Tour de Fitness
Sponsored by LAHPERD and The Governor's Council on Physical Fitness & Sport
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SECONDARY

II.   Health-Related Fitness and Skill-Related FITNESS CONCEPTS

HIGH FIVE HANDSHAKE (Upper Body Strength)
Standard(s): 1
Suggested Grade Level: Secondary
Equipment: none
Directions: Two students face each other in push-up position a few feet apart. The teacher calls out different high five handshake variations. (High 5 with right, High 5 with left, Low 5 with right, Low 5 with left, etc.) Progression→ Have students come up with a 5-10 high five handshake variation

HULA HOOP HOUDINI (Upper Body Strength)
Standard(s): 1
Suggested Grade Level: Secondary
Equipment: one hula hoop per 2 students
Directions: One partner gets in the push-up position while the other partner passes the hula hoop starting from their partners head all the way to their feet, then reverses. This is done for time. Switch roles.

BEAN BAG PICKUP (Upper Body Strength)
Standard(s): 1
Suggested Grade Level: Secondary
Equipment: One bean bag per 3 students
Directions: Two students face each other in push-up position a few feet apart. The third student, "the caller", places a bean bag on the floor between the two students. When "the caller" shouts a signal (go, ready, now, left, right), the object is to try to pick up the bean bag before the opponent. Best 2 out of 3 stays and plays.

PUSH-UP HOCKEY (Upper Body Strength)
Standard: 1
Suggested Grade Level: Secondary
Equipment: bean bags, jump rope or tape
Directions: Have students get into teams of 3 then group two teams together. Space out the groups around the playing area. Have teams about 3 feet apart facing each other in push-up position in a straight line with shoulders touching. Use a jump rope or tape for the goal line (the students hands should be right behind the goal line). The object is to try to score a point by pushing the bean bag past the other team's goal line while in push-up position.