

# AEROBIC ACTIVITIES

## My DVD Player



PennState  
PRO Wellness



**Developmental Goal:** To develop students' ability to listen to directions

**Skills Practiced:** Running, following directions, reflexes and awareness

**Equipment Needed:** None

**Setup:** A rectangle of boundaries

**Before You Start:** Have students repeat back what action goes with each command.

### How to Play:

- The person calling the game may call any command:
  - > Play – Students begin walking towards finish line.
  - > Fast Forward – Students run to finish line.
  - > Rewind – Students move backwards.
  - > Pause – Students freeze.
  - > Slow Motion – Students move super slowly.
  - > Power Off – Students crouch down like an egg.
  - > Power On – Students stand up.
- Students must react to the commands called.
- The goal is to make it all the way to the finish line.
- When a student makes a mistake s/he must do 10 jumping jacks, or another short activity, to reenter the game.

### Variation(s):

- For younger grades start with just two or three commands and add new ones as they master the original commands.
- Students who make a mistake:
  - > Join the leader on the sideline as judges
  - > Remain in the game but must go back to the starting line.

Flip over to view  
another activity.



# AEROBIC ACTIVITIES

## Bird's Nest



PennState  
PRO Wellness



**Developmental Goal:** To develop teamwork and strategic thinking.

**Skills Practiced:** Running, quick thinking, teamwork, and physical awareness

**Equipment Needed:** 10-12 beanbags and 5 hula hoops

**Setup:** Arrange five hula hoops (birds' nests) as shown in the diagram.

Place the beanbags (the cookies) in the center cookie jar.

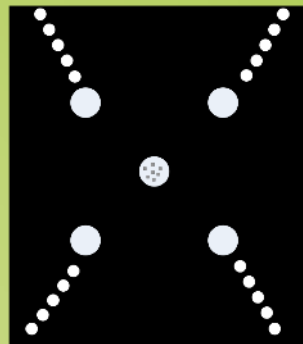
Divide players into four teams and each team line up behind their assigned cookie jar.

### Before You Start:

- Make sure students understand the importance of safety, control and awareness.
- Review the rules of the game.

### How to Play:

- Each team's goal is to get six cookies in their cookie jar.
- When told to start, the first person on each team runs to the center cookie jar to steal a cookie (one cookie per turn).
- Player returns to his or her line and places the cookie in their cookie jar; then the next player goes.
- Players keep taking cookies from the center jar until empty, at which point players can steal cookies from each other's jars. Players cannot defend their cookie jar.
- Game ends when one team has six cookies.



Flip over to view  
another activity.

