

Tour de Fitness

Sponsored by LAHPERD and The Governor's Council on Physical Fitness & Sport
www.LAHPERD.org

Elementary Presentation Outline

- I. Instant Activities
 - a. Fitness Tag
 - b. Monkeys in the Trees
 - c. Sports Stacking-Tic-Tac-Toe
 - d. Mosquito Tag
 - e. Sit up Relay
 - f. Odd Person Out Tag
 - g. Relay Tag
 - h. Line up Tag
 - i. Fing Fang Fooey
 - j. Clothes Pin Tag
 - k. Crab Tag
 - l. Sliding Doors
 - m. Save Your Planet
- II. Health Related Fitness Concepts
 - a. Muscular Strength - Elementary
 1. Meet the Flintstones
 2. Electric Slide
 - b. Muscular Endurance – Elementary
 1. Sit up Relay
 2. Hula-Hoop Push-up
 3. Manipulative Abdominal Challenges
 - c. Flexibility
 1. One on One Twister
 - d. Balance Cards (in a Power Point Slide Presentation)
- III. Lesson Development
 - a. Sheep Dogs
 - b. Volleyball Pickup
 - c. Royal Court Volleyball
 - d. Fitness Four Square
 - e. Throw and RIP
 - f. Brawn Ball
 - g. Hit and Run Ball
 - h. Beanbag Hockey

Added materials: Lessons for the severe - inclusion