

Intro to PE 101-Warm-Ups, Fitness and Instant Activities

Health and Physical Activity Institute

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Gregg Montgomery, Mountain View School, 118 Cloverhill Drive, Flanders, NJ, 07836

973-927-2201

1. **Sit Up Snatch w/Scarves-** Groups of three people. Two people lie down with toes touching and knees bent in the sit-up position. The third person holds a scarf dangling down in the middle of the two. On the third person's signal, the two players must sit up and try to snatch the scarf before their opponent grabs it.
2. **Sit-up-Push-Up Combo-** Partner groups. One person lies down in the bent-knee sit-up position. The second person holds the first person's feet in a push-up position. One player does sit-ups and the other player does push-ups.
3. **Jumping Jack/Jill Club of America-** (Rudy Benton) Partner groups. One partner attempts to do 100 jumping-jacks/jills the other partner is their personal cheerleader during the session. If one completes the 100 Jumping Jacks/Jills then they become a member of the Jumping-Jack/Jill Club of America Play music during this event. Maybe the Stars and Stripes March!
4. **Rocky-** (Don Puckett) Play the theme song music from the movie Rocky and call out the four terms below at certain times during the music.
 - a. **Champions-Jogging** with your hands up in the air.
 - b. **Training-** Practice pretend jump rope skills without a rope
 - c. **Shadow Boxing-**Practice pretend shadow boxing far away from other people.
 - d. **Dead Bug-(Knock Down)-** Lie down on the floor and move your arms and feet up in the air.

5. **Thirty Second Exercises**- Give the class thirty seconds to do their most favorite exercises then give them thirty seconds to do their least favorite exercises. Maybe they need to do more of their least favorite to strengthen those muscles?
6. **15 Second Exercises**- Instead of telling children to do 10 push-ups and 20 jumping jacks, etc. Time them for 15 seconds or more and let them count how many each child can do themselves. Some may be able to do many more and some may not be able to do ten. Why should everyone do the same number of exercises when all children have different fitness levels?
7. **Silly Garbage Collector**-Spread lots of objects on the gym floor. Fleece balls, beanbags, small balls, On the signal, the students begin picking up one object at a time to place in the garbage truck. The garbage milk crate or box is carried by the teacher or another child. (Note: Caution students to not hang on the garbage truck!)
8. **"Born To Be Wild"**-Air Guitar
9. **"Colonel Bogey's March"**-Marching practice or in a push-up position
10. **"Sesame Street"** -Skipping practice
11. **WipeOut-Warm-Up** Swimming movements forward, backwards, Jump and turn to the side each time the guitar strikes a chord and pretend to surf
12. **"Monkey in the Middle"**-One person in the middle of the circle leads movements, exercises or dance moves. No cartwheels or handstands. Stay in one spot.
13. **"The Freeze"**- Move until the person tells you to freeze. Change locomotor movements frequently. Continue moving after 8 Beats.
14. **"Dance To the Music"**- Warm up and pretend to play the instruments.
15. **"Hand Jive"**-Dance of the same name.
16. **"You Are So Beautiful"**- Body Builders
17. **Tony Chestnut"**- Follow the directions in the song

18. **“Little Honda”**- Follow the leader-First gear last person moves up, second gear new last person moves up, third gear new last person moves to the front

19. **“Card Sharks”**- Play everyone’s it tag and the person with the highest card total is the exercise leader with the person they tag.

20. **“Dice Exercises”**- Roll the dice and perform that many of the exercises.

21. **“Jive Bunny”**- Warm up-

22. **“This Little Light of Mine”** by Raffi-Flashlight follow the leader