

# Fitness, Standards, Common Core-and so Much More!

---

Tammy Brant

2011 National Middle School Teacher of the Year

Selma Middle School – Selma, Indiana

[tbrant@libertyperry.org](mailto:tbrant@libertyperry.org)

Need an activity that's an easy set-up, increases MVPA for every student at one time, standards based, and meets some common core standards? If so, this is for you!

## **ABC's & 123's**

Make cards with letters on them, and on the other side put numbers. Lay the cards out with a task card beside them in a scatter formation. Give them a sheet of paper to do certain activities with letters and numbers. Some ideas to do with letters: spell their name, spell their spelling words, and vocab words. With numbers: number recognition, math problems (+, -, x, /), and phone number. Example: find the first letter of your first name, look at the task card and complete the number of that exercise that you have established, and then find the next letter (can change and do different locomotor movements going to the next letter). Do the same thing with the numbers... Sample card is included with this handout

## **Follow the Leader**

Students are in a double circle facing each other, the teacher and another student are in the middle of that circle. The students who have their backs to the teacher cannot see what movement is being done, only the students who are facing the teacher. The teacher has several Skillastics cards, she shows one to the student in the middle and he/she begins to do the activity. The outside circle, which is facing the teacher, begins to do the activity, and their partner follows their movement. Do the movement for 30 secs. When the teacher blows the whistle, the inside circle and the middle student scatter to get another partner. A new student comes to the middle, and the teacher shows her another cards. After a few turns, inside and outside circle change places.

## **Playing with a Full Deck**

This can be used as a warm up or as an ice breaker.

Everyone takes a card. It doesn't matter if they look at it or not.

Walk around to meet people. Tap a person on their shoulder and say "Hi, my name is....." have the other person answer, and then exchange cards. Once you stop the music when time is up, they put their card face up in front of them and do the action you show them. They will do the action the number of times that is on their card. Number cards are face value, face cards are 10, Aces can be 1 or 11 (whichever you choose), and jokers can be zero.

You can also switch it up and ask

“Favorite fruit”

“Favorite veggie”

“Favorite team”

“Favorite .....”

**Rock, Paper, Scissors-** Have all the participants on one side (bronze medal), they will do “rock, paper, scissors, show” and on show they will put out rock paper or scissors. The difference is they will use their feet. Rock=feet together, paper=feet apart, scissors= split one foot in front of the other. They can stand or they can jump with their feet together while saying rock paper scissors showt. If they win at bronze, they move to silver (in the middle) find someone and play again, if they lose, they stay at bronze. Once at silver, find someone, play, if they win, go to the gold medal game (other side of silver), if they lose, go back to bronze. Once at gold, play with someone, and if they win, they get a playing card and go back to bronze and work their way back up. If they lose at gold, they go back to silver and play again. After so long, you can then stop them and do an activity on the task card. At the end of time, stop the game and ask who got at least 1 gold medal, and so on.

### **Skillastics**

Great activity that can get the students moving (increase MVPA) while working on skills and playing a game at the same time.

1. Explain what comes with the kit
2. Explain how to play the game
3. Play skillastics

### **Nutrition Cards**

Can be used the entire year to add to the nutrition education in the PE classroom

1. Play with the Skillastics game
2. Nutrition Tag
3. My Plate Relay

**MATH (Group 1)**

Find the number, do the exercise and go to the next number

5                    9                    13                    17                    21

Find each number in your phone #

\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Answer the math problem, go to the number, do the exercise, then do the next problem

1+1= \_\_\_\_\_                    13+2= \_\_\_\_\_

10-2= \_\_\_\_\_                    26-4= \_\_\_\_\_

5x5= \_\_\_\_\_                    4x1= \_\_\_\_\_

24/2= \_\_\_\_\_                    22/2= \_\_\_\_\_

**MATH (Group 2)**

Find the number, do the exercise and go to the next number

6                    10                    14                    18                    22

Find each number in your phone #

\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Answer the math problem, go to the number, do the exercise, then do the next problem

10-2= \_\_\_\_\_                    26-4= \_\_\_\_\_

5x5= \_\_\_\_\_                    4x1= \_\_\_\_\_

24/2= \_\_\_\_\_                    22/2= \_\_\_\_\_

13+2= \_\_\_\_\_                    1+1= \_\_\_\_\_

**SPELLING (Group 1)**

Find the first letter in your name, do the exercise, and then move on to the next letter.

Name: \_\_\_\_\_

Find each letter in a spelling word

Zebra            Snake

Lion            Tiger

Find Each Letter in a vocab- can define the word while doing the exercise, and use it in a sentence

Alert

Envy

Tidy

Vast

**SPELLING (Group 2)**

Find the first letter in your name, do the exercise, and then move on to the next letter.

Name: \_\_\_\_\_

Find each letter in a spelling word

Lion            Tiger

Snake            Zebra

Find Each Letter in a vocab- can define the word while doing the exercise, and use it in a sentence

Envy

Tidy

Vast

Alert