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
Various Ways to Add Assessment

1. Quick Assessments
2. Resources