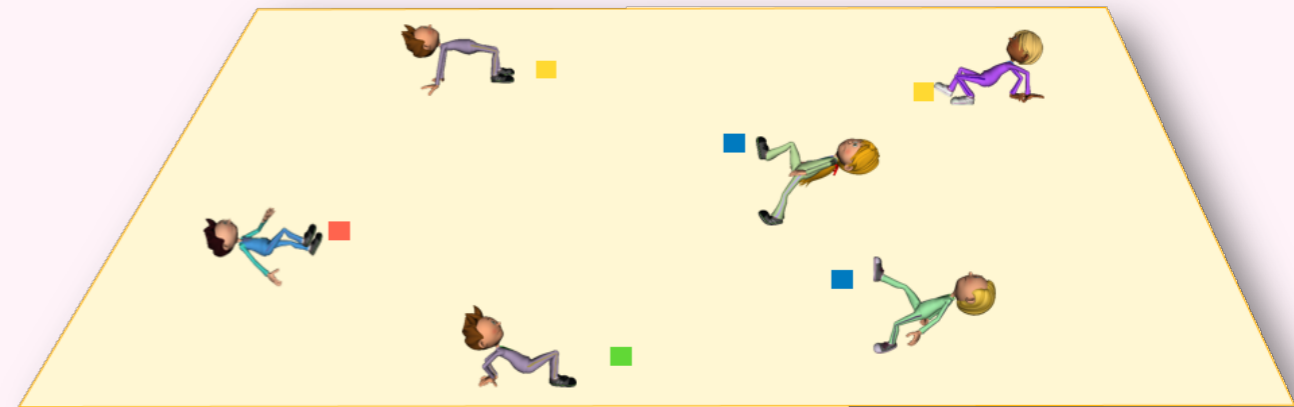
Activity 1: Push-Up Tag

- Pair up the children
- Spread them out around the room
- On 'go' they should do a push-up
- Once they get to the 'up' position, they touch opposite hands



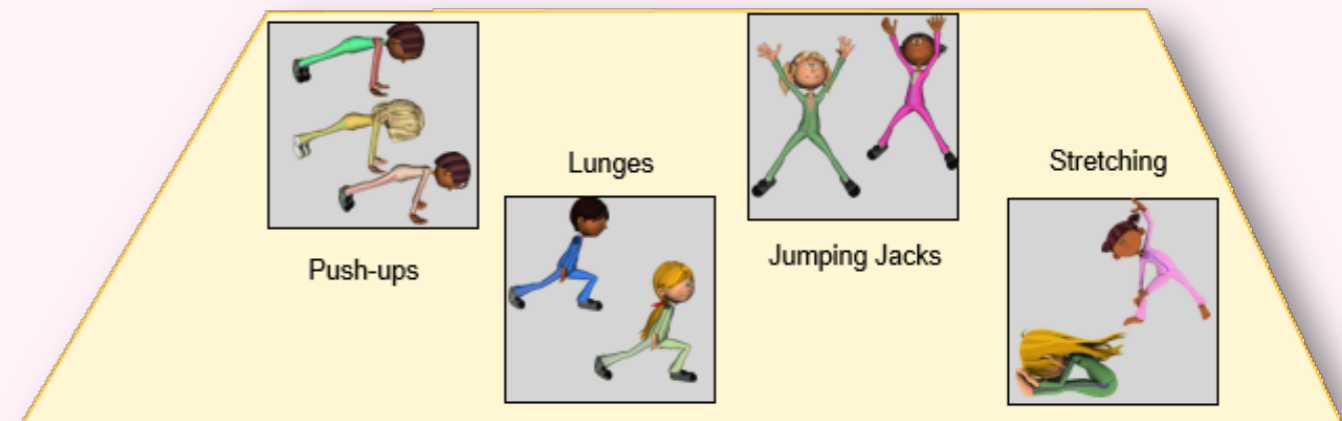
Activity 2: The Crab Kick

- Spread out the children around the room
- Give each child their own bean bag
- Play music
- While the music is on, they crab walk around the room while simultaneously kicking a bean bag to improve core strength



Activity 3: Fitness Stations

- Depending on the size of your room and class size, set up 4-8 stations
- Divide your class into small groups at each station
- Stations can include push-ups, lunges, squats...etc.
- Have the children rotate between stations





PUSH-UP TAG

SKILL FOCUS

- ★ Upper body strength, endurance, agility, balance

GROUP SIZE

- ★ 8-30 students

EQUIPMENT

- ★ 4 cones to mark off the playing area

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children should rest if their arms get tired

SETUP

Spread the children out and partner them up. They will need to get into the push-up position, facing each other.

INSTRUCTIONS

1. On 'go' both partners will perform a push-up while facing each other.
2. Once they get into the 'up' position, they swing their right arms towards each other and quickly touch hands, almost like a high five, but at chest height.
3. After they high five, they bring their hand back to the push-up position and perform another push-up.
4. This time, when they get to the 'up' position, they high five with the left hand.
5. They should see how many times they can do this in a row.
6. Remember, the high five is the height of their chest.

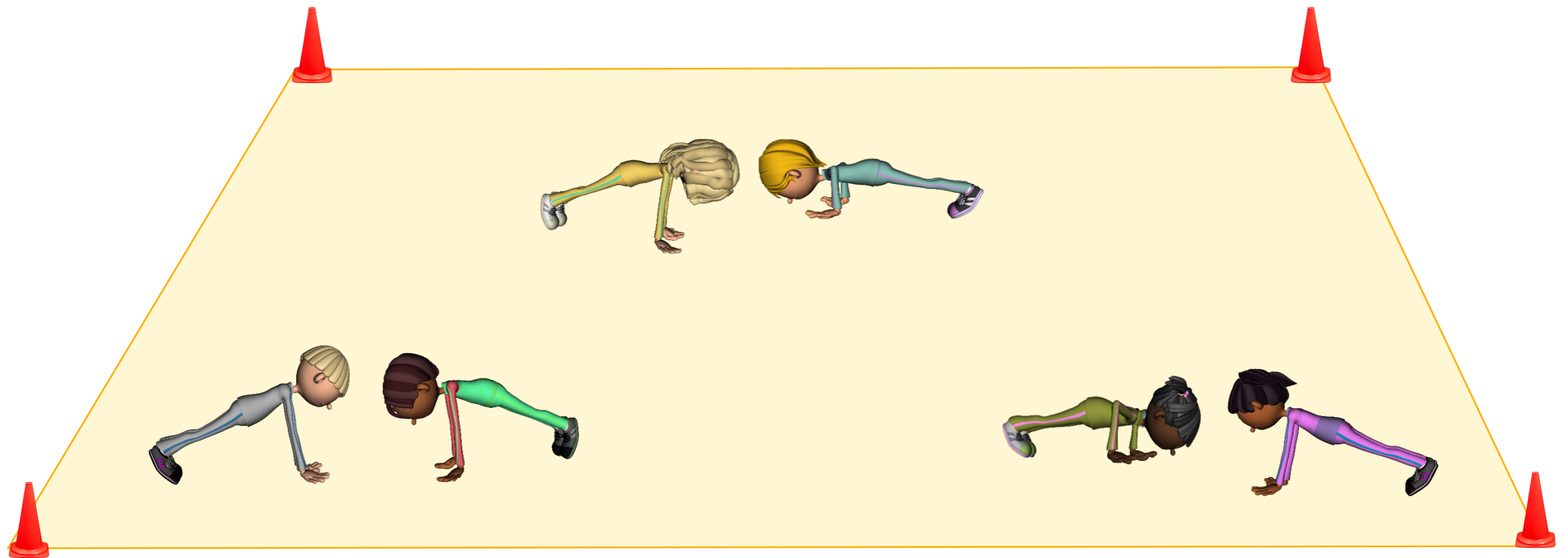
MODIFICATIONS

To make it harder, they will have to do a push-up then high five with the right hand and left hand before they return to perform another push-up.



Push-Up Tag

An upper strength and endurance activity where the children will tag each other in the 'up' push-up position





The Crab Kick

SKILL FOCUS

- ★ Upper body strength, endurance, agility, balance

GROUP SIZE

- ★ 4-20

EQUIPMENT

- ★ Enough bean bags for each child, music

LOCATION

- ★ Inside

SAFETY

- ★ Children need to be careful not to kick one another

SETUP

Spread out the students in the room and give each a bean bag. Once they get their bean bag, they should get in the crab walk position.

INSTRUCTIONS

1. When the teacher turns the music on, each child will begin to crab walk around the room.
2. While they are crab walking, they are simultaneously kicking a bean bag on the floor.
3. After they kick the bean bag, they must crab walk after it and then kick it again.
4. They should not touch other students' bean bags.
5. After a minute, stop the music to give them a rest.
6. After the rest period, start the music again to begin the process all over again.

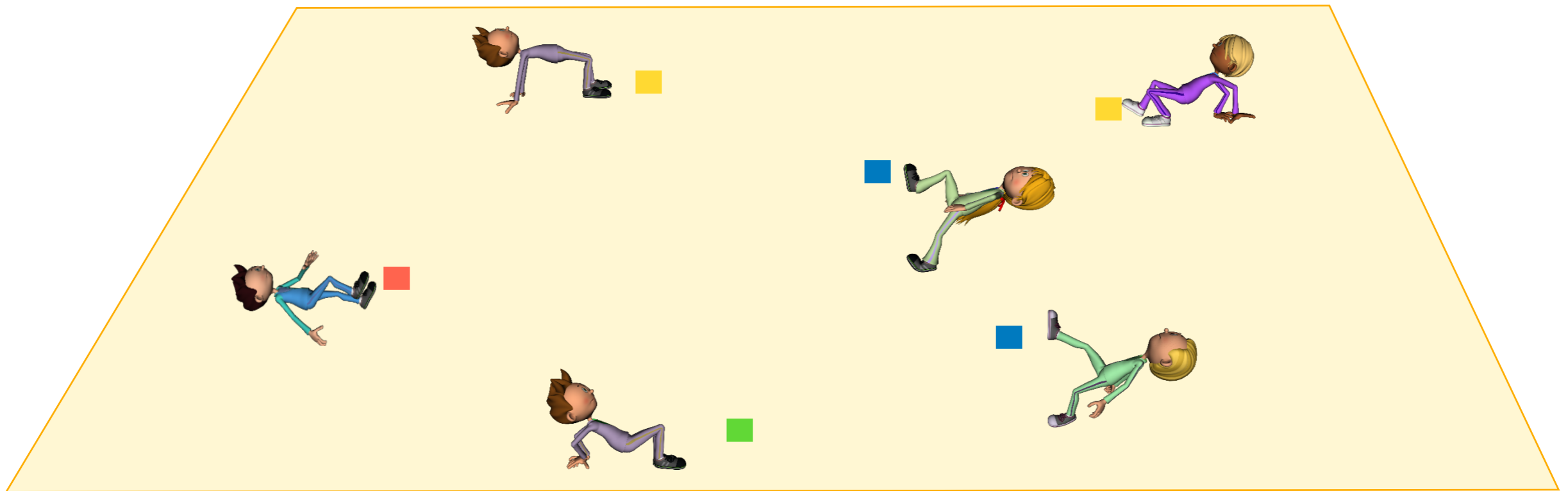
MODIFICATIONS

To make it harder, keep the music playing for a longer period of time.



The Crab Kick

A core strength activity where the children have to crab walk about the room while kicking a bean bag





Fitness Stations

SKILL FOCUS

- ★ Strength, power, agility, balance, coordination

GROUP SIZE

- ★ 8-30 children

EQUIPMENT

- ★ Station signs

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children should stop if they get to a point where they are tired or something hurts

SETUP

Divide your room into 4-8 sections depending on the size of your room. Each section will be a fitness station such as push-ups, curl-ups, lunges, squats, jumping jacks, mountain climbers, burpees and jumping rope. Place signs at each station so the children remember what to do. Number the signs to make rotation easier.

INSTRUCTIONS

1. If you have music available, play it during this activity.
2. Divide your class into even groups and spread them out at each station.
3. Go over the proper fundamentals of each station.
4. Once the music starts, the children should perform the activity at their stations.
5. After 2 minutes, stop the music and tell the children to rotate to the next station.
6. Once the children go to each station, do a cool down with them.

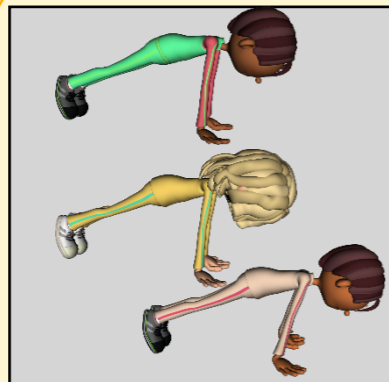
MODIFICATIONS

To make it harder, keep the children at their stations for a longer period of time.

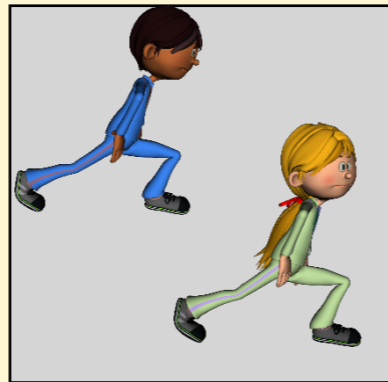


Fitness Stations

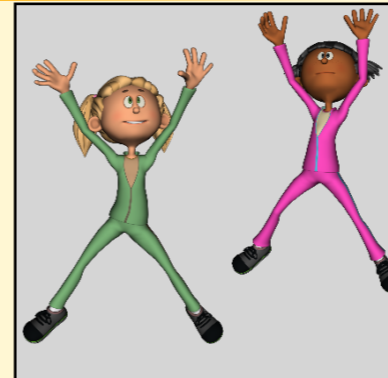
The children will rotate through a variety of fitness stations, completing each station's activity.



Station 1
Push-ups



Station 2
Lunges



Station 3
Jumping Jacks



Station 4
Stretching

Lesson 6: Fitness Competition

Learning Objective

To be able to perform various levels of fitness at the highest level possible where the children achieve their greatest potential

SHAPE Standards

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Success Criteria

- I understand how to apply the skills needed to exercise
- I can perform fitness skills with proper fundamentals
- I can exercise without pain
- I can exercise without fatiguing quickly





Focus Questions

- How do I apply my skills to exercise properly?
- How can I lessen my fatigue level?

Equipment

- 4 x  Cones
- 1 x  Football

Coaching Points

-  Try to have adult supervision so you are properly supervised
-  Stop if something hurts or you get tired
-  Always give your best effort
-  Take pride in staying fit



World Fitness Day

SKILL FOCUS

- ★ Exercise, fitness, strength endurance, performance

GROUP SIZE

- ★ Any number of children

EQUIPMENT

- ★ Cones, mats, signs

LOCATION

- ★ Inside or outside

SAFETY

- ★ Strong adult supervision is necessary to keep children safe

SETUP

This is a chance for your students to put their skills to work in a fitness environment. The competition will not be about doing more than other children; rather, it will be all about achieving one's personal goals. Every child will be encouraged to do their own person best. For example, if a child could only perform 5 push-ups one day, their objective will be to get 6 or more push-ups on World Fitness Day!

INSTRUCTIONS

Set up station signs in your room or outside so the children know what activities they will be performing. Pick 4 exercises that are in your curriculum to have the children perform. For example, if you are doing a fitness test during the school year, you may choose stations such as pull-ups, sit & reach, curl-ups and shuttle run.

MODIFICATIONS

To make it easier:

- Have the children perform modified exercises. For example, push-ups resting on your knees, not toes
- Have them run shorter distances
- Place the kids in smaller groups so less attention is on them
- Emphasize this is not a competition

To make it more challenging:

- Children cannot perform modified exercises
- Have them run longer distances
- Place the children in larger groups
- Have them participate in more fitness activities
- Stress proper form and fundamentals



Fitness Unit Assessment

Name: _____ Class: _____

Skill	Beginning	Developing	Mastering
Upper Body Strength			
Abdominal Strength			
Cardiovascular Fitness			
Flexibility			
Conditioning			
Teamwork			
Technique			
Effort			