

Name/Title: Fitness Negotiations

Purpose of Event: To have students work on their physical fitness and promote positive interactions with peers.

Prerequisites: Students must have familiarity and basic proficiency of each exercise that is to be performed.

Suggested Grade Level: 6-8

Materials Needed: Timer, pencils, [handouts](#) (Word document so you can edit) with a different exercise for each student.

Description of Idea

This is not intended to be a full lesson but an idea that you might want to include in a fitness unit or an Instant Activity. Make sure each student warms up before doing this.

Each student will have a [handout](#) with 1 exercise on it, different from the other students. The sheet should have a number of repetitions for the exercise that is far more than the student would be able to do.

A timer is set (20-30 minutes) and students have to go around to different peers and offer to exchange exercises. For example: If one student has 200 pushups and another has 100 burpees, there may be an exchange in which one does 20 pushups and the other does 10 burpees, depending on the students' agreement. Each student will sign the other student's sheet, next to where the number of repetitions of the exercise is recorded. When the timer goes off, each student will turn in his/her paper.

Submitted by **Pierre Collins** who teaches at East Hill Christian School in Milton, FL. Thanks for contributing to PE Central! **Posted on PEC: 4/4/2018.**

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