

Tour de Fitness

Secondary Outline

- I. Classroom Management:
 - a. Protocols
 - b. Attention getters
 - c. Cooperative grouping Cards
- II. Instant Activities
 - a. Relay Tag
 - b. Hyper Space
- III. Health-Related Fitness and Skill-Related Fitness Concepts
 - a. Sit up Relay (lower body strength)-3 versions
 - b. Push up Activities (upper body strength)
 - 1; High Five Hand Shake
 2. Bean Bag Grab it
 3. Bean Bag hockey
 - c. Yoga (flexibility)
 - d. Glut Scoot Boogie
 - e. One on One Twister
- IV. Lesson Focus
 - a. Ladders
 - b. Basketball Pass-off
 - c. Ultimate- 3 versions
 - d. Royal Court Volleyball
 - e. Brawn Ball
 - f. Hit and Run Ball
 - g. Cup Stacking/3 stack
 - h. Sports Stacking Tic-Tac-Toe
 - i. Dynamite (ribbon/paper plates)
 - j. Fitness Four Square
 - k. Noodle Hockey-regular and with Golden Snitch
 - l. Geo-caching
 - m. Deck Ring Soccer
 - i. Half-Jack
 - ii. 3 shot challenge
 - n. Swat Ball

