

# SPINNER FITNESS

Stability Skills

## Objective

To demonstrate stability skills, such as, balancing, twisting, stretching, and turning, while working on improving fitness.

## Description

1. Create a "Spinner Board" with 8-10 activities in a large circle or rectangle and place a numbered spinner in the middle (dice can also be used).
2. Invite participants to stand on an activity spot, while the teacher/leader spins the spinner. The number that the spinner stops at is how many activity spots the participants move clockwise.
3. Once at a spot, participants complete 10 reps of the activity. Spinner Fitness activities can include: v-sits, star jumps, plank, reverse plank, squats, superman-bananas, donkey kicks, lunges, and more.
4. If participants finish their 10 reps before the rest of the group, they can earn bonus spinner points by moving to the sideline and completing a bonus activity, such as, sprinting between cones, or rope jumping. Once all participants are finished their reps, everyone heads back to their spot and the spinner gets spun again.

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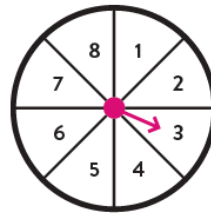
## Equipment

- Numbered spinner (one die or dice can be used instead)
- 8-10 fitness activities (placed on poly-spot markers, cones or on index cards)
- Cones for sideline activities

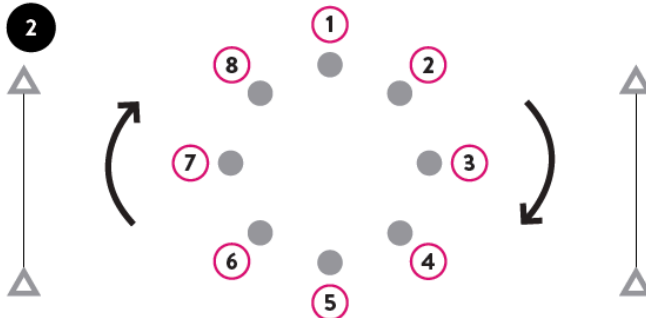
## Tune Suggestion

- You Spin Me Round (Like A Record) by Dead or Alive

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