Name/Title: **Fitness Chutes and Ladders**

**Purpose of Event:** To increase heart rate and work on improving fitness levels.

**Prerequisites:** Students should be familiar with exercises that are written on the plates so that they know what to do when they get there.

**Suggested Grade Level:** 3-5

**Materials Needed:**
- Hula Hoops
- plastic plates
- dice
- mats
- fitness equipment chosen to match exercises written on the plates. (see images below)

**Description of Idea**

After you set up the gym, the students travel around the game board like game pieces. They roll the dice and move the given number of spaces. If there is a plate with an activity listed, students complete the task, roll again and move on. There are many exercises written on plates and scattered throughout the playing area. If students land on 1 of the 4 CHUTES, they move (use locomotor skills like leaping, galloping, bear walking, etc.) to the middle of the gym where they complete another task and then head to the specified corner 1 through 4 and continue on. Students work in pairs for this activity.

**Diagram of Gym Set Up**

**Pictures**
CHUTES and LADDERS
10 Sit Ups
Go to corner #3

CHUTES and LADDERS
10 Squat Jumps
Go to corner #4

CHUTES and LADDERS
5 Froggers
Go to corner #2

CHUTES and LADDERS
10 Jumping Jacks
Go to corner #1

PIT STOP
5 Russian
Twists with medicine ball
Roll and continue on

PIT STOP
20 Cross kicks
Roll and continue on

PIT STOP
Plank hold
for 15 seconds
Roll and continue on

PIT STOP
Run in place
Count to 30
Roll and continue on
PIT STOP
10 Mountain Climbers
Roll and move on

PIT STOP
Run 1 Lap
Roll and move on

PIT STOP
Arm Circles
10 Front
10 Back
Roll and move on
Detour
Go back 3 spaces
After doing 5 fire hydrants on a leg

Detour
10 box climbers
Go back 4 spaces

Detour
Do 10 wall push-ups
Go back 2 places
Assessment Ideas:

Ask the kids to take their heart rates before they start. Measure them at different times and have them write them down. Review at end to see when their heart rates were up.

Submitted by Nicki Case who teaches at Marion Elementary School in Marion, KS. Thanks for contributing to PE Central! Posted on PEC: 2/3/2017.

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