

Fitness Shake Up



Create 6 different fitness activities – 2 tasks per colour.

For each task assign a number of repetitions. Use only three numbers for the repetitions so each number will only appear twice in total.

Students will start by moving on the spot. Teacher will call out either a colour or a number. Students must either choose a task from the two colour choices or a task from the two number choices.

e.g., If red is called, students choose one of the two red tasks.
If five is called, students choose one of the two tasks numbered 5.

Students continue to move on the spot between activity selections.

Red: stand up sit downs – 10

Red: stride jumps – 5

Blue: alternate knee lifts – 8

Blue: tuck jumps – 5

Green: jump out and cross legs – 10

Green: high knee lifts alternating legs – 8

CURRICULUM LINKS:



Health and Physical Education: Active Participation

Grades 4/5/6: Improve personal fitness levels by participating in vigorous physical activities for sustained periods (10-15 minutes)



EQUIPMENT: 3 coloured markers,
chart on flip chart stand