

CONTINUOUS DISTANCE LEARNING LESSON

Ways to Stay Active Lower School

Healthy Corners:

Identify four activities for the four corners of the room. Activities can include jumping jacks, pushups, arm circles, calf raises, sit ups, plank, lunges or squats. Children rotate through each corner after a short duration of time doing each activity for 1-2 minutes.

Variations: Play music and when the music stops children rotate between stations.

Materials Needed: None

Cardio Conducting:

Cardio conducting is like “Follow the Leader.” Explain that you are the conductor. Just like in a symphony, children must perform the exercises or actions that correspond with the conductor’s hand signals. Begin by reviewing 3-4 hand signals (see below). Slowly add on more signals and speed up the motions to make the game more difficult. Examples of signals include: arms straight down means everyone jogs in place; hands pointing to the air means everyone jumps up and down, reaching for the ceiling; point to the left means everyone jumps to the left and does fast feet; hands-on hips means everyone does calf raises.

Variations: Be as creative as possible with the signals. Allow children to both create and lead the conducting.

Materials Needed: None

Fitness Uno:

Before beginning the game, choose an exercise for each color. Example: Red- Jumping Jacks, Green- Squat Jumps, Blue- Jog in Place, Yellow- Arm Circles. When the card states WILD, have the children pick their favorite exercise to perform.

Variations: If playing the game with the Uno deck of cards, have the children use the number on the deck to indicate how many reps to perform of each workout. You can also use a regular card deck and assign random workout movements to each suit.

Materials Needed: Uno Cards or playing cards

Physical Activity Jeopardy:

Tape 5-10 envelopes, each with a physical activity listed inside, somewhere in the room. Write 10, 15, 20 or 25 on the outside of each envelope. Call on a child to pick one of the envelopes and then perform the physical activity inside it for the number of repetitions listed on the front of the envelope.

Activities could include boxing jabs, jumps, push-ups, triceps dips using their chair, arm circles, jumping jacks, elbow to opposite knee touches, etc.

Materials Needed: Envelopes, slips of paper for writing, pen/pencil

DIY Fit Ball:

Before you play: write various activities on the beach ball. Example: five squats, ten toe touches, etc. Participants arrange themselves in a circle. The DJ starts the music and participants will hand or toss the beach ball from one person to the next while the music is playing. When the music stops, the person holding the beach ball picks the activity closest to his or her right thumb for the group to perform. Make sure everyone has the appropriate space before starting the activity. Return to your group circle and continue playing the game as time allows.

Materials Needed: Marker, music, blank beach ball

Fitness Bingo:

Use the sample bingo card (under Additional Resources) or create your own. Write all the physical activities on the bingo card onto individual index cards. Pick an index card one at a time. Have the children complete the activity and then mark their bingo cards. Example activities include hopping on one leg, jumping jacks, etc.

Materials Needed: Index cards, bingo sheet

A	C	T	I	V	E
Wall-sit	Lunges	Jumping Jacks	"I Don't Know" Stretch	Squats	Jog on the Spot
Burpies	Bench Step-Ups	Cross-Country Ski	Slow Motion Lie Down	Knee-Ups	Leg Lifts
Bicep Curls	Arm Circles	Choose your own	Curl-Ups	Hamstring Curl	Push-ups
Bicycle	Front Elbow Support	Tuck Jumps	Shoulder Rolls	Butterfly Stretch	Sit-ups
Grapevine	Twist	Seat Walk	Wall-sit	Jog Around the Gym	Toe-Touches