

Tour de Fitness

Sponsored by LAHPERD and The Governor's Council on Physical Fitness & Sport
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Secondary Handouts Outline

- I. Instant Activities
 - a. Clusters
 - b. Amoeba Tag
 - c. Paper, Rock, Scissors Tag
 - d. Tower of Terror
 - e. Coconuts
 - f. Crazy Chicken
- II. Health-Related Fitness and Skill-Related Fitness Concepts
 - a. High Five Handshake (upper body strength)
 - b. Hula Hoop Houdini (upper body strength)
 - c. Bean Bag Pickup (upper body strength)
 - d. Bean Bag Hockey (upper body strength)
- III. Lesson Focus
 - a. Superstar (line dance)
 - b. Electric Slide (4 wall line dance with variations)
 - c. Health-Related and Skill-Related Fitness Circuit
 - d. Flyin Disc Horseshoes
 - e. Wacky Olympics
 - f. Fitness Stations
 - g. Cup Stacking/3 stack
 - h. Cup Stacking/6 stack
 - i. Cup Stacking/1 cycle

Worksheets

- 1. Health-Related and Skill-Related Fitness Worksheet
- 2. Speed and Agility Course Directions and Set-up
- 3. Muscular Power – Standing Broad Jump
- 4. Balance – The Stork Stand
- 5. Perceptual Awareness
- 6. Reaction Time
- 7. Coordination – Double Ball Bounce
- 8. Skill-Related Fitness Recording Sheet
- 9. Balance Cards – Power Points Slides