

**Name/Title:** Musical Fitness Dots

**Suggested Grade Level:** 3-5

**Materials Needed:** Different colored poly spots, stereo, posters reminding students of which color relates to which activity.

### Description of Idea

As many poly dots as students are in the class are needed in four different colors (for example: red, blue, green, and yellow). Space the dots randomly throughout the gym. When students enter, have them begin slowly jogging in general space around the gym. Students should maintain their self space so they do not bump into anyone. Turn music on as the children begin. (The chicken dance is a good choice for a song). When the music stops, the students are to move to the closest dot near them. Depending on which color they end up on will determine what activity they do. For example: Any student on a blue dot will do sit ups. A different activity for each color needs to be pre-determined. A poster on the gym walls reminding the students of which color means what activity helps.

Activities might include: push ups, jumping jacks, mountain climbers, etc. Give students about 15-20 seconds to do as many reps as they can do then turn the music back on. As the music speeds up the students will probably want to move faster to match the music. Stop the music randomly, probably about four or five times during the whole song.

### **Variations:**

Any colored poly spot may be used because the color will not be significant. Using a permanent marker write different activities on the spots and turn them over. When the music stops and the student lands on a spot, they turn it over and do the indicated exercise. This keeps students from going to certain colors because they enjoy that activity more or they think that it is easier. This way they never know which activity they will land on.

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Submitted by **Dusin Harris** in Gloucester, VA. Thanks for contributing to PE Central! **Posted on PEC:** 12/6/2009.

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