

ANAEROBIC ACTIVITIES



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40-Yard Dash

Developmental Goal: To develop endurance

Skills Practiced: Running

Equipment Needed: Whistle, measuring tape, cones and stopwatch

Setup: Use boundaries to create an appropriate-sized play area.

Before You Start:

- Measure 40 yds in a straight line, allowing for ample space at the end for the runner to slow down.
- Spread students out to avoid contact and collisions.

How to Play:

- On your signal, 'go' or the whistle, runner sprints to the finish line where somebody will be standing to time it and record the time.

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Sharks and Minnows

Developmental Goal: To develop listening skills and a sense of boundaries.

Skills Practiced: Agility and awareness

Equipment Needed: None

Setup: Setup a clearly designated rectangular play area with visible boundaries.

Before You Start:

- Once children understand what the sharks will say, what the minnows do and when and where to run when 'Shark Attack!' is called, they are ready to start.

How to Play:

- Choose a few students to be sharks and everyone else will be minnows.
- The sharks stand in the middle of the play area and say "Fishy, fishy, come out and play." The minnows slowly walk towards the sharks.
- At any time, the sharks can yell "Shark Attack!"
 - > The minnows must run to the opposite boundary line without being tagged.
 - > If a minnow is tagged, s/he also becomes a shark.
 - > When there are only one or two minnows left; they become the sharks in the next round.

Variation(s):

- Another option is to have minnows run back to the starting line when "Shark Attack" is called.
- You can choose different predators and prey.
- Change the consequences for getting tagged.
 - > If you are tagged, you become seaweed and you cannot move your feet.

Indoor Modifications:

- Instead of running, only toe-to-heel walking is allowed for both sharks and minnows.

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