Name/Title: Two by Two's Fitness Fun

Purpose of Event: To help improve students muscular strength, while at the same time giving students the opportunity to work together in an attempt to complete a common goal.

Suggested Grade Level: 6th and Up

Materials Needed: For a class size of 40 you will need: 4 jump ropes, 20 five pound dumbells, 1 gymnastic mat, a pencil and one copy of the two by two's worksheet for each student. (If you do not have the dumbells, try substituting cut up strips of bike inner tubes).

Description of Idea

Provide each student with a copy of the following two by two's worksheet. Listed on the handout are 15 different tasks. While teaming with a new partner for each task each student is to attempt to complete the entire sheet of fitness activities. Each time a task is completed the two partners should sign each others sheet. After the completion of one task the students should find someone new to do a different task with. Add music if you can.

Teacher Focus: Look to make sure they are using the proper form while completing these tasks.

Click here to print the Two by Two's Fitness Worksheet.

Submitted by **Jim Krouscas.** Thanks for contributing to PE Central! **Posted on PEC: 9/21/2001**.
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