

Name/Title: Decorating the Christmas Trees (or Decorating the Gym for Winter)

Purpose of Event: The purpose of this activity is to work on the components of physical fitness while building self-esteem for completing a job well done.

Prerequisites: Students know the components of physical fitness: muscular strength, muscular endurance, flexibility, cardiovascular endurance.

Suggested Grade Level: K-5

Materials Needed: If using a Christmas theme, make ornaments out of various colored paper, large enough to write the activity and the student's name. Use a different color for the different levels of achievement. Make large, paper evergreen trees to tape onto the gym wall. If using a non-religious theme, make various winter decorations, such as snowflakes, penguins, snowmen, etc. The various items could represent different levels of achievement.

Description of Idea

At the start of winter or Christmas season, this activity offers students a chance to improve their physical fitness and also decorate the gym! Tell students that they are going to be working on the fitness components and striving to reach their highest level of achievement, which will be rewarded with a paper ornament or winter decoration. Set up stations around the gym, posting the name of the exercise and the levels of achievement.

Examples:

Cardiovascular Endurance: Jump rope

Level 1 – jump for 1 minute

Level 2 – jump for 2 minutes

Level 3 – jump for 3 minutes

Muscular Strength (upper body): Push ups

Level 1 – 5 push ups

Level 2 – 10 push ups

Level 3 – 15 push ups

Muscular Strength (abdominal): Partial curl ups

Level 1 – 25 partial curl ups

Level 2 – 50 partial curl ups

Level 3 – 75 partial curl ups

Flexibility: Sit to Reach Your Toes

Level 1 – fingertips reach the toes

Level 2 – fingers reach 3 inches beyond the toes

Level 3 – fingers reach 6 inches beyond the toes

Muscular Endurance: Rope Climbing

Level 1 – climb 1/3 the way up

Level 2 – climb 1/2 way up

Level 3 – climb to the top

When a student achieves their goal, they receive an ornament (or decoration) with their name on it and what they did to earn it. Then they place it on the tree or wall to show what they have achieved. The day before the winter break, pass them all back to the students so they can take them home!

Variations:

Students can take the paper ornament home or to the classroom to decorate more elaborately, using glitter, beads, etc., and then return them to physical education class to decorate the gym.

Assessment Ideas:

Record the achievement levels reached by each student in each fitness area.

Adaptations for Students with Disabilities:

Use the recommended exercise for the specific disability, for example, bicep curls with 1-2 pound weights rather than push ups, stepping up and down rather than jumping rope, etc.

Submitted by **Deana Cornish** who teaches at Pawhuska Elementary in Pawhuska, OK. Thanks for contributing to PE Central! **Posted on PEC: 1/13/2004.**

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