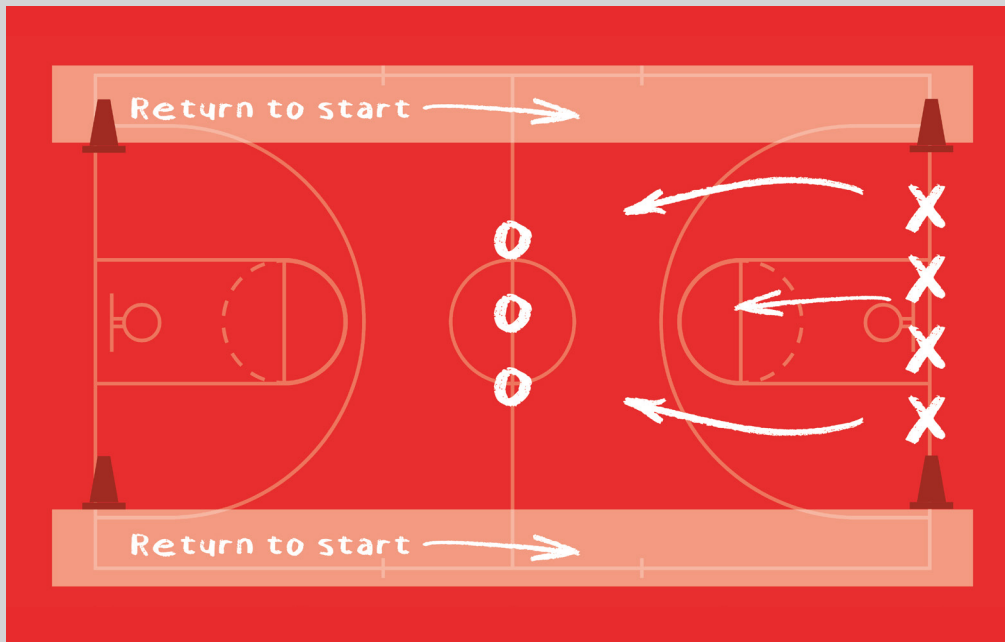




FITNESS FUN

GAME SET UP:



PE STANDARDS:

- Standard 1: Develops a variety of motor skills
- Standard 2: Applies knowledge related to movement and fitness concepts
- Standard 3: Develops social skills through movement
- Standard 4: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity

MATERIALS:

- Pool Noodle or Soft Ball
- Cones or Place Markers

OVERVIEW:

Play a tag game "Fishy, Fishy, Cross My Ocean," to recognize how fitness can be fun!

1. Choose 3+ volunteers as sharks; others are minnows.
2. Sharks start in the middle with a beach ball or pool noodle. Minnows start at the line.
3. Sharks say, "Fishy, fishy, cross my ocean!"
4. Minnows cross the play area using a teacher-selected movement without getting tagged.
5. Reaching the other side, minnows move down the sideline, fast or slow, but keep moving forward.
6. Minnows return to the start and cross again, noting their number of safe crossings.
7. If tagged, minnows play Rock, Paper, Scissors with the shark. If the shark wins, the minnow becomes a shark. If the minnow wins, they pass freely, move down the sideline, and return to the start.
8. After 1-3 minutes, choose new sharks and optionally change the movement.
9. Challenge participants to beat their previous crossing scores each round.

FITNESS FUN



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is that moving is not just exercise. Choose to move many times and many ways throughout the day – and have fun!

Ask learners to show their choice for each “Would you rather?” question by (identify locomotor movement) to the left or right. Note: Use visuals or demonstrate the “Would You Rather” choice.

- Would you rather do push-ups (left) or play on the monkey bars (right)?
- Would you rather do stretching exercises (left) or dance (right)?
- Would you rather do breathing exercises (left) or meditate (right)?

REFLECTION AFTER THE GAME:

Q: Why playing a game with friends a healthy choice?

A: You can make physical activity fun by playing games. Moving is great for endurance, muscles, and bone strength. And it’s a great way to motivate your mood!

Q: Name some healthy move choices you make.

A: Acknowledge responses that include game play and fun activities as well as exercise.

Q: How would you explain healthy move choices to a family member?

A: Move many times, many ways, and in many places each day. Make it fun!

MODIFICATIONS:

Seated Exercise

- For learners with limited mobility or in a wheelchair, choose a non-disabled learner to push them if both learners are comfortable doing so.

Sensory Modifications

- Use flags or bandanas as ways to tag other learners instead of physical touch.

Find more modifications at

fit.sanfordhealth.org.

