

Go For Fit: High-Intensity Games & Activities for Fitness Development

Curt Hinson, Ph.D.

PlayFit Education Inc.
1945 Melson Way
Hockessin DE 19707
drcurthinson@comcast.net
302-438-3257
www.playfiteducation.com

Go For Fit: High-Intensity Games & Activities for Fitness Development

Curt Hinson, Ph.D.

drcurthinson@comcast.net 302-438-3257

www.playfiteducation.com

Warm-Up Activities

Follow Your Partner

Objective: Aerobic endurance; cooperation; locomotor movements.

Equipment: Music

How to play: The children form pairs. One child is designated the "leader" and the other child is the "follower." When the music begins, the leader moves around the area using different locomotor movements as the other child follows, imitating the movements of the leader. The leader changes locomotor movements and/or directions whenever he/she chooses. The follower must do the same. After a short period, the partners switch roles and continue.

Hoop Warm-up

Objective: Aerobic endurance; flexibility; agility.

Equipment: 20-30 hoops; music.

How to play: Spread the hoops out randomly around the area. The children are scattered around the area as well. When the music begins, the children move around the area and perform the following tasks:

- Move around the area without touching any hoops.
- Step inside as many hoops as possible with one foot; two feet at the same time; one foot than the other.
- Touch inside as many hoops as possible with: one hand; two hands; one hand & one foot; two hands & two feet; one hand & two feet; one elbow; two elbows; one knee; two knees; one elbow & one knee; your buttocks; two elbows; two knees; two knees & two hands; etc.
- Jump inside a hoop, lift it up and over your head, and then place it back on the floor.
- Put your hand inside a hoop and run one time around the outside of the hoop.
- Jump in and out of each hoop two times then move on to another hoop.
- Do everything above with a partner.
- Do everything above while dribbling a ball.
- Make up your own movements as you move around the hoops.
- Be creative...the list is endless!

Imaginary Rope Jumping

Objective: Creativity; aerobic endurance; muscular strength & endurance; coordination; agility.

Equipment: Music

How to play: Everyone stands in one large circle with an "imaginary" jump rope in their hands. Start the music and begin jumping. Use your imagination and create crazy ways to jump or the teacher can lead a routine. Try any trick you want...you can't mess up!

Pass & Chase

Objective: Tossing & catching; cooperation; aerobic endurance; agility.

Equipment: One soft (foam-type) ball for every two players; music.

How to play: The children form pairs. Each pair has a ball. The game begins with the partners tossing the ball back and forth to each other. When the music begins, the tag game begins. The partner with the ball is "IT" and must tag the partner with the ball (no throwing). Once a successful tag is made, the "tagger" simply drops the ball on the ground and quickly gets away from their partner. The partner now must pick up the ball and chase the other partner, attempting to tag him/her. This continues until the music goes off. The music going off is the signal to begin tossing and catching again. When the music comes back on, another tag game begins.

Variation: Instead of just tossing the ball back and forth, the players can roll the ball back and forth from push-up position; kick it back and forth from crab position; or toss it after performing a sit-up.

Fitness Activities

Crazy Sprints*

Objective: Interval training; aerobic endurance; problem-solving.

Equipment: "Crazy Sprint picture cards" (these pictures depict an invisible wall that the runners must pass over, under, around, or through when they cross the middle of the gym).

How to play: Divide the runners into three groups (Rockets, Roadrunners, & Rabbits). The runners stand at one end of the gym. The teacher stands in the middle with the picture cards. When each group is called they sprint to the other end of the gym, attempting to move over, under, around, or through the imaginary wall shown on the picture card.

Exercise Task Card*

Objective: Muscular strength & endurance; aerobic endurance; flexibility.

Equipment: One set of 32 "Exercise Task Cards" (these cards have five different exercises written on each one).

How to play: Each child receives a card and performs the exercises on the card. They can be required to do anywhere from one to all five of the exercises. Once the task is completed, a child simply switches cards with another child and continues.

Fitness Cards*

Objective: Muscular strength & endurance; aerobic endurance; flexibility.

Equipment: Four "Fitness Cards" with exercises listed on them; one deck of standard playing cards; 15-20 cones.

How to play: The cones are placed on the floor in a large oval. The four "Fitness Cards" are placed around the perimeter of the oval (one on each side and one on each end). The playing cards are scattered face down in the center of the oval. Each child goes to the center and flips over a playing card. He/she then goes to the matching "Fitness Card" and performs the exercise on the card that corresponds with the number on the playing card that was flipped over. After completing the exercise, the child continues by returning to the center to flip over a new card.

Fitness Grid*

Objective: Muscular strength & endurance; aerobic endurance; flexibility.

Equipment: Fitness Grid game board (This board has 36 squares on it, numbered 1-6 on the top and side. An exercise is written in each of the 36 squares.); one pair of dice.

How to play: Two children are chosen to roll the dice. The two numbers rolled are used to find an exercise on the grid by going across and down the grid to see where they meet. The group then performs the designated exercise, rolls the dice again and continues.

Fitnopoly*

Objective: Muscular strength & endurance; aerobic endurance; flexibility.

Equipment: Fitnopoly game board (This board has 20-30 continuous spaces on it with an exercise written in each space); one die; one game piece.

How to play: One child rolls the die. The game piece is then moved along the board corresponding with the number rolled on the die. The group then performs the exercise written on the space the game piece lands on. After completing the exercise, another child rolls the die, and the group continues.

Hot Pursuit

Objective: Aerobic endurance; agility; muscular strength & endurance; cooperation.

Equipment: None

Set-up: The students form groups of three.

How to play: The students are numbered 1, 2 and 3 in each group. On the signal to begin, Player 1 chases Player 2, attempting to tag him/her. Player 3 performs an exercise (e.g., push-ups; crunches; jumping jacks; arm circles; etc.). When Player 1 tags Player 2, Player 2 begins chasing Player 3 and Player 1 now begins an exercise. When Player 2 tags Player 3, Player 3 now chases Player 1 and Player 2 begins an exercise. Play continues in this manner for the allotted time. You can give the students a list of exercises they can choose from or call out what exercise they must do, changing it periodically.

Maps

Objective: Aerobic endurance; problem-solving; cooperation.

Equipment: Maps of the school grounds.

How to play: The children form pairs or groups of three. Each group gets a map. The object is for each group to follow the course drawn on their map and return to the starting position as quickly as possible.

Mirrors

Objective: Aerobic endurance; cooperation; interval training.

Equipment: None

How to play: The students get partners and stand at one end of the gym. The partners face each other. One partner is the leader and the other partner is the follower. The object is for the leader to run up and down the gym with his partner trying to "mirror" him (stay with him). On the signal to begin, the leader runs in a straight line up and down the gym, while the follower attempts to stay with him. The leader can change directions, attempting to get away from the follower, but he must always travel in the same straight line. Let the pair run for about 10-15 seconds and blow a whistle. The leader and the follower now switch roles and continue. After 10-15 seconds blow the whistle again and the pair rests for approximately 30 seconds before starting again. You can divide your group into two groups, A & B. Group A runs while Group B rests and vice versa.

Motion Pictures

Objective: Aerobic endurance; problem-solving.

Equipment: Pictures depicting different objects located on the school grounds; baskets or boxes.

How to play: The picture cards are placed in several baskets or boxes. Each child reaches in the basket and retrieves a card. The object is to run to the object pictured, touch it and return as quickly as possible. The challenge is to see how many different objects you can touch in the time allotted.

Secret Exercises*

Objective: Muscular strength & endurance; aerobic endurance; flexibility.

Equipment: One set of 40 Secret Exercise cards.

How to play: Place the Secret Exercise cards face down in the center of the area. After a short 20-30 second jog around the area, one child is selected to come to the center and turn over a card. After the card is turned over the entire group performs the exercise on the card. The group then jogs for 20-30 seconds and another child is chosen to turn over the next card.

Shuttle Transfer

Objective: Aerobic endurance; agility; cooperation.

Equipment: Hoops and beanbags.

Set-up: The students form partners. Each partner stands in a hoop on opposite sides of the area. One partner has 5 (or more) beanbags in her hoop.

How to play: On the signal to begin, the player with the beanbags picks up one beanbag at a time and runs out to the middle of the area. The other partner runs out to the middle and takes the beanbag from the other partner and returns it to his hoop. The other partner returns to her hoop and retrieves another beanbag and the process continues. The object is to transfer all of the beanbags to the other hoop and back again in the quickest time possible. For a variation, set a time limit and challenge each pair to see how many beanbags they can transfer in the time allowed.

* These six activities are part of Dr. Curt Hinson's Fitness Activity Kit. To purchase a kit go to www.playfiteducation.com and click on "Products". The cost is \$99.95 plus shipping.

About Curt Hinson

Curt Hinson, Ph.D., has been teaching for 32 years. He taught at the elementary school level for 16 years and part-time at the college level for the past 16 years. He currently works as an educational consultant for PlayFit Education and serves as the children's fitness expert for the website, HappyHealthyKids.com. In addition, Curt teaches in the on-line graduate program at Canisius College in Buffalo, NY and is also an adjunct professor at Rowan University in Glassboro, New Jersey. He holds a Ph.D. in Kinesiology from Temple University; a Masters of Education degree from Widener University; and a BS degree in Health & Physical Education from West Virginia Wesleyan College.

Curt is the author of three books, *Fitness for Children*; *Games Kids Should Play at Recess*; and *6-Steps to a Trouble-free Playground*. He has also published over 50 articles related to teaching and learning. In addition, Curt is the creator of the "Trouble-free Playground" recess program and the "Dr. Recess" assembly program. He has made presentations in all 50 states, as well as in Washington DC, Puerto Rico, the Virgin Islands, and Mexico. Curt was the 1992 National Association for Sport and Physical Education Eastern District Teacher of the Year and the 1991 Delaware PE Teacher of the Year. He is a member of SHAPE America; the National Association for Sport and Physical Education; and the American Association for Physical Activity and Recreation. Curt has been featured in the *Wall Street Journal*; *Disney's Family Fun* magazine; and on the *Fox News Network*. You can reach Curt via email at drcurthinson@comcast.net or by phone at 302-438-3257.