Name/Title: 2 X 2 Fitness Warm-up (Ice Breaker/Getting to Know Others)

Suggested Grade Level: 3-5

Materials Needed:
Print out of task cards (1 for every student)
Pencils or pens
Footballs
Hoola Hoops
Basketballs
Hippoty Hops

Description of Idea

I use this at the beginning of the school year. It is a great get to know you activity and it gets kids hearts pumping.

* Find a partner and complete the task, then initial each others paper.
* Find a new partner to complete the next task.
* When finished, show your completed paper to me.

Teaching Suggestions:

I use the Comic Life App or Software Program (only available on the Mac/Apple IOS--available here) to make all my handouts look cool. It looks like a comic book.

Adaptations for Students with Disabilities:

Partners can read paper, sign off for each other and model exercises for kids with disabilities.
Exercises can be modified:
Arm stretches for burpees.
Snow angels for jumping jacks.
Jog can be walk, or push wheelchair friends.

Submitted by **Jenni Peters** who teaches at North Street School in Grafton, MA. Thanks for contributing to PE Central! **Posted on PEC: 1/16/2018**.

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