

Name/Title: Eggs for Fitness

Purpose of Event: For students to actively participate in a fitness-enhancing activity.

Prerequisites: Prior knowledge of the movements/actions which students will be using would be helpful.

Suggested Grade Level: 1-2

Materials Needed: 5 hula hoops, 5 frisbees, 24 colored plastic easter eggs -- 4 each of 6 different colors, a large poster with color codes and explanations of exercises, strips of paper, CD/boom box with motivating music.

Description of Idea

Prior to the lesson, decide on the six actions which students will be doing that day and which color each action will be represented. For example, "yellow" equals ten jumping jacks; "purple" means jump over a line or rope on the floor ten times, etc.. Other examples of actions can include "doing the twist", a straddle stretch, mountain climbers, dancing, push-ups, etc. Then, make a poster showing what action should be done for each egg (e.g., yellow = jumping jacks). If possible, use pictures to help illustrate the given actions. Also, write each action on four different slips of paper; put each action into the corresponding colored egg.

Place one hula hoop in the center of the playing area and four hula hoops in one each of the four corners of the activity space. Place a frisbee in the middle of each hoop. After reviewing the actions with students by showing the poster and/or demonstrating the actions, explain that they will be in a group of six. Each group will start out at their own hoop. When the music begins, one person from the group (they decide who will go first, second, etc.) moves to the middle hoop, retrieves an egg, and opens it to see what action to perform (they can look at the poster if need be to help with this). After putting the egg into the frisbee in the middle of the hoop, this person leads the rest of the group in performing the action.

When done, the next person in the group follows in the same fashion until the entire group has had a chance to lead one exercise. If one group finishes before another group, the first person can pick an egg from their frisbee and continue until all groups are done.

Variations:

This activity can be done as an "instant activity", where the time of each action is limited by the music, not by a certain number of repetitions. For example, when the music stops, the action stops and the next person gets a new egg. Keep each action time short enough so students don't get too tired (or bored!).

If one uses this as a longer class activity, use actions involving equipment such as "dribble the ball in your space"; "hula hoop"; etc. Place enough equipment in each corner of the gym for students to use.

Depending upon the number of students in your class, you can add additional colored eggs so group numbers stay small enough.

Assessment Ideas:

Have all children been actively participating?

Submitted by **Minni Ackerman** who teaches at ACS School in Leonia , NJ . Additional authors for this idea were Cynthia Ficara. Thanks for contributing to PE Central! **Posted on PEC: 11/7/2000.**

Visit [S&S Discount](#) for all your physical education equipment and supplies!