

Name/Title: Fitness Super Hero Rap

Purpose of Event: To have students learn about the fitness components and their benefits.

Suggested Grade Level: 3-5

Materials Needed: [Words to Rap](#)

Description of Idea

I use this as a teaching warm-up. Students do the actions to the rap and learn the fitness components and their benefits. I use this more often when I have a fitness lesson planned. After the rap I ask questions such as: What activities do you choose to help get your 60? What are the “Super Powers” (benefits) of each fitness component? How do you know if an activity is strength, flexibility, or cardio?

[Words to Rap](#)

Video

Submitted by **Sandy Hagenbach** who teaches at Heritage Elementary in De Pere, WI. Thanks for contributing to PE Central! **Posted on PEC: 1/22/2018.**

Visit [S&S Discount](#) for all your physical education equipment and supplies!