

Tour De Fitness Presenters:

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Warm Up, Lesson Core and Cool Down Activities

Warm Up

- Partner Swap
- Cowboys and Cowgirls
- Tic Tac Toe Relay

Lesson Core

- Connect 4 (Jump Rope Skills)
- Cupid Shuffle Remix
- Volleyball Skill passing Practice
- Cow Jumped Through the Moon
- Fitness Four Square

Cool Down Activities

- Partner Twister
- Yoga Poses

Warm Up, Lesson Core and Cool Down Activities

Partner Swap

Equipment- radio with background music

Setup- none

How to play- When the music starts, perform a movement (walk, shuffle, run, skip, high knees) around the general space. When the music stops, stand side-by-side with a partner. Teacher calls out an activity to perform with your partner (High 5, fist bump, thumb war, handshake, shadow, skate). When the music begins again, perform new movement around room. Music stops locate a new partner for a new activity.

Cowboys and Cowgirls

Equipment-none

Setup- a designated playing area (cones for perimeter, gym lines, etc)

How to play- A teacher designates 2 players to come together and be the "Cowboy and Cowgirl". These two students will move together, so they will be holding hands. They can not let go of their partner during the game at all. All the other students are "Cows" and the Cowboy and Cowgirl are trying to wrangle the cows (1 at a time) and bring them to the Rancher (the teacher). All students are told to gallop (since cows gallop more than run) in the playing area. The Cowboy and Cowgirl would be galloping as well, when they tag or touch a student they then must wrangle them and bring them to the teacher. In order to wrangle the student they will connect their other hand around the student and then walk

them back to the Rancher. Once the Rancher had 2 cows, those 2 cows join hands, and become a Cowboy and Cowgirl as well (or cowboy and cowboy, or cowgirl and cowgirl, etc...). Now the game has two sets of Cowboys and Cowgirls that can wrangle the cows.

Tic Tac Toe Relay

Equipment: 9 hula hoops for each game as well as 6 bean bags for each game (3 red/3 blue)

Set Up/Game Play: Have the 9 hula hoops set up in 3 lines of 3 (at half court) to look like a Tic Tac Toe Board. Break students into groups of 3, and put 2 groups at each game (one red team, one blue team) starting on the end line standing in a line.

On go command the first two students on each team (one red and one blue) run down to the board and place their bean bag in a hula hoop. (they can not put them in the same hoop). They then run back, high-5 the next person and their team and then they run and put their bean bag in a new hoop. The object is to be the first team to get a tic-tac-toe. If all three players run down and place their bean bags and no tic-tac-toe is received, then the 1st person runs down again, and may now move 1 bean bag to an empty hoop to try and win the game. The game is finished with one team wins with a tic-tac-toe.

Connect 4 (Jump Rope Skills)

Equipment: 2 Large Connect 4 mats (made from a shower curtain and tape), 4 different color spots with at least 25 of each color (25 red, 25 yellow, 25 green, 25 blue), locomotor signs to hand in various spaces around the gymnasium or playing area (hop, skip, jump, slide, run, walk, gallop, leap).

Set up: Have the two large connect four mats in the middle of the gymnasium/playing area, with two teams starting down at one end, and the other two teams playing on the other end. Also you want to place the various locomotor signs around the gym with 3-5 spots at each location.

Remind students that when playing connect four they must start at the bottom of the board and build up. At no time can they just place a piece in the middle of the board.

On go command, two students will run from each team towards different signs. Once the student runs to the sign, they must then switch to that locomotor movement. They can pick up a spot, using the locomotor movement they went to and go to the connect 4 mat in the middle. Once they reach the middle they place their spot wherever they like, and then go back to their team, high 5 the next person in line and then they may go.

First team to get connect four wins. Remember you have two different games, and because students are constantly moving and changing, it might be wise to station yourself somewhere towards center so you can assess students during game time.

This can be an assessment tool for locomotor skills, allowing you time to assess your students while they are involved in activity. If there is a certain locomotor skill that you are focused on, then make more of those signs, or place more of the teams color spots at that one sign.

Variations: Jump Rope signs at various stations, Fitness signs at the various stations, sport skills at the various stations.

Cupid Shuffle Remix

Equipment- music “Cupid Shuffle”

Directions- Follow and move to the music. Start with the original Cupid Shuffle song. Then add Sumo Style (wide squats), then Ninja style (any kind of ninja kicks).

Volleyball Skill Passing Practice- Use any practice that you commonly use.

Cow Jumped Through the Moon

Equipment- hula hoop, animal (or volleyball) for every group of three.

How to play: students get into groups of three, each person has a job. 1st student is a passer, 2nd student Moon holder (the hula hoop), 3rd person is the catcher/tosser.

Catcher/Tosser, tosses the ball to the passer, passer tries to get it through the moon. You can make up your own rules as to if the Moon holder can move or not. Student gets 3 attempts to get it through the moon, and then set up a rotation, where they students change positions and the next student can go.

FITNESS FOUR SQUARE

This lesson incorporates volleying skills and the components of health-related fitness into a fun traditional playground game with a twist. Students should have a basic understanding of how to play traditional four square.

Equipment: 1 playground ball, volleyball trainer, beach ball or balloon for each group of 4-5 students, four square area marked with tape or chalk, and one cone with 6 different exercises listed/explained, one die for each four square court.

Suggested grade level: 2nd grade and up

Directions: If students are not familiar with traditional four square, explain basic rules of the court (ex: how it is set up, and how to rotate).

Explain to students that each four square court contains a die and a cone with an exercise list. Demonstrate each exercise from the lists if students are not familiar with them.

Divide the students into groups of five. (The fifth student will be the roller and will rotate in the game after an exercise is performed.)

The student in square one will be the server and will serve the beach ball to anyone in the court (squares 2, 3, or 4). The server will begin the game with “Ready” and the team responds “Serve”.

The object of this game is to keep the ball continuously passed without it touching the ground using the forearm pass or set. Explain that the ball cannot be hit twice by the same person and students have to remain in their square to pass the ball.

Once it touches the ground, the student on the waiting line will roll the die. The number the die lands on is corresponded with an exercise which is listed on the cone at each court. (Each court has different exercises or ordered differently for variation)

Students find the exercise that corresponds with the number their die lands on and all team members do the exercise. After exercising, students rotate squares so the student in square one rotates to the waiting line and is now the new die roller for the team, square two moves to one and becomes the new server and so on.

Variations: For students K-1, balloons may be used and students may strike the ball any way they choose. Instead of an exercise list at each station, posters of two different exercises (sit-ups and jump roping) are hung visible to students with numbers above them. If the die landed on an odd number, the students performed one exercise. If it landed on an even number, they performed the other.

Partner Twister

Equipment: Four poly spots for each student. It is best to have different shape poly spots for each student. For example: stars for one student and round poly spots for the other student

Skills: Balance, flexibility, coordination and cooperation

Description: The students will get into groups of two. Each student will have four poly spots. Each student will place their poly spots in a square, leaving about 12-14 inches between spots, in front of them. The distance between poly spots will vary according to the age group you are working with.

The teacher calls out one of the following body positions and the students try to get into that position without falling.

Beginner:

- Two feet on yours and two hands in the air
- Two feet on yours and one hand on theirs
- Two feet on theirs and two hands on yours (crab position)
- One foot on yours and holding one of their hands
- One foot on yours and holding one of their feet
- One foot on theirs and one hand on yours
- Two hands on theirs and two feet on yours (bear position)
- One hand on theirs, one hand on yours, one foot on theirs
- One foot on theirs, one hand on theirs, and one foot in the air
- Two hands on theirs and one foot on yours

Advanced:

- Right foot on theirs and left hand on yours
- Left foot on theirs and two hands in the air
- Right foot on theirs, right hand on yours, left foot on their shoulder
- Right elbow on yours, right knee on yours, left foot on theirs
- Left knee on theirs, right knee on yours, and two arms on their shoulders
- Two hands on yours, one bottom on yours and two feet touching their feet
- One knee on theirs, one foot on yours and right hand on theirs, left hand waving in the air
- Two hands on yours, left foot in the air, right foot on theirs

- Right foot on theirs and two hands on their shoulders

Yoga Poses