

AEROBIC ACTIVITIES

My DVD Player



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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



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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.

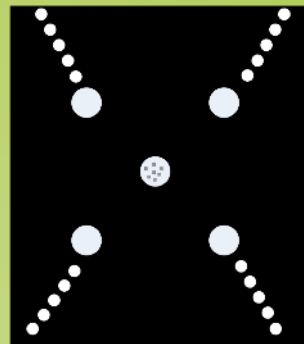
Divide players into four teams and each team line up behind their assigned cookie jar.

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.



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another activity.



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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ANAEROBIC ACTIVITIES



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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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BONE-STRENGTHENING ACTIVITIES

Jump Rope

Developmental Goal: To develop strength and endurance.

Skills Practiced: Physical awareness, skipping, hopping

Items Needed: Jump rope

Before You Start: Learn proper form by performing the 6 stepped "Negative Pushup":

- Make sure students understand the importance of safety, control and awareness.
- Review basic jump rope skills

How to Play:

- Complete as many consecutive, basic jumps as you can in a minute. Be sure to keep count of your longest consecutive jump count.

Flip over to view
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BONE-STRENGTHENING ACTIVITIES

Hop'N Freeze

Developmental Goal: To develop listening skills

Skills Practiced: Hopping, jumping, skipping, running and balance

Items Needed: None

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

Before You Start:

- Demonstrate how to avoid contact with each other.
- Students should be able to repeat all rules and signals.
- Spread students out to avoid contact and collisions.

How to Play:

- You must stay inside the boundaries,
- On 1st signal: students begin hopping (skipping, jumping, etc.),
- On 2nd signal: students must freeze in a balanced position (on one foot, one foot and one hand, etc.),
- Repeat several times; change what students do for each signal.

Variation(s):

- Have students go while holding hands with a partner and give added balancing challenges.

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COGNITIVE ACTIVITIES



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Movement Name Game

Developmental Goal: To learn everyone's name

Skills Practiced: Repetition and memorization

Equipment Needed: None

Before You Start:

- Have the whole group stand in a circle.
- Demonstrate how to speak loudly while doing a large movement.
 - > Have everyone repeat your name and movement.

How to Play:

- The first person begins the circle rotation by loudly saying his/her name while at the same time doing a movement.
- The whole group repeats back the name and movement.
- The next student says her/his name and does a movement of his/her own.
- Again whole group repeats back the name and movement.
- This call and response continues around the circle until everyone has gotten a turn.

Variation(s):

- For a second rotation specify the kind of movement the students are to make- must leave the ground, must land on one foot, must spin around, etc.

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COGNITIVE ACTIVITIES



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Grocery Store

Developmental Goal: To develop students' memorization skills and listening to directions

Skills Practiced: Running, agility, safe tagging, spatial awareness and evasion

Equipment Needed: At least 3 sets of 4 same-color cones needed

(4 green cones, 4 yellow cones, 4 red cones, 4 orange cones, 4 purple cones, 4 blue cones)

Setup: Set up 3-6 sets of cones around in a given area. Each set of 4 cones should make a square. (The bigger the area used the more fun.)

Before You Start:

- Demonstrate safe tagging:
 - > Light touch, like butterfly wings, on the back or shoulder.
 - > Unsafe tags: hard contact might cause the person being tagged to fall
- Remind kids to be aware of others running around them
- Assign each set of cones a fruit or vegetable that corresponds to their color (e.g. purple cones = grapes, yellow cones = lemons, etc.)
 - > Make sure students can repeat which fruit each color of cones corresponds to

How to Play:

- The leader starts as the Shopper. The Shopper will yell out, "I am going to the store to buy some... grapes!"
- All the students must then run over to the box of purple cones without being tagged by the shopper.
- If they do get tagged they become a shopper and a tagger as well.

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another activity.





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MUSCLE-STRENGTHENING ACTIVITIES

Push-ups

Developmental Goal: Improve upper body strength and endurance

Skills Practiced: Self-Control, self-awareness and motivation

Items Needed: None

Setup: None

How to Play: Complete as many proper form pushups as possible in one minute.

Before You Start: Learn proper form by performing the 6 stepped "Negative Pushup":

1. Lay face down on the ground with hands at armpits and feet together.
2. Push up to knees by straightening arms and keeping the core braced.
3. Lift hips and rise up onto toes.
4. Squeeze quads, glutes, and brace core as if to be punched in the stomach. Keep head in line with the spine.
5. Lower body down to a slow count of 1-2-3-4-5, and keep body in a straight line from the ankles, through the knees, hips, neck and head.
6. Touch chest to the ground before the lower body touches the ground, returning to the starting position. **This is one repetition.**

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another activity.





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MUSCLE-STRENGTHENING ACTIVITIES

Sit-ups

Developmental Goal: Improve core strength

Skills Practiced: Self-control, self-awareness and motivation

Items Needed: Exercise mat

Setup: None

How to Play: Complete as many proper form sit-ups as possible in one minute.

Before You Start: Learn proper form by performing the following three steps:

1. Lie on your back on an exercise mat. Bend your knees and plant your feet about hip-distance apart. Place your hands on the back of your head, where it attaches to your neck. Point your elbows to the sides of the room.
2. Exhale and pull your belly button in toward your spine as you gently raise your torso by bending your hips and waist. Lift up until your torso is just inches from your thighs.
3. Inhale and control your return to the start position to complete one repetition.

Flip over to view
another activity.

