

On The Spot Questions



Divide class into 4 – 6 groups. Each group selects a spokesperson.

All groups start by jogging on the spot.

Teacher asks one group a question based on the curriculum.

If the group answers the question correctly, all the other groups must do an assigned task selected by the teacher. Responding group jogs on the spot. If the group does not answer correctly, they must do the assigned task while the other groups jog.

- Stomach crunches with arms extended
- Push ups
- Jumping jacks
- Vigorous running on the spot for ten seconds
- Large arm swings in circles forward then backwards—left arm then right arm then both arms together

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: Chart of physical activities