

**Please note:** Activities are member submitted and not approved prior to uploading by SHAPE America staff.

Fitness Frenzy	
<b>Submitted by</b>	<b>Jerri Jasumback</b>
<b>National Standards(s)</b>	Physical Education: <ul style="list-style-type: none"> <li>• Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</li> <li>• Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</li> <li>• Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.</li> <li>• Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</li> </ul>
<b>Grade Level Outcome(s) or Performance Indicator(s)</b>	GLOs: <ul style="list-style-type: none"> <li>• S2.E3; Movement concepts- Speed, direction, force</li> <li>• S3.E1; Physical activity knowledge</li> <li>• S3.E3; Fitness knowledge</li> <li>• S4.E2; Personal responsibility</li> <li>• S4.E4; Working with others</li> <li>• S5.E1; Health</li> </ul>
<b>Activity Objective</b>	Students will work in pairs to performing various exercises to achieve maximum heart rate for short burst of time.
<b>Grade(s)</b>	3rd-4th
<b>Materials</b>	Three decks of cards, a sheet of paper divided into 8 boxes with an exercise in each box (ex: mountain climbers, jumping jacks, planks, etc.), and 2 buckets.
<b>Prior Knowledge</b>	Of all exercises being performed.
<b>Vocabulary</b>	The student's vocabulary will increase each time they are introduced to a new skill.
<b>Safety Considerations</b>	Students will be reminded to slow down and watch where they are going as they retrieve a card.
Activity Description	

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Students will get a partner and stand outside a perimeter. Each pair is given a sheet of paper with 8 different exercises on it. The teacher will have three decks of cards in the middle of the playing area. Two buckets will be set 10' on either side of the cards. One at a time students will run to get a playing card. Students will perform the first exercise on their paper reputations will depend on the card that was drawn. The card values are as follows: A= 11; K, Q, J, and 10= 10 exercises; 1-9 are worth their face value. After finishing the exercise the card is placed on the paper over that exercise. The second player runs for the second card and so forth until their paper is full. After they have completed their 8 exercises they will "discard" their cards in one of the buckets near the center of the perimeter and start again. The students are trying to see how many times they can fill their sheet before a designated time is up.

#### **Modifications**

***Include ways to modify this activity for advanced, lower level and inclusion students.***

Have three different types of sheets available based on intensity/difficulty level and let students choose which difficulty level they would like to perform exercises. Be sure to provide modifications for exercises so that all students are successful.

#### **Resources and Tools:**

National Standards for Physical Education: <http://www.shapeamerica.org/standards/pe/>  
National Standards for Health Education: <http://www.shapeamerica.org/standards/health/>  
Coordinated School Health: <http://www.cdc.gov/HealthyYouth/cshp/>