

# UAHPERD 2013



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[tbest@dsmail.net](mailto:tbest@dsmail.net)  
801-402-7850

# October 2012

# Daily Family Fitness Ideas

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>September 30</b>	<b>Oct 1</b> Place an ice cube on the kitchen counter and exercise until it begins to melt. Can you continue until it melts completely?	<b>2</b> Dance non-stop to three songs on the radio or your favorite CD.	<b>3</b> Eat a fruit snack while walking around the block.	<b>4</b> Lie on your back and keep a balloon from hitting the floor using only your feet. What's your family record?	<b>5</b> Stage a "smile off". Balance with a family member on one leg while smiling. Who can last the longest?	<b>6</b> Jump into the air and touch your toes before landing. Touch with your legs together, legs apart, scissor style then back together, etc.
<b>7</b>	<b>8</b> With a paper and pencil, play a few games of sit-up tic-tac-toe. Both players perform a sit-up before an X or O gets placed.	<b>9</b> Catch five consecutive passes with a partner while you both are moving. How many can you do in a row?	<b>10</b> Measure how far you can sprint and scream on one long exhale. What's the neighborhood record?	<b>11</b> Bounce a ball as high as you can and perform quality push-ups until the ball stops moving.	<b>12</b> Toss a jump rope into the air, catch it, and then jump 20 times consecutively without a miss. How many times in a row can you do this?	<b>13</b> Touch your nose to a knee from 4 different positions. Can you maintain each position for the length of one TV commercial?
<b>14</b>	<b>15</b> Move while dribbling a ball (hand or foot) for three minutes.	<b>16</b> Kick your feet (hand-stand style) up the side of a wall. Can you hold this position for 10 seconds?	<b>17</b> Jump rope or just jump to 100 with your eyes closed.	<b>18</b> See if you can leap frog another family member 20 times in one minute. Be careful not to jump onto them.	<b>19</b> Do a jumping jack for each pound that your youngest family member weighs. How about the oldest, middle aged or all of them combined!?	<b>20</b> While you're watching your favorite T.V. show, perform curl-ups during the commercial breaks.
<b>21</b>	<b>22</b> How old are you? Perform that many push-ups 4 times during the day.	<b>23</b> Face a partner in a sit-up position. Hook ankles and see how many ball exchanges you can perform in one minute. Down and then "pass" when you're both up.	<b>24</b> Play a tag activity in the house while you're in a crab position. Keep that stomach flat and parallel to the floor.	<b>25</b> Walk in place for half of your favorite T.V. show.	<b>26</b> Race a partner around the block in opposite directions. What is the total time for both of your laps? Can you beat that time?	<b>27</b> Using two balls, see how long you can keep both of them moving while using your feet.
<b>28</b>	<b>29</b> How many pages of a book can you read while holding a push-up position?	<b>30</b> How old are you? Perform one vertical "Tigger" jump for every year. How high can you get?	<b>31</b> Bounce a ball 20 times in as many different ways possible.			



## Random dance movements:

Clap your hands

Clap your hands (double time speed)

Stomp your feet at a soft noise level

Stomp your feet at a medium noise level

Stomp your feet at a loud noise level

Cross your hands over each other with palms facing down (right over left, then left over right, etc.)

Hitchhiker to the left and right side (thumbs up and point to the side with your thumbs)

Semi-honks to the left and the right side (hand makes a fist and arm makes an "L", then raise/lower your fist)

Double semi-honks (both arms on each side)

Tae-Bo's (traveling call in basketball) left side, right side, high, low, etc.

Tae-Bo's while bending at the knees and then straightening legs

Bring your knees up to touch your elbows (same side)

Bring your knees up to touch your elbows (opposite side)

Tigger jumps (bend at the knees and explode upward, driving with the legs)

Jumping jacks

Monkey jacks (hands go to armpits instead of above head)

Jumping jacks with an alternating kick forward

¼ turn and jump 4 times

Walk in place

March in place

Jog in place

Run in place

Hop

Skip

## Mission Possible

**Grade Level:** K-6

**Skills:** Skills include aerobic and anaerobic training, and various locomotor movements.

**Objective:** Students will warm-up their bodies and work together as a team while doing so.

**Equipment:** Mission Possible exercise task cards are needed.

**Organization:** Place students into groups of 3-6 and give each student a task card.

**Activity:** Each group will read their task card together. This is part of their task. They will read the first task on the card and complete the activity as a group. When everyone has completed the first task, the second task will be read aloud and the process is repeated until all tasks are finished. You can have the groups switch tasks for the next round or simply start your skill development immediately afterwards.

**Closure:** Why is it a good thing to work together?  
Can warm-ups be fun, yet productive?

**Piloted at:** Spring PE4KIDS workshop

### **“Mission Possible”**

Skip a lap  
Jog a lap  
Hop 5 times on each leg  
Tip Toe one lap  
Do 10 quality push-ups  
10 Tigger jumps (high as you can)  
“Fly” like an airplane for 20 seconds  
Sit down in your squad

### **“Mission Possible”**

Gallop a lap  
Jog a lap  
Move like a robot for ten steps  
Do 10 quality push-ups  
Walk one lap slowly  
Wall sit for 10 seconds  
10 crunches  
Sit down in your squad

### **“Mission Possible”**

Jump up and down 20 times  
Slide one lap  
Perform 10 up-n-downs  
10 jumping jacks  
Move like an elephant for 20 seconds  
Skip to each corner of the gym  
Walk backwards one lap  
Sit down in your squad

### **“Mission Possible”**

Perform 20 monkey jacks  
Run and touch all corners of the room  
Shoot 5 imaginary jump shots  
Walk sneakily around the room  
Perform 5 quality push-ups  
Perform 10 parallel squats  
“Dance” one lap around the room  
Sit down in your squad

### **“Mission Possible”**

Skip a lap  
Hop 5 times on each leg  
Tip Toe one lap  
Do 10 jumping jacks  
10 Tigger jumps (high as you can)  
Jog a lap  
Perform 10 up-n-downs  
Sit down in your squad

### **“Mission Possible”**

Gallop a lap  
Shoot 5 imaginary jump shots  
Jog a lap  
Move like a robot for ten steps  
Walk one lap slowly  
Perform 20 monkey jacks  
Perform 10 parallel squats  
Sit down in your squad

### **“Mission Possible”**

Jump up and down 20 times  
Slide one lap  
Move like an elephant for 20 seconds  
Skip to each corner of the gym  
“Fly” like an airplane for 20 seconds  
Tae-Bo for 12 seconds on each side  
Walk backwards one lap  
Sit down in your squad

### **“Mission Possible”**

Run and touch all corners of the room  
Perform 5 quality push-ups  
“Dance” one lap around the room  
Do 10 quality push-ups  
10 crunches  
Walk sneakily around the room  
Shadow box for 20 seconds  
Sit down in your squad

# Topsy Turvy

**Grade Level:** K-6

**Skills:** Students will enhance spatial awareness skills, while working cooperatively.

**Objective:** Students will understand the value of a proper warm-up.

**Equipment:** Half cones, poly spots, oversized fake coins, anything with different markings on each side

**Organization:** Divide the class into 2 separate groups. One half of your class will perform the task that is the opposite of the other half of the class. For example, if you're using cones, one half of the class tries to tip all of the cones over. The other half of the class is trying to set the cones upright. If using fake coins, one group wants all of the coins "heads" side up, while the other group wants the coins "tails" side up. You can do odds and evens, verbs and adverbs, adverbs and verbs, etc.

**Activity:** When the music starts, each group will perform their specified task for a pre-determined amount of time. To make things equitable, have them switch the tasks that they have to perform halfway through the warm-up. Rarely, if ever, will you have a winning team as there are too many objects to be flipped. Inform the students that they cannot crawl, slide or sit on the floor at any time during the warm-up.

**Closure:** Is your heart pumping more blood throughout your body after this warm-up? Is this a good thing or a bad thing? Why is that so?

**Piloted at:** South Weber

## Catch Me If You Can

**Grade Level:** K-6

**Skills:** The students will enhance cardiovascular capacity while participating in this activity.

**Objective:** Students will demonstrate appropriate pacing technique.

**Equipment:** None

**Organization:** Pair the students and have them all stay along the perimeter of your activity area.

**Activity:** Give the students the “track” that they will all follow. Whether it’s an actual track, the perimeter of a football field or the perimeter of the gym, they will all stay on the determined perimeter path.

When you have given them the “GO” signal, one of the two partners will start jogging along the perimeter. The other partner will walk along the perimeter. Eventually the jogger will catch the walker. Once this occurs, the partners switch tasks. The walker becomes the jogger and the jogger becomes the walker.

**Variations:**

- ▶ Have one of the students start running and the other student start jogging. Eventually the runner will catch the jogger and then simply switch tasks.
- ▶ Have each student dribble a ball; whether it’s a foot dribble or a hand dribble, same parameters apply.
- ▶ Have one student walk and the other student run. This is a great interval training technique.

**Closure:** Why is it important to pace yourself when performing moderate to vigorous activities? Do you think we need to pace ourselves in our daily routines? Why or why not.

**Piloted at:** Fremont

# Crazy Ball

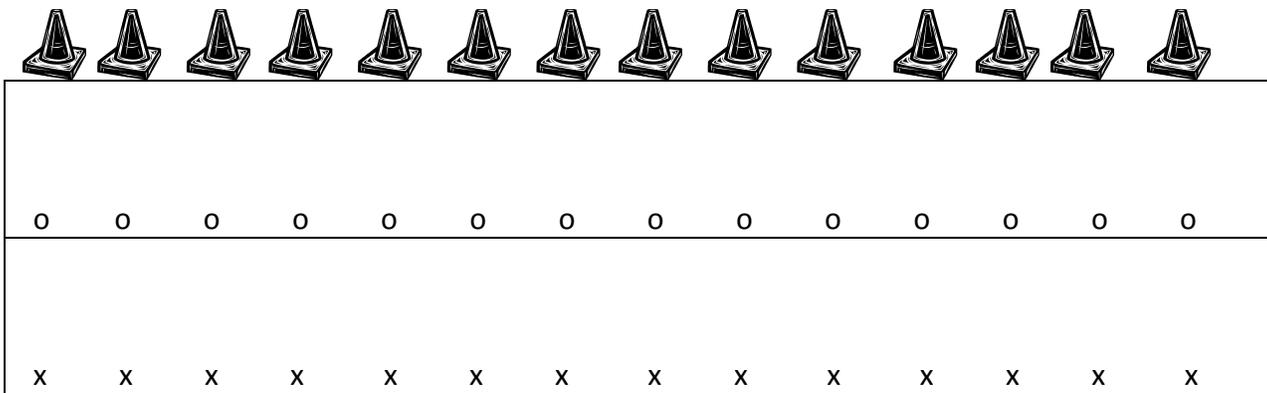
**Grade Level:** 3-6

**Skills:** Kicking, throwing and light aerobic activity are the skills involved.

**Objective:** Students will enhance popular sports skills in an engaging manner.

**Equipment:** 10-15 balls and small/medium sized cones will be needed.

**Organization:** Divide your students into two groups. Place one team on the mid-line in your activity center and one team will be placed at the end-line. Each team should be spread out along these lines and facing one student across from them.



**Activity:** Each student on the mid-line should have an easily rolled object. They're placed directly across from another student who will receive this object on the end-line. Upon your signal, each student will roll their ball to the student across from them. That student will then kick the ball anywhere into the field. No one is "assigned" to the same ball that they rolled. Each student who rolled a ball will retrieve any ball and throw it; with the intention of knocking over a cone that is upright. Students who kicked the ball will use a designated locomotor movement to travel to a safe location and return to the end-line before all cones are toppled. You also have the option of allowing them to score multiple runs until the cones are all knocked over. For safety purposes, the kicking team shouldn't run where there are cones. If the students are kicking the ball and it appears there is too much chaos then pare down the number of kickers. E.g. 4-5 at a time will kick instead of half the class. Teams will switch sides after one turn; team gets cones knocked over before all kickers have returned, or another pre-determined option has occurred. A variation students could employ would be to kick the ball at the cones during a soccer unit. Each student would have to foot dribble the ball the entire time until the defense completed their task.

**Closure:** Why is it important to work together?  
What strategies were involved that helped/hindered your chances of success?

**Piloted at:** Reading

# Cardio Kickball

**Grade Level:** 2-12

**Skills:** Kicking, running, teamwork, strategies.

**Objective:** Every student will kick the ball; run the bases and field kicked balls using teamwork and cooperation.

**Equipment:** One ball container (hoop); six playground balls; four bases; large playing field or gymnasium.

**Organization:** Set up a kickball playing field by placing one base at first, second, third and home. Place a hula hoop with six playground or other kicking balls inside of it next to the pitcher's mound. The teacher is the pitcher. Divide the class into two teams. One team is kicking and the other will be out in the field. Pitcher should be aware of fastballs up the middle! Be alert.

**Activity:** The teacher rolls the ball to the first kicker, who kicks the ball and begins to run the bases. As soon as the first kicker begins to run, the teacher takes another ball from the container and pitches it. As the second kicker kicks and begins to run the bases, the teacher again takes a ball from the container and pitches it for the third kicker. The kicking team is trying to kick and run the bases as fast as possible. There may be more than one base runner running at a time. Base runners may not pass each other and may not stop on a base.

As the balls are being kicked into the field, the fielders are trying to retrieve the balls and place them back into the hoop as quickly as possible. The fielding team must never allow the hoop to become empty. If it does become empty, the kicking team receives three points.

Each kicker will receive only one pitch to kick. If a kicker misses the ball, that student must retrieve the ball and place it back in the hoop. The fielding team is never penalized for an empty hoop if a kicking team has a ball.

During each inning, every student kicks the ball one time. As the last kicker comes to kick, they must call out "last kicker". The last kicker kicks and runs the bases. This kicker tries to run all four bases before the fielding team can get all six balls back into the hoop AND then the entire fielding team must be up to kick before the last kicker reaches home plate. When all of the fielding team is ready to kick, the former fielding team yells "stop". At this point, the inning is over and the score is recorded for the kicking and the fielding team.

**Scoring:** If you want to keep score. A kicker crossing home plate after running the bases receives one point.

The last kicker receives five points for crossing home plate before all six balls are in the container.

The kicking team receives three points every time there is an empty container.

When playing in the gym, the fielding team gets one bonus point if the ball hits the ceiling when kicked.

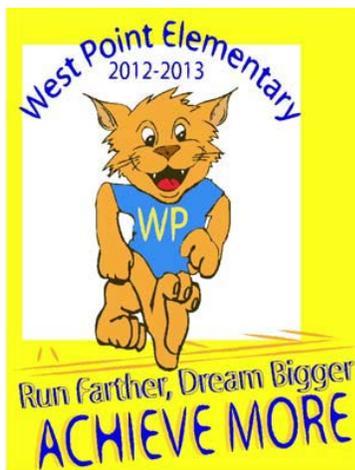
The fielding team receives one point if a shoe flies off while the opposing team is kicking a ball.

After playing a couple innings, reduce the number of balls in the hoop by one, but never go lower than three balls in the box.

**Piloted at:** Antelope

~ April 2013 ~

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	<b>1</b> No School	<b>2</b> No School	<b>3</b> No School	<b>4</b> No School	<b>5</b> No School	<b>6</b>
<b>7</b>	<b>8</b> "Triangle Tag" Remember to switch taggers every 20-30 seconds.	<b>9</b> "Hoop Warm-Up"	<b>10</b> "Everybody Is It" and "Thumbs Up"	<b>11</b> Using two balls, how long can you and your partner keep them moving?	<b>12</b> "Tag Time Activities"	<b>13</b>
<b>14</b>	<b>15</b> Catch 5 consecutive passes with a partner while moving. What's the record?	<b>16</b> Do a jumping jack for each pound you weigh. Then walk briskly for 10 minutes.	<b>17</b> Up and down day. Get your heart rate up high, then down, then up again, etc.	<b>18</b> Use Safari Montage and let the students follow along to Tim Best dancing.	<b>19</b> Bounce a ball 20 times in as many different ways possible.	<b>20</b>
<b>21</b>	<b>22</b> Find 2 appropriate dances on YouTube and boogie down.	<b>23</b> Buddy day. Teachers find a different grade level buddy and your kids exercise with theirs!	<b>24</b> Dance non-stop to three songs that you choose.	<b>25</b> Mass lap day. Everyone runs laps and your teacher counts them. How many total laps did your entire school obtain?	<b>26</b> Free day Friday! Choose your favorite exercise and have fun.	<b>27</b>
<b>28</b>	<b>29</b> Play an instructional video and have the class walk, march and jog in place for 15 minutes of the video.	<b>30</b> Today is April 30 <sup>th</sup> , find an exercise and do it 30 times, or 30 seconds @ at time for 15 minutes, etc.				



## Healthy Body, Healthy Mind

(Activities in quotes are in your white workshop binders)