

# Fitness Games And Activities

Jim Ross

Orchard School Ridgewood, NJ  
jross@ridgewood.k12.nj.us

## BLOOD FLOW

Students attempt to travel to the lungs bringing de-oxygenated (blue lids) blood cells. Upon arrival, the blood cell becomes oxygenated (switch the blue lid for a red lid) and the students travel away from the lungs to the "rest of the body". Along the way, the students must watch for fatty build-up or cholesterol (taggers) within the arteries whose job is to slow the blood cells trip through the body. If tagged, the students must perform a quick exercise (ie. 5 Mt. Climbers) before traveling again.

## FITNESS TAG

Write different exercises on cards (heart shaped cards are cool!). Any player with a card is a tagger. The taggers chase the other players. If tagged, the player is given the exercise card by the tagger and performs the exercise. After performing the exercise, the player rejoins the game as a tagger.

## "WIPE OUT!"

Part A is for traveling. This would be during the guitar portions of the song. Students travel around the room using selected locomotor movements.

Part B is for jumping. This is the drum solo portions of the song. Students perform selected jumps, jumping to 4 and 8 count beats.

Variations:

- 1) Have the students pick 2-4 different jumps - changing the jumps every 4 or 8 count ( just go with the music!).
- 2) Perform the song in groups of 2-4. The partners travel together and perform selected jumps matching, mirroring, or side by side.

## BLOB TAG

This tag game starts out with one very lonely and very hungry blob. When the signal is given the blob is set loose to gobble (tag) everything in its' path. When the blob tags someone that person is added onto the blob by joining

hands with the person who did the tagging. Only the ends of the blob may tag. If the blob comes apart, the ends may not tag until the blob is put back together. With very large groups there may be two or more blobs "eating at the same time!

Variations:

- Make the blob a "heavy smoker". Each person s/he tags is a cigarette being smoked. Compare the increasing difficulties of running with smoking cigarettes daily and its effect on healthy lifestyles.
- OR, make the blob a heavy eater (obesity) and compare the effects of being overweight and the ability to move.

## PARTNER JOG AND SPELL

A great warm up activity! Ask the classroom teachers for a list of spelling words. Write the words on index cards. Have the students jog/walk with a partner. One partner jogs over to the teacher and is given a card with a spelling word. The student jogs back to his/her partner and says the word out loud. Partner #2 must say the word and spell the word. Continue for three words and then switch roles.

## DECK RING SHUFFLE

Set up 4 cones in a straight line creating a 5 foot space between each of the cones. Place 3 rings on the first cone. On the "go" signal, the player decks one ring and places it on the 2nd cone and then runs back. The player continues until each cone has a ring (except the starting cone). The player then reverses the order, bringing back each ring until all of the rings are back on the cone.

Variations:

Run this activity in a relay format (3 on a team).

Instead of running, the players use a slide-step.

Add a ball to carry, kick or dribble

## JUMP CHALLENGE

Player A challenges player B to a jump off. Player A selects a jumping pattern and begins counting each jump. Player B must copy the pattern before player reaches "5". Both players continue the pattern. First person to stop or get out of pattern loses.