

Carido Ball

Equipment:

- ✓ Different colored Gator Skin Balls with 2-3 red balls (depending on class size)
- ✓ Pedometers
- ✓ Marker Cones

Set Up:

- ✓ Students each wear a pedometer.
- ✓ Balls are scattered around the playing area.
- ✓ Students are spread out in the playing area.

How to play:

- ✓ Students are trying to tag each other with the ball while avoiding getting tagged.
- ✓ When a student picks up a ball they are not allowed to move, they are only allowed to pivot.
- ✓ To tag another player you can only throw the ball from behind and between your legs with both feet on the ground.
- ✓ When a student gets tagged they must move to the outside of the playing area and complete 10 jumping jacks before they can move to another ball.
- ✓ If a student gets tagged by the red ball, they must run 2 laps around the playing area before they can move to another ball.
- ✓ A student may not be tagged outside of the playing area.
- ✓ Students may only be outside of the playing area if they were tagged by a ball and are completing exercises.

Partner Fitness Tag

Equipment:

- ✓ One large soft ball per 2 students

Set Up:

- ✓ Students are spread out around the room with a partner

How to Play:

- ✓ This game is broken into two sections: The tag game and the cooperative activity. To start the game one partner has a ball and they are trying to tag their partner, by touching them with the ball. If they tag their partner, they give them the ball and then they try to avoid being tagged by their partner. When the command is given partners find each other and complete a given activity. Activity examples are:
 - Around the World - Partners are back to back and pass the ball around their waists.
 - Over/Under - Partners are back to back and pass the ball over their head and then in between their legs.
 - Floor Touches - Partners are face to face and the ball pushed between their heads. They try to squat and touch the floor without the ball dropping. They see how many they can do without dropping the ball.
 - Floor Touches/leg extensions - Partners are face to face and the ball pushed between their heads. They try to squat and touch the floor, then extend their legs behind them. Then try to bring legs back and stand up. They see how many they can do without dropping the ball.
 - Pushups - Partners are face to face and the ball pushed between their heads. They try to squat and touch the floor, extend their legs behind them, then do one push up. Then try to bring legs back and stand up. They see how many they can do without dropping the ball.
 - Sit-ups - Partners are sitting facing each other. The first partner does a sit-up and touches the ball above their head and then passes the ball to their partner. The second partner does a sit-up and then passes the ball back. Once the partners make 5 good passes they take one scoot back and try to toss the ball in-between sit-ups.

Math Tag

Equipment:

- ✓ Pedometers
- ✓ Marker Cones

Set Up:

- ✓ Cones are set up to mark the end lines on each side.
- ✓ Students wear a pedometer
- ✓ Students stand facing their partner

X O X O X O X O X O

X O X O X O X O X O

How to Play:

- ✓ Students face their partner and hold out their hands like in rock, paper, scissors.
- ✓ They count 1 2 3 shoot. On shoot they throw out a number of fingers.
- ✓ The first partner to add the fingers and shout out the answer runs to the line behind them.
- ✓ The other partner tries to tag them before they get to the line.

Heart Attack Tag

Equipment:

- ✓ Heart Attack Tag Cards (Cards with risk factors for a heart attack and an exercises that coincide with each one)
- ✓ Pedometers

Set Up:

- ✓ Students each wear a pedometer.
- ✓ About $\frac{1}{4}$ of the students have a card and are the taggers.
- ✓ Students are spread out in the playing area.

How to play:

- ✓ Students with the cards are trying to tag each other with the heart attack tag card. Students without the card are trying to avoid being tagged.
- ✓ When a student gets tagged they must perform the activity on the card that they were tagged with, then take the card and become a tagger.
- ✓ When a student gets tagged they must move to the outside of the playing area and complete the exercise before they can tag anyone.
- ✓ A student may not be tagged outside of the playing area.

- ✓ Students may only be outside of the playing area if they were tagged and are completing exercises.

Partner Squats/Push Ups

Equipment:

- ✓ One Gator Skin Ball for every 2 students

Set Up:

- ✓ Students are in groups of 2
- ✓ Students stand facing their partner

X O X O X O X O X O X O

X O X O X O X O X O X O

How to Play:

- ✓ Students place the ball between their foreheads and hold it without using their hands.
- ✓ Students work together to squat down, touch the ground, and stand back up without dropping the ball.
- ✓ Repeat 10 times
- ✓ Now students squat down, extend into push up position and stand back up without dropping the ball.
- ✓ Repeat 10 times
- ✓ Now students squat down, extend into push up position and complete 10 push ups without dropping the ball.

Fitness Dice

Equipment:

- ✓ Foam Dice
- ✓ Fitness Dice Cards

Set Up:

- ✓ One set of dice per card
- ✓ Cards taped to wall around the room

How to Play:

- ✓ Students take turns rolling the dice.
- ✓ When they roll, they match the number rolled with the number on the card and perform that exercise.
- ✓ The card can be set up with a variety of exercises.
- ✓ The following are examples of exercises that can be included:
 - 2 10 Jumping Jacks
 - 3 10 Lunges
 - 4 1 Lap Around the Playing Area
 - 5 2 Sprints Across the Playing Area
 - 6 10 Mountain Climbers
 - 7 10 Sit Ups
 - 8 10 Push Ups
 - 9 10 Line Jumps
 - 10 10 sec. Stretch
 - 11 10 Rebound Jumps or 10 Star Jumps
 - 12 3 sec. of Water

Rock, Paper, Scissors Olympics

Equipment:

- ✓ Pedometers
- ✓ Marker Cones

Set Up:

- ✓ Cones are set up to divide the playing area into 3 sections (Bronze, Silver, Gold)
- ✓ Students are spread out in the first section with a Pedometer

How to Play:

- ✓ Students start in the Bronze Level.
- ✓ Students must move their feet at all times.
- ✓ Students find a partner and play rock, paper, scissors. Each time the student plays they must find a new partner.
- ✓ When a student wins 2 times in a row they move to the next level.
- ✓ If the student loses once they move back to the first level (Bronze).

Math Tag

Equipment:

- ✓ Pedometers
- ✓ Marker Cones

Set Up:

- ✓ Cones are set up to mark the end lines on each side.
- ✓ Students wear a pedometer
- ✓ Students stand facing their partner

X O X O X O X O X O

X O X O X O X O X O

How to Play:

- ✓ Students face their partner and hold out their hands like in rock, paper, scissors.
- ✓ They count 1 2 3 shoot. On shoot they throw out a number of fingers.
- ✓ The first partner to add the fingers and shout out the answer runs to the line behind them.
- ✓ The other partner tries to tag them before they get to the line.

Sit Up Pass

Equipment:

- ✓ One Gator Skin Ball for every 2 students

Set Up:

- ✓ Students are in groups of 2
- ✓ Students sit facing their partner

X O X O X O X O X O X O

X O X O X O X O X O X O

How to Play:

- ✓ Students sit toe to toe and one partner has a ball.
- ✓ Both students lay back, sit up, pass the ball and Repeat.
- ✓ When students complete 2 passes (the ball can not hit the ground) they each scoot back.

- ✓ Repeat sits ups and passes
- ✓ If the students have an incomplete pass they must scoot all the way back together and start again.

Push Up Cards

Equipment:

- ✓ Push Up Cards
- ✓ Hockey Pucks
- ✓ Bean Bags
- ✓ Yarn Balls
- ✓ Foam Balls

Set Up:

- ✓ Push up cards are placed on the floor with equipment

How to Play:

- ✓ Students are in push up position and complete the task on each card.
- ✓ The following are tasks from the push up cards:
 - Around the Back
 - Body Part Tag
 - Ball Touches
 - Bean Bag Hockey
 - Chin Juggling
 - Trojan Salutes
 - Around the World
 - Four Corners
 - Stack-em Up
 - Perfect Form Push Ups

Around the Back

Toss the bean bag over one shoulder to the floor. Pick it up with the other hand and toss it back over the other shoulder to the floor. Repeat!

Body Part Tag

Pick up the ball, tag a body part (nose, chest, chin, forehead, elbow, neck, shoulder, etc.) and put the ball down.

Repeat with the other hand.

Ball Touches

Touch your right elbow to the ball and return to the beginning position. Then touch your left elbow to the ball and return to the beginning position.

Repeat.

Bean Bag Hockey

Toss the beanbag with one hand and catch it with the other. Repeat.

Chin Juggling

Pick up a beanbag with your right hand and place it under your chin. Remove the beanbag with your left hand and put it down on the card. Repeat starting with the left hand.

Trojan Salutes

Touch your right hand to your left shoulder. Then touch your left hand to your right shoulder. Try a sequence (right hand to head, shoulder, belly, and back. Then repeat with left hand.

Around the World

Starting with hands on #1 and #2, move hands to #3, #4, #5, and #6. Reverse the order back to #1 and #2. Try to jump you hands at the same time from #1 and #2, to #3 and #4, and then to #5 and #6. Reverse and jump back to #1 and #2.

4 Corners

Move your hands one at a time: right up, left up, right down, left down. Repeat crossing right hand to the left hand print, and left hand to right hand print.

Stack-em Up

Alternate using right and left hands to stack the pucks into a tower shape. Repeat the move to unstuck the pucks and set them on the card.

Perfect Form Push-ups

Touch your nose or chin to the ball.
Return to the "UP" position in the push-up.
Repeat...