

“Fitting In Fitness”-The Jersey Boys

Health and Physical Activity Institute

James Madison University, Harrisonburg, VA, July 21-22, 2009

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Dance to The Music- Sly and the Family Stone-

Warm Up Activity: All Ages

Dance to The Music-Swimming Motions

Boom Boom-Up and Down Bending Knees

All We Need Is a Drummer-Pretend to be a drummer using hands and feet

I’m Gonna Add a Little Guitar- MTV Air Guitar Strumming Away, Hopping on One foot, Squat and Play

I’m Gonna Add Some Bottom-Play the bass and puff up your cheeks

You Might Like to Hear My Organ-Play the Keyboard Hands and Feet

Horns Blow- Play the Horns-Trumpet, Saxophone, Slide Trombone

Make It and Take It

Equipment Needed:

Polyspots or Foam Circles

Basketballs (8) or one for each team of 3 people

Hampers, Large Plastic Garbage Cans or

Regular Basketball Goals

Fitness Component(s): cardiovascular efficiency, muscular strength

Description: Divide the class into several teams of 3. Place several poly spots near each basket. On the signal, the first person on each team attempts to shoot their ball into one of the goals from the poly

spot. If they make the shot on the first attempt they take the spot back to their team and place it on the floor in the hoop/ring. If they miss, they get the ball and return to their team and hand the ball to the next player on their team. Play the game for several minutes or until all the spots are gone. At the conclusion of the time period each team can count the number of poly spots to determine a winner.

Variation:

Place numbers on each poly spot and put the lower number spots closer to the baskets. Add up the numbers at the end of each round.

“The Jersey Wave”- Line Dance

Music Needed: “ Fire Burning” by Sean Kingston
or “Rock This Party” by Bob Sinclair
or “Gonna Make U Sweat-Everybody Dance Now”- by C+C Music Factory

Dance Steps:

Two Arms point up to the right 2X
Two arms point up to the left 2X
Two arms point down to the right 2X
Two arms point down to the left 2X
Two arms point up to the right 1X
Two arms point up to the left 1X
Two arms point down to the right 1X
Two arms point down to the left 1X
Cross right arm as in “The Pledge of Allegiance” and hold
Cross left arm the same way and hold
Place right hand on right hip (hold)
Place left hand on left hip (hold)
Chug forward with a little jump and say Whoa!
Chug forward with a ¼ turn to the right and say Whoa!
Repeat dance

Fitness Tag - CATCH-Grades 3-5 Kit

Equipment Needed: 4 different colored soft objects for every 25 students. (Foam balls, beanbags, scarves, pinnies, etc.)

Fitness Component(s): Cardiovascular efficiency, muscular strength, flexibility

Skill Theme(s): traveling, chasing, fleeing and dodging

Organization:

1. Students are scattered in a designated activity area
2. Identify 4 of every 25 students to be “its”, each with a different colored soft object.
3. Assign a fitness component/exercise to go with each color (e.g., red object-10 push ups, blue-jog in place for 10 counts, green-stretch for 10 counts, yellow 10 jumping jacks/jills.

Description:

1. On signal, students move (skip, jog or gallop) around the activity area.
2. “Its” try to tag others. All tagging objects should be held and **NOT** thrown.
3. When students are tagged, they first note the color of the object they were tagged with, and then move to the perimeter of the activity area to perform the corresponding fitness component/exercise.

Teaching Suggestions:

1. Encourage students to move under control, **NOT** out of control.
2. Ask “its” to say their assigned exercise out loud when they tag a student.
3. 3. Change “its” every 2-3 minutes.

Variation:

1. Designate tagging colors to correspond with fitness components (red-muscular strength, blue-cardiovascular efficiency, yellow-flexibility, green-student choice.) Challenge students when tagged to think of and perform an exercise of their choice which corresponds to the respective fitness components.