

Name/Title: Types of Fitness Check

Suggested Grade Level: K-2

Materials Needed: Open area for movement and list of ideas for teacher to use to check types of fitness.

Description of Idea

For this warm-up activity you will have the students do an exercise and then all come to a huddle and put their heads down and hold up a 1, 2, or 3 with their fingers to tell what type of fitness they were just working. The following shows what each number stands for:

1 = cardiovascular fitness

2 = muscle fitness

3 = flexibility

For example: the teacher tells the students to run one lap around the gym. Then students run one lap, huddle by the teacher, put their heads down and close their eyes. The teacher would say, "show me your number" and the students would hold up the finger that they felt running worked on. The teacher would be able to see that most students would hold up a 1 showing that running works on cardiovascular fitness. This also allows the teacher to see if there are any students who are struggling with the types of fitness.

Variations:

Other ideas:

skipping- 1 cardiovascular fitness

galloping- 1 cardiovascular fitness

push-ups- 2 muscle fitness

sit-ups- 2 muscle fitness

butterfly stretch- 3 flexibility

arm stretch- 3 flexibility

Teaching Suggestions:

This activity is great because it is a quick and easy way for the students to show their answers privately without other students being able to see.

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