



Fitness Scramble

KEY SKILLS(S) and CONCEPT(S): Conditioning, Pacing

SUGGESTED GRADE LEVEL(S): Grades K-8

DESCRIPTION:

Students run to a designated area in the center of the playing area and pick up a card. Students read the card and do what is listed on the card. Following the completion of the task students return the card to the center and draw another card.

OBJECTIVES(S): Students will be able to:

- Demonstrate prolonged running abilities.
- Maintain body control while moving about.
- Improve level of conditioning

SUPPORT NATIONAL STANDARDS FOR PHYSICAL EDUCATION (NASPE, 2004):

- 1 - Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 2 - Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- 3 - Participates regularly in physical activity.
- 4 - Achieves and maintains a health-enhancing level of physical fitness.
- 5 - Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- 6 - Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

MATERIALS NEEDED:

- Large outside playing area

TEACHING SUGGESTIONS/TIPS:

- To insure maximal conditioning insist that students jog at all times
- Task cards must be designed according to facilities and will be different school to school.

VARIATIONS AND/OR SUGGESTIONS:

- Examples of cards may include run to the soccer goal, kick two goals, return soccer balls to line
- Run to the slide, slide down the slide, return to the center
- Run to the steps do 5 bench steps return to the center.