

Have You Ever?



Each question will have a fitness task and a number of repetitions to be completed.

Students start by moving on the spot.

Teacher calls out, “Have you ever _____?”

If the student answers “Yes”, he/she stays moving on the spot.

If the answer is “No”, the student must perform the assigned task.

Students continue to move on the spot while questions are asked.

- Have you ever done 10 push ups on a horse ?
- Have you done 10 jumping jacks in Manitoba ?
- Have ever gone hopping with a rabbit ?
- Have you ever shot pucks with a Toronto Maple Leaf ?

Variation: Have each student generate 10 questions that they can ask class. Base the questions on curriculum, i.e., Have you danced with electrons?

CURRICULUM LINKS:



Health and Physical Education: Fundamental Movement Skills

Grades:4/5/6: Perform locomotion/travelling skills in combination



EQUIPMENT: List of teacher prepared questions