

Fast Fitness First

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Entering the gym – running, dynamic movements, take advantage to compliment (maybe students needing “extra” attention – catch them being good), full body warm up, review/preview that day’s focus.

Partner exercises-posters on the walls; in general 10 reps per exercise; you can use 2 walls or 4 walls; still gives you an “attendance option”; stay at a poster about 1 ½ minutes then you can run and rotate; use Music Workout app to time.

6 Pack Warm Up-outfit the number and set up to work with your gym; each line has an exercise to perform; you bump up a line after 30-40 seconds; last line has to sprint down the sides to get spot back at the first line; best with grades 3-5; use a Tabata music app to help; still gives you an attendance option.

Partner Dice Relay-line hoops up in middle of gym. Two dice per hoop. Each person rolls a die in the hoop. Winner runs back to their line, touches it and comes back to any hoop to play again. Loser runs back to their line, touches it, does 10 of one of the listed exercises, and comes back to any hoop to play again. Continuous play and partners can change hoops where they play. Add a math component by having students use 2 dice and add or multiply the numbers.

Win, Lose, or Draw-post signs with what people do if the win, lose, or draw. Can play with body rock/paper/scissors or playing cards. Add a math component by adding or multiplying numbers.

Roll and Go-set up hula hoops in a rectangle around the gym with one or two dice in each one. Corner hoops should be same color. Students roll a die and move forward that many hoops. If they land in a corner, they go to the middle to do an exercise off the chart, then return to their hoop and roll again!

Fitness partners -students work in partners around perimeter of floor; post WOD (3-4 exercises) on white boards in middle gym; one person jogs on the “track” while the other performs first exercise; then switch jobs after 30 seconds; work through all exercises taking turns; use Music Workout app for timing/music.

Fitness Team Relay -students in groups of 3-4 around perimeter of floor; post WOD (1 exercise for each team member) in middle; first person is “runner” (first job) and rest of team divides rest of WOD; first runner wears wristband for ENTIRE ACTIVITY; after runner completes their lap, bump jobs down the line (1-2, 2-3, 3-4,-4-1); when the person with the wristband gets back to running again they get a cone (point) from teacher; teams can lose points for teammates not moving.

Fitness Baseball-students can start at “home” or split them into groups at the four bases. There is a task to perform at each base and a method of travel to each base. Upon completion of task at “home” students call out team and “one” and continue to go around the bases. Do 2 three minute rounds. Assess penalties for not hitting benchmarks or not completing tasks.

Viva Las Vegas Fitness-set up 4 posters on walls of gym. Have 3-4 hula hoops with cards in all of them. Students pick a card, remember suit and number, put it down, go to the correct wall and do an exercise off the list that number of times. You can eliminated face cards, aces, and numbers 2-5 to give them more reps. Add special cards like a few aces or jokers.....if a student picks it, they holler it out and everyone runs 2 laps before returning to where they were in the activity. Play the Elvis version of the song to spice it up!

Alphabet Fitness-make posters or white boards with exercises corresponding to each letter of the alphabet. Students can do their names, academic language, or set a time limit to see how far they can get through a list of words! Your imagination is the limit!

Dice Stretch-available at www.openphysed.org. Great cool down activity to give a full body stretch. Under Grades 3-5 Fitness Knowledge.

Upside Down-students in groups of 2-4 on one side of gym with a die. Six dome cones set up across gym. Object is to get all domes upside down. One student rolls die and runs down to flip dome. After flipping, next student can go. If number is rolled second time, dome has to go right side up so team is set behind. Play until all domes are upside down or time limit. Can add extra exercises in line behind person waiting to roll.

Mountain View Exercise List

1,2,3,4 planks

Pushups

CrossFit Curlups

Plank Jacks

Ski Jumps

Super Slow Squats

Knees Up Jumps

Hover

Trojan Pushups

Low Jacks

Log Jumps

Lunges

Front Jacks

Lunge Jacks

Mountain Climbers

Curlups

Hand Release Pushups

Bell Jumps

Locomotives

Jumping Jacks

V Sit

Plank

Jump Rope

Superman

Mummy Kicks

“Floppies”

Fly Jacks

**Knees to
Elbows**

V-Sit

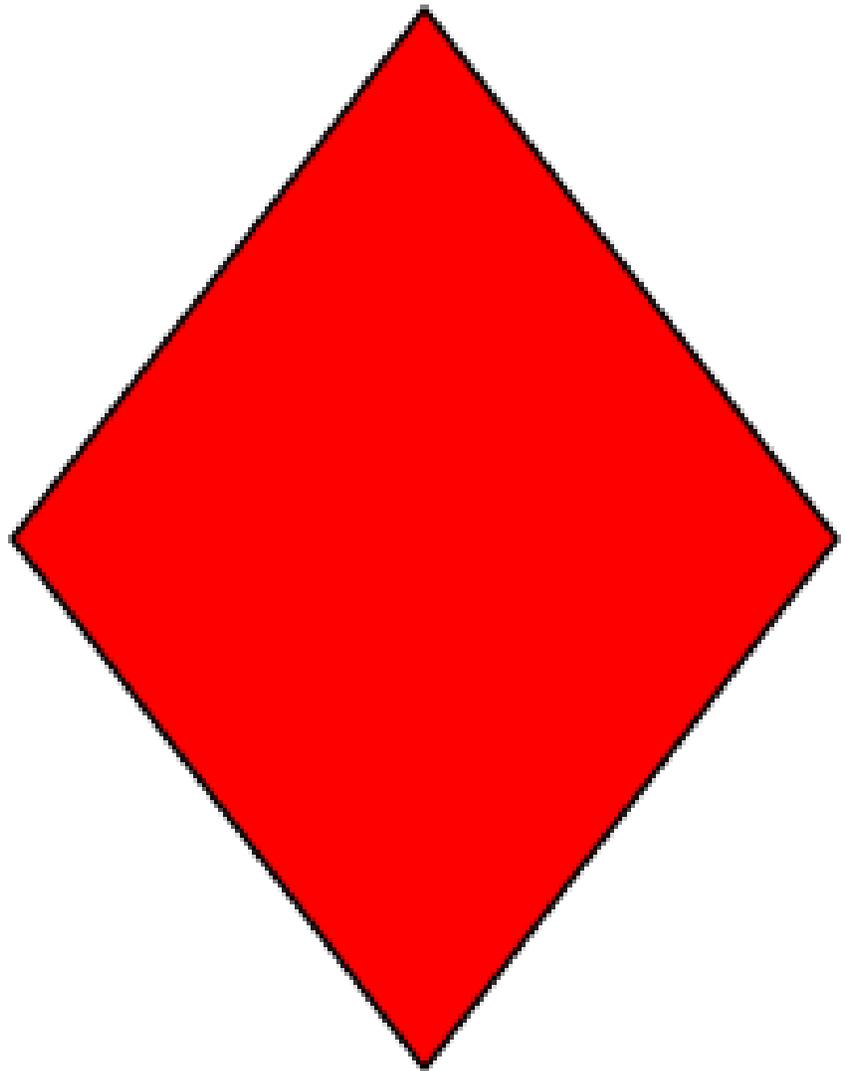


Curl Ups

**Mountain
Climbers**

Burpees

Plank

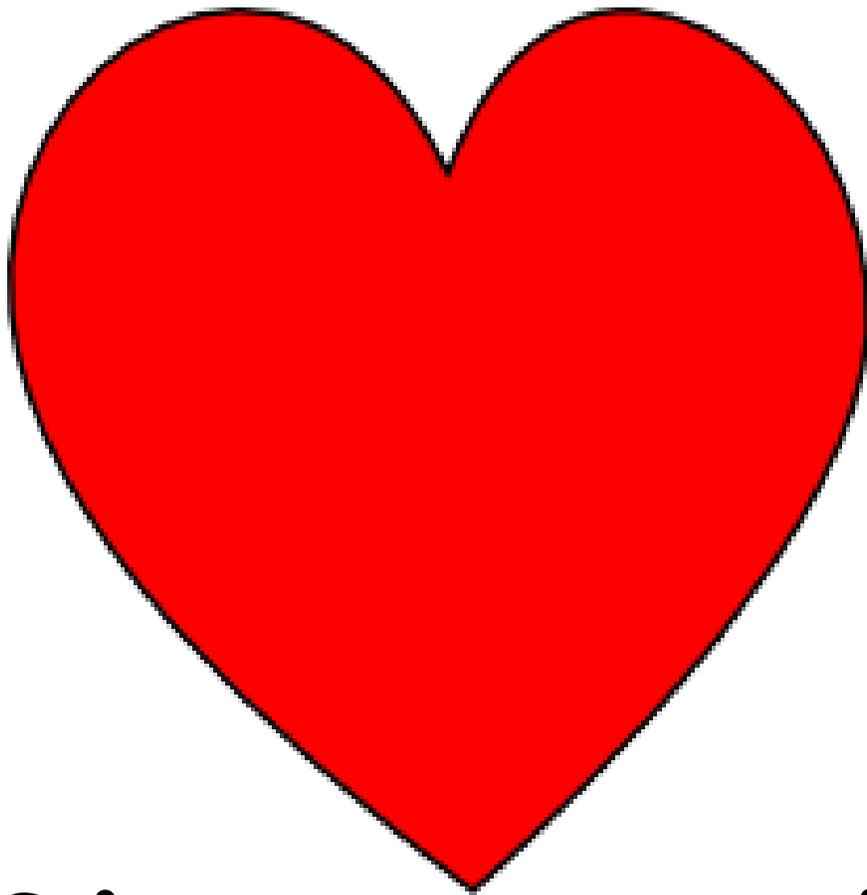


T-Planks

Pushups

**Straddle
Jumps**

**Ski
Jumps**

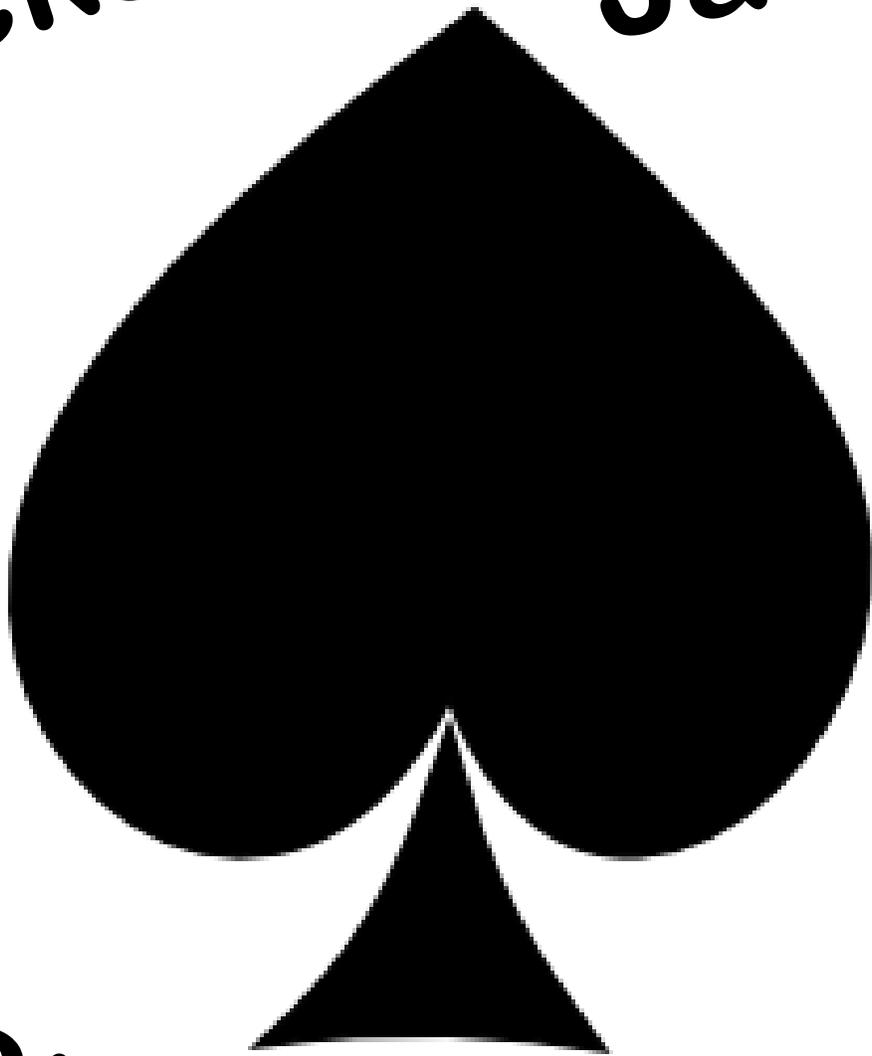


**Scissor
Jumps**

**Tuck
Jumps**

**Mummy
Kicks**

**Power
Jacks**



**Star
Jumps**

**Jumping
Jacks**