

FIT IN A MINUTE FUN FOR A LIFETIME

SOUTHERN DISTRICT/ FAHPERDS CONVENTION, ORLANDO, Feb 7-10 2012

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FIT IN A MINUTE (K-12) Use pre-recorded 1:00 minute music with 15-20 sec for rest/transition to the next station. Have enough materials for approx. 8 students per station. No pre-recorded music? Use a whistle or any other attention getter.

Examples of stations: Push-ups / sit-ups / dips / lunges / jump rope / over-under push-ups / beanbag shuttle / ski jumps / tummy touches / back touches / crab-spider locomotion / monkey bar climbs / pedometer craze / card scramble.

Over-under push-ups: while one student is in the “up” part of the push-up, the other crawls underneath him; when he is in the “down” part, the partner jumps over him. After 10 reps, change places.

Pedometer craze: Clip on the pedometers and jump, jog, walk, etc. to accumulate a certain number of steps in one minute.

Octo-Pass: Lay down head to head. One holds a ball with feet. Both bring feet to the top and pass the ball from one to the other. Bring feet to floor. Repeat.

Fitness ladder: Go across the fitness ladder with a pre-determined or a free-style set of hops, skips, and jumps. (Return jogging/walking on the outside)

Back touches: Begin in the “up” part of a push-up, body straight, alternate hands to touch the back.



Beanbag shuttle: Take one beanbag to the opposite cone, drop it and come back for another. Try to transport all in one minute.

Tummy touches: similar to back touches but the position is the opposite (face up, support on hands and feet, body straight), alternate hands to touch tummy.

Jump Rope: Jump rope using any style or a designated style for one minute.

Balance and Strength: Sit facing partner, bring feet together, hold hands, extend knees to form a “V”. Hold pose!

ANYTIME DANCING: This is a simple dance activity to help socialize younger students and help them count and listen to the music for cues, learn right from left, and enjoy movement. Great at the beginning of the class, as a transition, for rainy days, for sunshiny days, as a reward, as a way to integrate new students, etc.

Music: “5,6,7,8”:

Students select a partner and stand side by side.

STEPS:

- 1,2,3, steps forward + clap on 4th /1,2,3, steps back + clap on 4th(repeat 2 times)
- Jumping jacks (4 times)
- Full turn to the right – clap / full turn to left – clap
- Teacher calls one of the following steps (done until the music goes back to 5,6,7,8)

Pairs 1: Up and down (while one partner stands, the other squats)

Pairs 2: Hook elbows and walk in circles

Pairs 3: Hold one hand up high and walk in circles / twirl your partner

Pairs 4: Hold hands up high and go over-under any other pair.

Pairs 5: Wring the towel: holding both hands do a full turn.



STOMP AND CLAP (Patterns, sequences, group work, integration, following instructions, rhythm) (K-5)

Children stomp and clap while learning to listen for cues to change movements. Learn, rhythm, direction, following instructions and social interaction.

MUSIC: “*Stomp and Clap*” (Learning Station/ Physical Ed)

STEPS: Children stand in a circle (I use a circle for each class of 18-20 children).



- Music introduction: shimmy shoulders and bounce loosely.
- Follow the Stomp, stomp, clap cues in place.
- “Mary Mary quite contrary”... children hold hands and take 4 steps forward, 4 steps back (4 times)
- “Put your hands down by your side”... children walk/skip/side slide in circle, to the right, holding hands until the song goes back to “stomp, stomp, clap”.
- Repeat same pattern until the end of the song.



MAKE IT STACK IT (K-5)

Materials: 1-2 balls, a large bucket, cones, 10 stacking buckets or stacking cups.

Objective: To practice basketball shooting skills/target throws, underhand toss, team work, and stacking skills.

Teams of 6-8 students will shoot baskets. Every time a student makes a basket, he/she will run to the buckets and put one bucket in the building pattern selected. The team that first builds the pattern wins. Start over as many times as wanted/needed.

Alternative: TicTacToe Basket. Similar distribution. When a student scores a basket he/she goes to the TicTacToe board and stands either as an “O” or an “X” until a group completes a line.

BODY BUILDING ... really! (2-5)

Materials: Body building puzzle (bones and organs), basketballs or beanbags, large buckets or basketball hoops. (one set per team)

Objective: To practice underhand/overhand toss/basketball/soccer skills, team work, learn about the main bones or organs in our body.



Teams of 6-8 will shoot baskets/toss beanbags/kick goals. Upon scoring pick up one body part puzzle piece, run and place it in the correct place on the board. The team that first finishes the body wins!

Alternative: Place the body parts on polyspots and have the students toss the beanbags to the polyspots. When they hit a body part, they pick it up and take it to the body chart. You can use this activity to reinforce any other PE or academic related concept.

PRE-PACKAGED WARM-UP (K-5)

BEEP BEEP



Part 1 – Arm circles/push-ups/dips/back touches/ tummy touches, etc.

Beep, beep / clap hands (do this everytime beep beep comes up)

Part 2 – Crunches

Part 3 – Jumping Jacks.

Part 4 - Bicycle kicks

Part 5 – Run in place/high knees/glut kick, etc.

ACADEMIC INTEGRATION:

This activity can be done with any academic topic. Find the “number” part of any topic and create stations using those numbers. I used materials related to **Constitution Week** (September). Have enough materials for all students. Begin lesson with background information regarding why we have/need a constitution, etc.

Station 1: Spell the word “Constitution”. Students shoot baskets. Every time someone scores, they get a letter to spell the word. Can the team spell the word before time is up?



Image courtesy of National Archives of the United States

Station 2: “55 delegates attended the Constitutional Convention; 39 signed and **3** dissented. Jog 3 laps around the cones”

Station 3: “Of the written national constitutions, the US Constitution is the oldest and shortest. The oldest and shortest players will line up first to shoot baskets, followed by the other team members”

Station 4: “At 81, Benjamin Franklin was the oldest delegate at the Constitutional Convention. There are 81 beanbags in the bucket. Toss them one by one to the other bucket. Count how many you can score”.

Station 5: “At 26, Jonathon Dayton was the youngest delegate to the Constitutional Convention. Try to jump rope 26 times without missing.”

Station 6: “The Constitution was ratified in 1788. Add these four digits and do that number of sit-ups”

Station 7: “The First 10 Amendments became known as the Bill of Rights. Do 10 push-ups.”

STRENGTH AND FLEXIBILITY WITH JUMP ROPES (K-12)

Warm up jumping rope. Follow with these activities:

STANDING STRETCHES:

1. Fold rope in half, hold about shoulder width apart, and stretch arms upwards and backwards, slowly.
2. Hands behind your back, trying to raise the hands while holding rope with a grip shoulder width apart.
3. Fold the rope once more. Stretch upwards and bend at the waist to the right, to the left, and to the front, keeping the back straight.
4. Same short rope: bring it behind your legs and softly pull to bring chest close to legs.

SITTING STRETCHES, BALANCE AND STRENGTH:

1. Rope folded in half, reach rope in front of the feet. Trying to keep knees straight, pull so your chest comes closer to the legs.
2. Repeat, this time with one knee bent and one knee extended. Change legs.
3. Unfold rope and place it in front of one foot. Pull rope and lift leg straight as high as you can while remaining on your bottom (do not lay down). Change legs
4. Same as before, but use both legs at the same time.



STANDING BALANCE:

1. Step with one foot on the rope, hold handles and pull rope lifting leg straight to the front. Hold position while looking at a stationary spot for balance.
2. Same, but to each side.
3. Put the rope behind you as if for jumping. Hook the foot and lift rope with both hands over head, stretching the quadriceps + balance. Change legs