

Cooperative and Fitness Activities

Lynn Barry
2009 National Middle School Teacher of the Year
Gardiner Middle School
Oregon City, Oregon City
Lynn.Barry@orecity.k12.or.us

These activities are designed to get students moving and working together. Students can continue to develop cardiovascular fitness, team building, and engage in a positive learning environment that is conducive to all. These activities use little equipment and are great for all students with differentiated learning styles.

Activity #1: RPS “Go team”

Goal: *Engage all students in a positive activity that builds sportsmanship and peer unity.*

- Students find a partner and play Rock, Paper, Scissors
- The student that is successful finds a new partner to challenge. The partner that was challenged becomes a cheer fan of the successful partner.
- Every time there is a success, the player finds a new challenge. And the partner joins the cheer squad.
- By the end of the challenges, there are only two challengers and the other peers are cheering their teammate!

Activity #2: Toxic waste/ Save the Species

Goal: *Your group is responsible to saving the last remaining eggs of this species before they go extinct. Get all the fertilized eggs into the incubator without spilling them.*

- Place the entire amount of toxic waste in the incinerator
- You are not to get closer to the incubator than the length of the ropes.
- If any of the eggs/waste spills, you must start over!
- You can only use the resources provided.
- Teamwork, trust, communication are just a few characteristics used in this activity. Debrief with class when complete.

Activity #3: Hula Hoop Challenge

Goal: *Hula-hoops are moved from one end of the group to the other without it dropping to the floor and without disconnecting of the hands.*

- Students in groups of 8-10 and hold hands/wrists in a straight line.
- On go, the students move the hoop from one end of the line and back without dropping the hoop or disconnecting.
 - The only students that can touch the hoop are the Enders.
 - *Variation:* Merge lines and do two group challenges.
 - Winning team gets to cheer on the other team while doing a fitness activity

Activity #4: Dice Fitness

Goal: *Students are involved in cardiovascular fitness and teamwork during this activity.*

- Students in groups of two and find a hula hoop with dice. That will be their “home hoop.”
- Roll the dice, get the total number and look on the task card for the fitness activity. Complete the activity with your partner
- Once the fitness activity is finished, jog one lap around the cones and return to your “home hoop” to roll again.
- Continue the cycle until the teacher ends the activity.

Activity #5: Poly Spot fitness

Goal: *Complete the fitness tasks on the poly spots independently and efficiently! Quality counts!*

- Randomly spread out the poly spots around the gym.
- Students complete the activities by flipping over the spot and do that activity for about 30 seconds.
- Once complete, flip the spot over for others to use.

Activity #6: Muscle vs. Fat Fitness

Goal: *Students move the “fat” (small gator skin balls) out of their body and add the “muscle” (large gator skin balls) while completing cardiovascular fitness. (Body is the hula-hoop)*

- Students are in groups of 2-3 and stand next to their home base, “BODY” of muscle and fat.
- On go, students need to gain muscle (taking large GSB from other groups, while disposing the fat GSB into other groups’ body).
- What is your strategy to keeping fat away from your body and gaining muscle?

Activity #7: Hot Tamale Sit Ups:

Goal: *As a group, do as many sit ups as you can in the time given, while learning names of peers.*

- Students in groups of 5-7, feet in toward the middle (like a flower)
- Students determine which peer to throw the ball. Keep the same order.
- Starting in a down position (on back), students sit upward and whoever has the ball, throws it to their partner. Repeat movement
 - Challenge: Add 2-3 balls depending on the number of students in the group.
 - Set group best/PR

Activity #8: Silence Word Mime (Recreated from a Kristin Okura Activity)

Goal: *Without talking, students practice physical education vocabulary while doing full range of motion body movements.*

- In pairs, students review the vocabulary used in class (i.e. ABC, Names of muscles, fitness concepts, sports, or activities, etc...)

Activity #9: Shoulder push up tag

Goal: Students will utilize upper body strength and balance while in push up position.

- Students move in personal space. 2-3 students are it.
- Once tagged, get into a push up position.
- Non-tagged students rescue tagged students and make a push up position in front of the tagged student.
- Spell the name of the tagged student by giving high fives with the spelling of their name.
 - No “puppy guarding”

Activity# 10:Knots

Goal: Untangle the “knot” without letting of the hands until you are in a complete circle.

- In a circle, shoulder to shoulder, and facing inward
- Students put arms out in the middle. Do not take the hands of either neighbor and take the hands of two different people.
 - How long does it take you to untangle the knot? Repeat for a personal best.
 - Do it with your eyes closed (or use eye masks)

Activity #11: Fitness Scavenger Hunt

Goal: Work together as a group while increasing heart rate through cardiovascular fitness.

- Students in groups of 5-6 with a Fitness Scavenger Hunt task card.
- Each group starts on the Sticker and completes all the activities.
- Groups need to complete the activities as a group and are not to move on individually to the next activity.
- Upon completion, start over until all groups are finished (until the teacher stops the activity)

Activity #12: Cupid Shuffle

Goal: Allows students to move freely while demonstrating rhythm and style.

- 8-counts to the R
- 8-counts to the L
- 8-count kicks to the front (4 kicks – R, L, R, L)
- 8-counts “free dance” while making a quarter turn.

Activity#13: Top This (John Smith Activity)

Goal: Complete as many fitness tasks in the time it takes for the top to spin.

- In groups of two. One partner spins the top and encourages the other partner to complete the fitness activity.
 - Push ups, sit-ups, plank, jumping jacks, ski jumps, yoga poses, etc.

Activity #14: Jump Bands

Goal: *Students will have an opportunity to be and ender and/or a jumper using 3 or 4-count rhythmic movement with the bands. (Similar to Tinikling)*

- Groups of three, one jumper, and two Enders.
- Students use the jump bands safely by putting them on/taking off in a seated position.
 - Try using different movements (straddle, hopping, entering/exiting, push-ups, large groups, etc...

Activity #15: Four-Corner Fitness

Goal: *Students will work on cardiovascular fitness and increase heart rate while working with peers.*

- As a class, students go to one of the four corners (their home base). On go, students complete the 1st task on the list. Once they get back to their “home base,” they move to activity #2.

Activity #16: In the Bag Fitness (Chip Candy activity)

Goal: *Increase cardiovascular fitness while individually completing as many fitness tasks in the given time.*

- Place paper bags around the gym containing individual or partner fitness ideas, written on slips of paper.
- Students complete and collect as many slips as possible in the allotted time.
- Great for a substitute!!

Activity #17: “Thriller” Dance

Goal: *Rock with the legend, Michael Jackson!*

Start with neck/shoulder twitch as a lead up to the song...be a possessed dance creature of the night.

Step R w/monster claws	2 counts
Step L w/monster claws	2 counts
Step R, L, R, L w/monster claws	4 counts
Step R, shimmy shoulders slide & step together with LEFT. Clap once overhead	4 counts
Step L, Shimmy shoulders, slide & step together with RIGHT. Clap overhead	4 counts
Breaststroke RIGHT	4 counts
Breaststroke LEFT	4 counts
Backward, Stomp R (Zombie w/bulging eyes & M.C)	2 counts
Backward, Stomp L (Zombie w/bulging eyes & M.C.)	2 counts
Backward Stomp R, L, R, L (Zombie w/B.eyes & M.C.)	4 counts
Step R foot forward/shoulder, shake hips, bend knee while “dealing cards.” Lean forward.	4 counts
Step L foot forward/shoulder, shake hips, bend knee while “dealing cards.” Lean forward.	4 counts

Turn $\frac{1}{4}$ counterclockwise as you deal the last hand on every 8 counts
(face the wall to your left).
REPEAT from the beginning.

Activity #18: “ Cha Cha Slide” Dance (Cha Cha Slide – Mr. C

Goal: Follow directions to the music and get funky!

- Group line dance full of fun and movement.

Activity #19: Push it to the Max “Calabria 2007” – Enur, or “Funky Town” – Lipps, inc.

Goal: participate in rhythmic movement within the 4-count pattern in the line dance.

Stomp R, L, R, L	4 counts
Heel Clicks (2)	4 counts
RIGHT Heel Toe, Heel Toe	4 counts
LEFT Heel Toe, Heel Toe	4 counts
Jump R Heel, L Heel, R Heel, Clap	4 counts
RIGHT Hip Shake forward, backward	4 counts
Swivel Hips in a circle (twice)	4 counts
Shuffle step forward (R, L, R, rock (L) step (R))	4 counts
Shuffle step backward (L, R, L, rock(R) step(L))	4 counts
Shuffle step forward (R, L, R, step turn (L))	4 counts
Stomp L, R, L, clap	4 counts
REPEAT DANCE	

Activity #20: Meet Me Halfway “Meet Me Halfway” – Black Eyed Peas 2009

Goal: Learn the newest hip-hop dance and have fun!

Punch down alternating knee bends/ hand punches	8 counts
Grapevine RIGHT (add a “huh” as the 4 th count)	4 counts
Grapevine LEFT (add a “huh” as the 4 th count)	4 counts
Grapevine RIGHT (add a “huh” as the 4 th count)	4 counts
Grapevine LEFT (add a “huh” as the 4 th count)	4 counts
Shoulder moves down & up	8 counts
Hand Jive “Blades” LEFT/RIGHT	4 counts
Hand Jive “blades” LEFT/RIGHT	4 counts
Step kick L, R, L, R	8 counts
Body Circle	8 counts
“Raise the Roof” Jump circle (add a “huh” as the 8 th count)	8 counts
Walk forward	4 counts
Walk backward	4 counts
Walk forward (2 counts), step turn (2 counts)	4 counts
Stomp R, L, R, “huh”	4 counts
REPEAT DANCE	

NASPE STANDARDS:

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

MUSIC:

- “Jai Ho” - A.R. Rahman
- “Cupid Shuffle” - Cupid
- “Cha Cha Slide” - Mr. C
- “Thriller” – Michael Jackson
- “Popcorn” – (Microwave Mix) – The Boomtang Boys
- “The Twilight Zone (Rave Edit) - 2 unlimited
- “Body Rock” – Black Eyed Peas
- “U Can’t Touch This” – MC Hammer
- “Beat It – Michael Jackson
- “Space Jam” – Space Jam original movie
- “This is your night” – Amber
- “Everybody, Everybody” – Black Box
- “Axel F” – Crazy Frog
- “We like to Party” – Crazy Frog
- “Because We Can” – Fatboy Slim
- “Give It Up” – The Goodmen
- “I love Rock & Roll” – Joan Jett & The Black heart
- “Jump” – Kris Kross
- “Funky Town” – Lipps, Inc.
- “Shake it” – Metro Station
- “Rhythm is a Dancer” – Snap
- “Whoomp, there it is” – Tag Team
- “Pump Up the Jam” – Technotronic Featuring Felly
- “Start the Commotion” – The Wiseguys
- “Zombie Nation” – Zombie Nation
- “No Limit” – 2 Unlimited
- “Get Ready for This” – 2 Unlimited
- “Calabria 2007” - Enur
- “Chocolate” – Author Unknown
- “Cotton Eyed Joe” –
- “Techno to Don’t Go” – Yaz

“Ms. Barry’s PE classes are designed to practice & promote lifelong physical activity”