

Week 7: Go Fitness
July 13-17

Monday, July 13

Activity 1: Cardiovascular

Description: Cardiovascular Games are designed to increase the heart rate and subsequently develop a more efficient capacity to endure moderate-to-vigorous physical activity. Cardiovascular activities create a fun and enjoyable environment will create positive attitudes toward fitness and subsequently promote a lifetime of physical activity. Emphasis on active participation and improving individual past performance is essential in developing competence and confidence.

Steps

1. Take a look at the Exercise Hunt list
2. Give your kids a number to start from and tell them to progress in numerical order.
3. You cannot move to the next number until the whole group has finished the task

Exercise Hunt

1. Touch a tree, a fence, and a chair
2. Squat in file formation. Last player leapfrogs over the other players and then squats at the front of the line. As a group do a total of 20 leapfrog jumps.
3. Do ten sit-ups at three different trees.
4. Crabwalk greeting everyone.
5. Crawl under 3 different objects.
6. Do 5 pushups in two different spots.
7. Run to the other side of the yards.
8. Run once around the house.
9. Do 20 Cross-Over Jumping Jacks
10. Give "High Tens" to everyone.

Activity 2: Go Fitness: Flexibility

Description: Stretching activities will reinforce the essential role flexibility plays in a lifetime of health-related wellness. Emphasis on active participation, enjoyment, and health benefits will develop confidence and foster positive attitudes toward fitness as children move into adolescence and adulthood.

Steps

1. Participants are scattered in personal spaces, each with a ball.
2. Participants pretend their ball is the sun and mimic its movements. Do the following for 15-30 seconds each
 - a. Sunrise/Sunset: stand with legs spread shoulder width apart. Keeping arms fully extended and the back straight, slowly raise the ball from the feet until high overhead (sunrise). Stand on tiptoes and reach as high as possible. Slowly lower the ball back down near the feet (sunset). Cross the feet at the ankles and repeat.

- b. East to west: stand with legs spread shoulder width apart. Start the ball at the right foot and slowly move the ball from the right (east) to the left (west).
- c. Shine On: sit in a straddle position. Hold the ball in both hands high overhead. Lower the ball and “shine on” (touch) the right foot, move to the middle with the ball, then to the left foot.

Activity 3: Go Activity: Basketball

Description: Participants are scattered in a personal space, each with a ball. Ask participants, “Can you dribble...”

- While kneeling
- Under the leg while kneeling
- While sitting down
- Low to the ground (while lying on back or stomach)
- While standing on 1 foot
- While spinning around
- Behind the back or under the leg

Participants walk through the area dribbling their ball performing the above activities.

Allow participants a few moments to “freestyle” (practice the ball handling and dribbling skills they have mastered). Dribble while walking backwards and with the non-dominant hand.

Tuesday, July 14

Activity 1: Aerobic Dance

Description: Have all your participants stand in a line and wait for your instructions.

Choose some of the Aerobic Dance Tasks listed below and call them out and perform the task. At the end, put together the tasks for a mini routine.

- Sneaker Step: In place, march right, march left followed by 3 quick steps right, left, right (aka Cha, Cha, Cha). Think “slow, slow quick, quick, quick.
- Pivot: With one foot in place, use the other foot to run around the pivot foot.
- Smash Buts: Walk, step, and twist on balls of feet.
- Knee Lifts: Step on left foot, lift right knee up. Step on right foot, lift left knee up. Repeat.
- Heel Touch: Step on left foot, tap right heel to front. Step on right foot, tap left heel to front. Repeat.
- Egyptian: Walk to the right 3 steps, right hand up, left behind.
- Grapevine: Step sideways to the right, step behind with the left foot, step sideways with the right, tap left foot next to the right.
- Snake: Step sideways right, step together left. Add a shoulder dip.

Activity 2: Go Fitness: Rhythm

Description: You will need music with a strong beat. Have the participants stand in a starting line. The person in front is the train engine, the middle ones are passenger cars and the last one is the caboose. On beat, engines lead the trains anywhere in the activity

area at a walking pace, matching the beat. On signal “woo, woo” the caboose lets go and runs to the front to become the new engine. The train should not stop to wait while the new engine moves to the front.

Activity 3: Go Activity: Cooperative Games

Description: Have your participants stand in a single-file line leaving some room between them. The first person in each group will see a series of 5 moves the instructor will perform. The rest of the group are turned around so they do not see the moves. After the first person sees the moves, they tap the second person in the line on the shoulder. The second person turns around and watches the first person perform the moves. This continues through the line until the moves get to the last person in the line. The last person faces the group and performs the moves for everyone. The goal is for the group to pass the moves exactly the way the instructor performed them. Remind players that there should be NO talking during the activity. Discuss what can make a group successful.

Wednesday, July 15

Activity 1: Locomotor

Description: Place some jump ropes, pool noodles, sticks, cones, etc. around the activity area. Start playing music. Have the players jog throughout the activity area dodging or jumping over the obstacles. When the music stops, get the players to do jumping jacks or jump rope. Repeat with different locomotor movements.

- Walk
- Shuffle Side Step
- Skip
- Jump
- One Foot Hoop
- Fast Walk
- Imaginary Jump Rope

Activity 2: Go Fitness: Fast Game

Description: Split off into pairs. One partner is “It” and the other tries to stick like glue to him/her (without touching). When the music begins, the “It” walks trying to elude their partners by changing speed and direction. After 20 seconds, stop the music. Reverse roles and repeat. Use the locomotor movements listed above as different challenges.

Activity 3: Go Activity: Soccer

Description: Split into teams. Place a soccer ball(s) between the two teams. On your command, the players run and take the ball and dribble it back to their line. The player who doesn’t get the ball tries and legally takes it from the other player. When the player with the ball gets back to their line, they win. Repeat the game.

Thursday, July 16

Activity 1: Step Station

Description: Have some music playing. And count on beat. 1, 2, 3, 4, 1, 2, 3, 4. Using the following tasks, complete the tasks while counting out loud. Try and stay on beat.

- Heel Raises
- Step Knee Lift
- Step Low Kick
- Jumping Jacks
- High Knees

Activity 2: Go Fitness: Combination Fitness

Description: You will need a dice. Have the kids take turns rolling a dice. Whatever they roll, determines what activity they do (see below).

- 1: Jumping Jacks
- 2: Jump Overs
- 3: Run a lap around the activity area
- 4: Mountain Climbers
- 5: High Knee Jumps
- 6: Heel Clicks

Activity 3: Go Activity: Dance

Description: Start off by playing the song “Everybody Dance Now.” Have the first contestant show a dance move. The next contestant then has to replicate it as close as possible. See how far they can keep adding in new moves.

Friday, July 17

Activity 1: Muscular Strength & Endurance

Description: Get two people at a time. You will need a tennis ball, soccer ball, etc. One player will be a runner and the other is the chaser. Place the ball on the runner’s back. The chaser will then hold the ball up by gently pushing on the ball. The runner then tries to get away while the chaser tries to hold the ball up on the runner’s back.

Activity 2: Go Fitness: Fitness Challenge

Description: Do warmup exercises and dynamic stretching before starting. Do the following challenges.

- 1 minute sit up challenge: count as you go
- 30 second push up challenge: count as you go
- Set up two cones or markers a decent distance apart. Sprint between the two cones.
- Greenway Trail Walk

Activity 3: Go Activity: Formations

Description: Split up the play area into equal areas. Assign a fitness activity with each section. Spend 30 seconds to a minute in each grid.

- Jogging in place
- Jumping Jacks
- Shadow Boxing

- Burpees
- High Knees
- Dribbling basketball
- Anything else you can come up with.