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