BASKETBALL

Equipment Needed:  
1 ball for each student

• Dribble with right hand: 8 times
• Dribble with left hand: 8 times
• Dribble alternating hands: 5 each hand
• Dribble in a straight line: 10 steps
• Dribble zig-zag pattern: 10 steps
BASKETBALL

Equipment Needed:
1 ball for each student

- Basketball around head: 5 times
- Basketball around waist: 7 times
- Basketball around knees: 9 times
- Basketball around body: 11 times
- Figure eight around legs: 3 times
VOLLEYBALL

Equipment Needed: 1 volleyball or beach ball for each student

• Self toss and do 10 forearm passes
• Self toss and do 10 sets
• Toss the ball to yourself and try to hit a spot on the wall 10 times
• 10 forearm passes
• 10 sets to the wall
Volleyball

Equipment Needed: 1 volleyball or beach ball for each student

- Perform 10 block jumps
- Perform 10 underhand serves to the wall
- Perform 5 underhand serves against the wall, return each serve with a forearm pass
- Perform 5 underhand serves against the wall, return each serve with an overhead pass
- Perform 10 block jumps
NFL STADIUM GEOGRAPHY

Assume the front of the classroom is the northern part of the USA

- Skip to the New York Giants stadium: signal touchdown 7 times
- Jog to the St. Louis Rams stadium: signal start the clock (arm circle) 6 times each arm
- Walk to the Baltimore Ravens stadium: signal pass interference 5 times
- Jump to the Denver Broncos stadium: signal incomplete pass or “no good” 4 times
- Gallop to the Tennessee Titans stadium: signal first down 3 times each arm
NFL STADIUM GEOGRAPHY
Assume the front of the classroom is the northern part of the USA

• Gallop to the Arizona Cardinals stadium: pretend to kick a field goal 3 times each leg
• Jog to the Philadelphia Eagles stadium: pretend to throw 6 touchdown passes each arm
• Skip to the San Diego Chargers stadium: pretend to punt the ball 3 times each leg
• Walk to the Minnesota Vikings stadium: jump high in the air and catch 6 touchdown passes
• Hop to the Seattle Seahawks stadium: pump your arms up in the air 10 times
• 20 arm actions
  *Pump arms like running hard*
• 10 ski jumps
• 16 knee to elbow
• 26 punches overhead
• 10 straight leg marches
• Write your last name in the air with your left foot
• 14 crisscross jumps
• 6 jumps forward and back
• Write your first name in the air with your right foot
• 8 wood chops each side
• 18 hula hoops
• 15 shoot baskets
• 22 high knees
• 16 paddle a kayak
• 22 glute kicks
TENNIS

• 12 serves
• 10 forehands
• 8 backhands
• 6 volleys
• 4 overhead shots
BASEBALL

- 11 swings
- 9 pitches
- 7 pitches (non-dominant hand)
- 5 throws from catcher’s position
- 3 jumps up to catch a high throw, then swing glove hand down low to tag runner
12 TASK CARDS

SWIM

• 12 backstrokes
• 12 breaststroke
• 12 butterfly stroke
• 12 freestyle stroke
• 12 side strokes
• Sit down in 10 different chairs/desks.
• March 100 steps behind your own desk.
• Give 10 different people a high five.
• Touch all 4 corners of the room.
• Move your math book around your waist 20 times.
• Recite the alphabet while doing bicep curls.

• Hold a wall sit for 15 seconds at each wall. (Remember to have table top legs!)

• Tiptoe walk from across the room and back.

• Do 4 elbows to knees next to 6 different chairs/desks. Place a book on your head and walk for 12 steps.

• Walk backwards around your desk 5 times.
DANCE

- 16 Cha Cha (8 each side)
- 12 Grape Vine (6 each side)
- 10 Twist and Shout
- 8 Chicken Dance
- 6 Gangnam Style
YOGA

- Tree pose
- Warrior pose
- Chair pose
- Downward facing dog pose
- Cat cow pose
ANIMALS

- 15 birds flying into the wind
- 12 frogs jumping from lily pad to lily pad
- 9 giddy up on the horse
- 6 swimming from a shark
- 3 running in place from a bear
WEATHER

• 10 earthquake shaking
• 10 jump up volcano erupting
• 10 tornado twisting
• 10 hurricane running into strong wind
• 10 blizzard skiing
ADDITION

- 1 + 4 = Washing machine
- 5 + 3 = Rake the leaves
- 3 + 6 = Star jumps
- 9 + 1 = Chair dips
- 2 + 7 = High knees
SUBTRACTION

- 7 - 3 = Wash the car
- 9 - 2 = Seated flutter kicks
- 10 – 4 = Hop on one foot, switch
- 8 - 1 = Butterfly legs
- 5 – 0 = Firework jumps
MULTIPLICATION

- 5 x 2 = Wall push-ups
- 8 x 1 = Bear crawl
- 6 x 4 = Marching in place
- 7 x 4 = Chop down the tree
- 2 x 9 = Walk the tight rope