Putting FUN into Fitness

This is YOUR opportunity to make working on **Muscular Strength** and **Muscular Endurance** FUN! You will work with a partner or in a small group, and *together* you will cooperate to create an activity that is fun and fitness focused.

**Guidelines:**

-The activity should be easy to learn

-Limited number or rules

-Able to be played in a limited space

**Equipment** available to you, *PLEASE ASK*:

-Cones

-Bean animals

-Bean balls

-Pinnies

-Flag Football Belts

-Exercise Mats

-Small dumbbells (2-5lbs)

**Directions: USE THE BACK OF THIS PAPER**

-Names of Group Members

-Name of Activity

-Description/Rules of activity

-Equipment if used

-What muscles in the body are being used during the activity?

Exercise Ideas (If you don’t know what it is please ask Miss Titus):

|  |  |  |
| --- | --- | --- |
| **Upper Body** | **Lower Body** | **Core** |
| Mountain Climber  Shoulder Taps  Push-ups (many variations)  Dips  Bicep Curl  Tricep Kickback  Med Ball   |  | | --- | | **Full Body** | | Jump Rope  Burpees  Animal Walks (many variations) | | Jumping  Hoping  Tuck Jump  Mountain Climbers  Burpees  Calf Raise  Quad Leg Lift  Squat  1 leg squat  Steps/Stairs  Lunge  Wall sit | Sit-ups  V-ups  Dead bug  Bicycles  L+R’s  Med ball  Plank  Side-Plank  Superman |

Names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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ACTIVITY NAME:

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Equipment:

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Muscles used during this activity:

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