

ON THE SPOT FITNESS

Locomotor Skills

Objective

To work with a group, while completing fitness-based activities, including locomotor skills.

Description

1. Scatter poly-spot markers inside the activity area and place different fitness activities, such as, 10 squats, 15 jumping jacks, 10 push-ups, 20 high knees, underneath each spot (multiple copies of each activity can be placed under each spot).
2. Divide participants into groups of 3-4 and invite them to stand around sideline behind a cone in a line one behind the other (relay-style). On the signal to go, the first participant in each line travels to a spot and completes the activity underneath it. Once complete, they pick up the activity, head back to their group, high five the next participant in line, and then travel clockwise one lap around the perimeter of the activity area.
3. The next participant in line, moves to a different spot and performs the activity underneath, picks it up, heads back to the group, then moves clockwise one lap. This continues until all of the fitness activities are collected. Groups try to collect as many activities as possible in the time allotted.

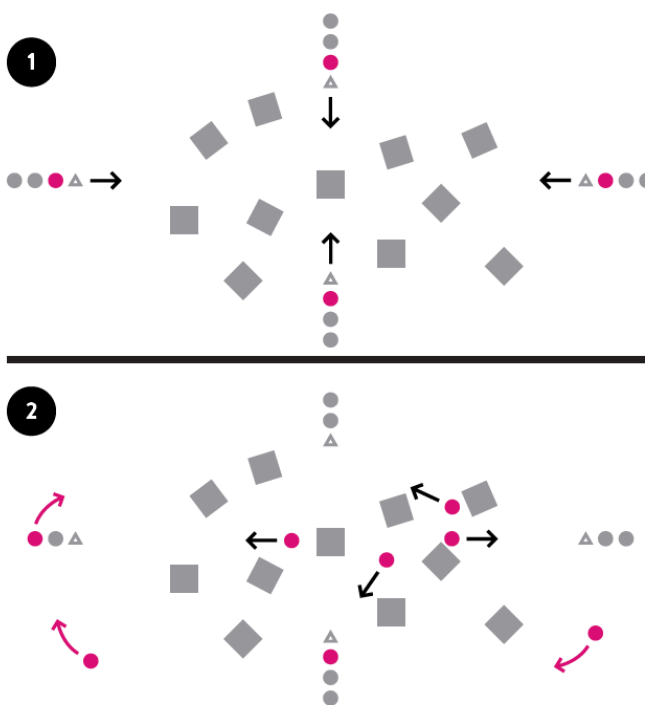
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Equipment

- 25-40 poly-spot markers (at least one per participant)
- Cones (one per group of 3-4)
- Fitness-based activities (at least one per participant and can be copied multiple times)

Tune Suggestion

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By Deniz Koyu



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