Instant Activity - WALK and TALK

◇ Hand up-Pair up
◇ Walk around the cones with partner.
◇ Introduce yourself and answer the following:
  ■ Where do you teach? What do you teach?
  ■ What is your favorite part of your job?
  ■ What is one take away from a Friday session?
◇ If you both get a chance to share, put your hand up and find a new partner.
◇ Stop when the music stops.

Safety:
● Walk the same direction.
“CANDY COATED FITNESS ACTIVITIES”
Two Claps
Hand up, Pair Up
Flip Challenge

- Flip and land a cone on the base to move to the next hoop.
- When you travel around to all the hoops, you finish in the middle.
- Variations can include:
  - Individual or Partner competitions
  - Add exercises while traveling between hoops.
  - Students must perform exercise to earn a flip attempt. Example: 3 Jumping Jacks earns 1 cone flip
  - Once there is a winner.
    - Celebrate and transition to a new round or activity.
    - Give the winner a challenge to attempt with non-dominant hand
Cone Flip Chaos

3 Jumping Jacks = 1 cone flip
1 push up = 1 cone flip
1 burpee = 1 cone flip
2 sit ups = 1 cone flip

Credit to Open Phys Ed @OPENPhysEd
R, P, S, ....... THROW!
Students will run around the gym. Each time they complete a lap, grab a popsicle stick (clothespin, scarf, others).

If students feel lucky, they can go into the middle of the area and play a game of RPS with a partner. The winner gets to take two sticks away from the student who lost. If you lost, you also get kicked out of the middle and must run another lap.

The middle area is optional. At the end of a designated time, the student with the most sticks is the winner.
RPS Pyramid Fitness

- Place hula hoops in a pyramid structure in 5 different levels.
- All students start at bottom level of pyramid.
- On the start signal, students find an open hula hoop in the first level and play one game of RPS.
- The winner, moves up to the next level, the loser starts over and completes the fitness challenge before entering the first level.
- Everytime a student wins, they move up to the next level of pyramid.
- When a student makes it to the last level and wins, they pick up a popsicle stick, scarf, or write name on whiteboard.
- At the end of a designated time, whoever has the most sticks is the winner.
RPS Baseball

- Place 4 mats out in the shape of a baseball diamond.
- All students start at home plate. On the start signal, students find a partner on the same base as them and play one game of RPS.
- The winner, moves up to the next base, the loser stays and finds someone else to play at home plate. Everytime a student wins, they move up to the next base.
- When a student goes all the way around, he or she needs to pick up a popsicle stick. This means they have scored a run.
- At the end of a designated time, whoever has scored the most runs is the winner.
RPS Football

- Hand Up, Pair Up.
- Each pair stand behind a cone.
- On the start signal, one student from each pair moves forward to play one game of RPS.
- The winner continues to the opposite end zone until they meet another player, the loser runs back and trades spots with partner.
- The goal is to score a touchdown by moving all the way to the endzone.
- When a team scores, start over at the 50 yard line.
- At the end of time, whoever has scored the most points is the winner.
- Variation
  - Add content or reflection questions for students to answer

Credit to Jim Christakis
@MrC_SSPS
Balloon Tennis

- Have students hand up, pair up and find a polyspot on one side of a mat.
- On the start signal, students will hit across the mat to the other side.
- Students get one hit to try and return the balloon to the other side.
- When the balloon hits the floor, the person who lost the point gets to serve from behind the service line.
- Play continues until a rotation or have them play to a set number.

Credit to Jered Adams @Jered242
Taboo Move

How To Play:

Jumping Jack
- Jump
- Hands
- Feet
Taboo Move

Play in groups of 3.
Player 1: Holding Card and Clue Giver
Player 2: Guesser
Player 3: Guesser

- Guesser is not allowed to talk. Only demonstrate guesses.
- Player to correctly demonstrate the correct exercise becomes the next “Clue Giver”.

Click here for print ready Taboo cards
Students will partner up. One student will sit on a scooter while the other one will push them around. *Safety: Make sure they push low, not high around the shoulders.

Students will be pushed around the track and at the end of each lap, each group has three tasks: Grab a stick, get some money from the teacher, and switch jobs for the next lap.

The goal of the game is to see how many sticks you can accumulate.

The money the students accumulate will be used to purchase banana peels (bowling pins), turtle shells (gator skin balls), and noodles (lightning bolts). These power ups are optional to purchase.

Bowling pins can be placed on the track in hopes that another group runs into it, gator skin balls can be rolled one time and try to hit someone else, and the noodles can be held onto for 2 laps as the tagger tags as many groups as possible.

If a group gets hit/tagged with any powerups, both members have to go to the middle of the track and do a specified exercise.

The group with the most laps/sticks at the end is the winner.
Rollerball

- Students try to knock pins down.
- Students have to retrieve a ball and return to baseline without being tagged.
- Taggers try to tag as many as possible. If either pin is knocked over, taggers must stand them up before tagging.
- Use your favorite strategies when students get tagged and to rotate taggers.
- Find all activity details and many variations [here](#).
Foxes and Chickens

- Every student will have a scooter. Class will be divided in half as half will be chickens and half will be foxes.
- The chickens will have a flag (short noodle works as well) connected to their scooter. On the start signal, foxes (who are on their stomachs) will try to steal the chickens tails (flags).
- If a student gets their tail stolen, he or she may go to the extras pile and get another one to reenter the activity.
- After a set amount of time, the fox who has the most tails is the winner.
- Play again and have the students switch jobs.

Credit to Levi Neville @levipsu32
Lead up Tag

- Partner tag game.
- Can use any specific sport skill to practice.
- Can only get tagged if you have the ball.
- If you get tagged while you have the ball, your teammate must roll the ball under your push up plank.
- If you are both tagged, then another group can help you by rolling their ball under your push up plank.
- If a tagger touches your ball with their noodle, you are both tagged.
- Skills / Concepts: movement, spacing, catching, passing, pass fakes, communication, and teamwork.
- Taggers are working on anticipation and defensive strategies.
Questions to ask

ROCK
- Why do you teach?
- Who was your favorite teacher and why?

PAPER
- What is one activity you will try with your classes?
- What is your favorite way to "Candy Coat" fitness?

SCISSORS
- Go to karaoke song?
- What would you do if you won the lottery today?
THANKS