



NAME OF ACTIVITY: Freeze

EQUIPMENT: music

FITNESS/SKILL COMPONENTS: cardiovascular efficiency, rhythmic movement

ORGANIZATION:

1. Players are scattered in activity area.

DESCRIPTION:

1. Grapevine right (See Aerobic Dance Task Cards).
2. Grapevine left.
3. Step backwards: right, left, right, left knee up.
4. Rock (Freeze) – rock forward on your left foot, rock back on your right. Rock forward on your left, turn to the left, pivoting on the left foot.
5. Repeat.

TEACHING SUGGESTIONS:

1. Start slowly by doing two combinations and add another.
2. If they are not on the correct foot, it's okay. Just have a good time.



NAME OF ACTIVITY: Four-Corner Fitness

EQUIPMENT: music

FITNESS/SKILL COMPONENTS: cardiovascular efficiency, rhythmic movement

ORGANIZATION:

1. Players are scattered in activity area.

DESCRIPTION:

1. Touch right toe to right side two times.
2. Touch left toe to left side two times.
3. Touch right toe to the back two times.
4. Touch left toe to the back two times.
5. Lift right knee and slap. Lift right knee and slap.
6. Lift left knee and slap. Lift left knee and slap.
7. Lift right knee and slap.
8. Lift left knee and slap.
9. Turn right a quarter turn, pause and clap.
10. Repeat.

TEACHING SUGGESTIONS:

1. Start slowly by doing two combinations and add another.
2. If they are not on the correct foot, it's okay. Just have a good time.



NAME OF ACTIVITY: Catch the Rhythm

EQUIPMENT: music, 6 cones

FITNESS/SKILL COMPONENTS: cardiovascular efficiency, muscular strength, endurance

ORGANIZATION:

1. 6 cones with exercise stations are around the perimeter of the activity area. These may be stretching, exercise task stations.
2. Players are in the middle of the exercise area.

DESCRIPTION:

1. Players perform one of the countdown sequences listed below for 30 seconds to 1-minute intervals, and then go to a perimeter muscle exercise station.

Countdown #1	Countdown #2	Countdown #3
Jumping Jack	Hop R (8 counts)	R foot in front (8 counts)
Straddle out (feet apart, 8 counts)	Hop L (8 counts)	L foot in front (8 counts)
In (feet together, 8 counts)	Hop R (4 counts)	R foot in front (4 counts)
Straddle out (4 counts)	Hop L (4 counts)	L foot in front (4 counts)
In (4 counts)	Hop R (2 counts)	R foot in front (2 counts)
Straddle out (2 counts)	Hop L (2 counts)	L foot in front (2 counts)
In 2 counts	Hop R (2 counts)	R foot in front (2 counts)
Straddle out (2 counts)	Hop L (2 counts)	L foot in front (2 counts)
In 2 counts	Singles (8 counts)	Singles (8 counts)
Single out (8 counts)	Quick time	Quick time



NAME OF ACTIVITY: Aerobic Dance Station Activities

EQUIPMENT: music, 10 Aerobic Dance Task Cards (in tabbed section), 10 cones, tape, 10 8.5" x 11" paper each with a number from 1 to 10 written on it

FITNESS/SKILL COMPONENTS: Cardiovascular efficiency

ORGANIZATION:

1. Tape each Aerobic Dance task card to the wall and/or onto a cone throughout the activity space spaced approximately 3 yards apart (Use the middle of the activity space too). These will be the stations the players go to.
2. Tape a number next to each Aerobic Dance task card.
3. Place players in groups with 3-4 players per group.

DESCRIPTION:

1. On the leader's signal, players perform the activity listed on the station card for 30 seconds.
2. On the leader's signal, players stay in their group and rotate to the next station (with the last station rotating to the first station).

TEACHING SUGGESTIONS:

1. It may take several sessions to teach all the Aerobic Dance skills and do them properly. However; once the skills are mastered, there are many ways your players can enjoy them!
2. Perform 2 rotations around the circuit.

NOW TRY THIS:

1. Have players create their own short Aerobic Dance routine using only the skills presented in the day's time period. They may choose 3 or more cards to come up with their own routines, or create their own Aerobic Dance skills.



NAME OF ACTIVITY: Random Running

EQUIPMENT: music (optional), 4 cones

FITNESS/SKILL COMPONENTS: controlled running at various speeds

ORGANIZATION:

1. Players are in scattered formation in a 20 x 20 yard area marked by the cones.

DESCRIPTION:

1. Designate a time goal for players to run (See Schedule of Continuous Movement card).
2. On signal (music starts), players begin running randomly in any direction at their own speed.
3. Players should attempt to run without touching others.
4. On signal from the leader, stop and do jumping jacks for 15 seconds, followed by a specific stretch (to allow rest time).
5. Continue in this manner for a predetermined time (for example, 5 minutes).

TEACHING SUGGESTIONS:

1. Instruct players to find a comfortable pace and encourage them to maintain that speed. Inform them that it is important for them to be able to judge the intensity (difficulty) of the exercise. The "Talk Test" is a simple tool they use. Being unable to carry on a conversation while exercising is an indication that they are working too hard and should slow down.
2. Praise players who keep a steady pace of running.



NAME OF ACTIVITY: Meet Me in the Middle

EQUIPMENT: For every 2 players: 1 jump rope, 6 juggling scarves, 1 volleyball

FITNESS/SKILL COMPONENTS: cardiovascular efficiency

ORGANIZATION:

1. Place players in partners and stand on opposite basketball sidelines facing each other.
2. Place equipment in between the 2 partners on the center-line.

DESCRIPTION:

1. Leader calls out a fitness activity. Players run to the center and meet their partner to do the activity. When they are finished, they turn and run back to original place.
2. Leader will add one activity each time. For example: 1st time—meet partner in the middle and do 3 push-ups. 2nd time—3 push-ups, add 5 jumping jacks. Remember to use the equipment in the middle of the area.

NOW TRY THIS:

1. Have players make up their own activity each time.
2. Create a competition between partners with the first set of partners returning to the baseline receiving 1 point or the first partner back to the baseline receives a point.
3. Use different types of equipment in the middle like beanbags, plastic hoops, etc.



NAME OF ACTIVITY: Elbow Tag

EQUIPMENT: 4 cones, 6 pinnies

FITNESS/SKILL COMPONENTS: fleeing, dodging, chasing, running

ORGANIZATION:

1. Designate boundaries and a re-entry task zone.
2. Designate 1 of every 5 players to be taggers giving each tagger a pinnie to wear.
3. Players are scattered throughout the activity space.

DESCRIPTION:

1. On the leader's signal, players try to tag the other players.
2. At any time, the other players may find a partner and link elbows for no more than 5 seconds. Linked players are safe from the taggers. While linked, pairs should continue to walk.
3. Tagged players go to the re-entry task zone and complete the designated re-entry task (e.g. 10 jumping jacks or 10 sit-ups).

TEACHING SUGGESTIONS:

1. Change taggers every 2 minutes.

NOW TRY THIS:

1. Change the locomotor movement.
2. Change the amount of time allowed for linking elbows (e.g. 3, 14, 20 seconds).
3. Two players linked up are safe until a third links up, then the outside participant must leave and rejoin the group.
4. Change the re-entry task.



NAME OF ACTIVITY: Diagonal Dash

EQUIPMENT: 8 cones

FITNESS/SKILL COMPONENTS: cardiovascular fitness

ORGANIZATION:

1. Have one large outside circle designated with cones.

DESCRIPTION:

1. Players will begin walking and jogging around the outside of the circle.
2. On signal, players will run through the center circle diagonally across to the opposite side and back.

TEACHING SUGGESTIONS:

1. Increase amount of time for jogging before cutting through.
2. Increase number of cut throughs. Call out more often.

NOW TRY THIS:

1. Perform other locomotor movements: Slide, hop on 1 foot, jump on 2 feet.
2. Perform sport skills: dribble a basketball, cradle using a lacrosse stick, kick a soccer ball, etc.



NAME OF ACTIVITY: Blob

EQUIPMENT: none

FITNESS/SKILL COMPONENTS: cardiovascular fitness, chasing, fleeing

ORGANIZATION:

1. Players are spread out in personal space throughout the activity area.

DESCRIPTION:

1. Designate two players to be taggers to begin the game.
2. On leader's signal, the taggers begin to tag the other players.
3. Tagged players hold hands with taggers and continue to chase others.
4. As the "Blob" grows, it becomes more difficult to run down individual players.
5. Only the ends of the "Blob" may tag runners.
6. Runners may run under members of the "Blob" in the center.
7. If the "Blob" becomes separated trying to tag a runner, the runner is safe.
8. When the "Blob" gets up to 8 members, it can split into 2 "Blobs" of 4 each.
9. Continue until all runners are tagged.

TEACHING SUGGESTIONS:

1. Stress safety of movement throughout the game.
2. Allow the blob to stop and communicate/strategize with one another to determine who/how they are going to tag.



NAME OF ACTIVITY: 10-Second Fitness

EQUIPMENT: none

FITNESS/SKILL COMPONENTS: jumping, power

ORGANIZATION:

1. Participants stand with a partner at a line on the floor.

DESCRIPTION:

1. Participants perform each leader-designated fitness activity for 10 seconds.
2. As one partner performs the activity, the other partner counts the number of repetitions.
3. After 10 seconds, the partners rotate with partner #2 performing the activity. Tell the participants to perform the activities as quickly as they can.

NOW TRY THIS:

1. Forward straddle jump (over line).
2. Side straddle jump (over line).
3. Side jumps (over line).
4. Front and back jumps (over line).
5. Criss-cross (over line).
6. Hand walkers (in push-up position facing a line). Right hand over, left hand over. Right hand back, left hand back.
7. Player choice.