Name/Title: NFL Warm Up with Timer

Purpose of Event: To excite students about fitness using each team of the NFL.

Suggested Grade Level: 3-5

Materials Needed:
Laptop, projection screen or Smartboard.
NFL Workout PowerPoint
NFL Workout PDF
NFL Workout Updated (PowerPoint, 2-1-21)

Description of Idea

When students enter the activity area ask them to get into a good self space and to look at the screen. This powerpoint has every NFL team and next to the team it has an exercise for them to perform. When the exercise is displayed they need to perform that exercise for the length of time the slide is displayed on the screen. Therefore you will have to set the powerpoint to different lengths if you want it to stay on that slide longer. Or you can manually change the slide.

I use this during my fitness units but it can be done any time during the year and you could create these for other professional leagues or colleges or other sports.

The kids get excited seeing their favorite teams and players while exercising.

NFL Workout PowerPoint

NFL Workout PDF

Updated Version with Timer

Thanks to teacher Betty Kern for sending in her updated version of the PowerPoint. She added a timer for each slide.

NFL Workout Updated (PowerPoint, 2-1-21)

Teaching Suggestions:

Have someone read for a student who has trouble or modify the exercises for any students who might need it.

Images:



Submitted by **Jeff Tiedeman** who teaches at Diamond Canyon School in Anthem, AZ. Thanks for contributing to PE Central! **Posted on PEC: 2/1/2021**.

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