

Power Codes

Objectives

Students will perform the exercises correctly.

Students will develop and improve their muscular endurance.

Students will learn how to cooperate with others.

Equipment

QR code cards, devices with QR code scanners

Organization

Students will need to find a partner and stand on one side of the gym. Scatter the QR codes on the opposite side of the gym.

Activity Description

Students will take turns running down to grab a QR code. When they bring the card back to their partners, they will need to decide to pick 10, 20 or 30 for the reps they will perform. Now the students will scan the card and perform the exercise together that was scanned to the reps they choose. When done they will place the card in a pile related to the amount of reps they did. So the students should have a pile for 10, 20 and 30 reps. The partner may now run down to get a new card. When the game ends decide how you want to award the points (i.e. the most cards in 10 reps, the most in all, the most in 10 plus 20 rep piles, etc.).



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30



10 20 30