

Lego Hero Fitness

OBJECTIVES:

STUDENTS WILL DEVELOP THEIR MUSCULAR ENDURANCE.

STUDENTS WILL CHOOSE WHICH ACTIVITY TO PERFORM.

STUDENTS WILL FOLLOW THE DIRECTIONS GIVEN.

SKILLS AND CONCEPTS:

MUSCULAR STRENGTH, MUSCULAR ENDURANCE, COOPERATION

EQUIPMENT:

LEGO HERO CARDS, POLY SPOTS, WRITING UTENSIL, HERO CHECKLIST

ORGANIZATION:

STUDENTS COULD HAVE A PARTNER OR PARTICIPATE ON THEIR OWN. THE STUDENTS NEED TO HAVE A CHECKLIST OF THE HEROES AND WRITING UTENSIL. SCATTER THE POLY SPOTS AROUND THE GYM WITH A HERO CARD UNDER EACH ONE.

ACTIVITY DESCRIPTION:

THE STUDENTS WILL LOOK UNDER THE POLY SPOTS AND CHOOSE ONE OF THE TASKS FROM THE CARDS. AFTER PERFORMING THE TASKS THEY "CHECK OFF" THE HEROES FROM THEIR CHECKLIST. IF THE STUDENTS HAVE ALREADY "CHECKED OFF" THE HERO, THEY STILL NEED TO PERFORM ONE OF THE TASKS FROM THE CARDS. STUDENTS ARE TRYING TO SEE IF THEY CAN "CHECK OFF" ALL THE HEROES FROM THE LIST.

Variations

THESE CARDS CAN BE USED IN MULTIPLE WAYS AND ACTIVITIES. HERE ARE SOME EXAMPLES I CAME UP WITH. WOULD LOVE TO HEAR HOW YOU USE THEM SO PLEASE SEND ME AN EMAIL: GEPETTO652@GMAIL.COM

1. STUDENTS THROW A BALL, HIT A TARGET, AND COLLECT A CARD.
2. EACH STUDENT HAS A CARD, PERFORM ONE OF THE SKILLS, THEN TRADE WITH ANOTHER STUDENT.
3. PLACE THE CARDS UNDER POLY SPOTS, SHOOT BASKETBALL THROUGH THE GOAL, COLLECT THE CARD UNDER THE SPOT, PERFORM ONE OF THE TASKS BEFORE SHOOTING AGAIN.
4. PLACE THE CARDS UNDER POLY SPOTS, STUDENTS MOVE AROUND UNTIL THE MUSIC STOPS, THEY FIND A SPOT, PERFORM THE TASK, START MUSIC AGAIN.

CREATED BY: BENJAMIN PIRILLO

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20 PUSHUPS OR
JOG 1 LAP



20 FLOOR TAPS
OR CRAB WALK
1 LAP



12 CURL-UPS
OR SKIP 1 LAP



16 SCISSOR
KICKS OR
GALLOP 1 LAP



23 SQUATS OR
POWER WALK 2
LAPS



30 SEC WALL
SIT OR LEAP 1
LAP



30 SEC REVERSE
PLANK OR LAME
DOG 1 LAP



30 SEC PLANK
OR SLIDE 1 LAP



21 JUMPING
JACKS OR
ROBOT 1 LAP



17 PUSHUPS OR
JOG 1 LAP



22 FLOOR TAPS
OR CRAB WALK
1 LAP



17 CURL-UPS
OR SKIP 1 LAP



20 SCISSOR
KICKS OR
GALLOP 1 LAP



15 SQUATS OR
POWER WALK 2
LAPS



20 SEC WALL
SIT OR LEAP 1
LAP



20 SEC REVERSE
PLANK OR LAME
DOG 1 LAP



20 SEC PLANK
OR SLIDE 1 LAP



19 JUMPING
JACKS OR
ROBOT 1 LAP



15 PUSHUPS OR
JOG 2 LAPS



14 FLOOR TAPS
OR CRAB WALK
2 LAPS



15 CURL-UPS
OR SKIP 2 LAPS



14 SCISSOR
KICKS OR
GALLOP 2 LAPS



20 SQUATS OR
POWER WALK 3
LAPS



45 SEC WALL
SIT OR LEAP 2
LAPS



45 SEC REVERSE
PLANK OR LAME
DOG 2 LAPS



45 SEC PLANK
OR SLIDE 2
LAPS



18 JUMPING
JACKS OR
ROBOT 2 LAPS



12 PUSHUPS OR
JOG 2 LAPS



16 FLOOR TAPS
OR CRAB WALK
2 LAPS



11 CURL-UPS
OR SKIP 2 LAPS



18 SCISSOR
KICKS OR
GALLOP 2 LAPS



17 SQUATS OR
POWER WALK 3
LAPS



60 SEC WALL
SIT OR LEAP 2
LAPS



60 SEC REVERSE
PLANK OR LAME
DOG 2 LAPS



60 SEC PLANK
OR SLIDE 2
LAPS



15 JUMPING
JACKS OR
ROBOT 2 LAPS



13 JUMPING
JILLS OR HOP 1
LAP



14 SKI JUMPS
OR JUMP 1 LAP



15 BELL JUMPS
OR SEAL WALK
HALF A LAP



8 BODY FOLDS
OR BEAR
CRAWL 1 LAP



11 LEG LIFTS
OR FROG JUMP
HALF A LAP



18 CROSS OVERS
OR INCH WORM
HALF A LAP



20 MOUNTAIN
CLIMBERS OR
GALLOP 1 LAP



8 ARM
SWITCHES OR
SKIP 1 LAP



22 SWITCH
KICKS OR HOP 1
LAP



19 JUMPING
JILLS OR HOP 1
LAP



12 SKI JUMPS
OR JUMP 1 LAP



20 BELL JUMPS
OR SEAL WALK
HALF A LAP



10 BODY FOLDS
OR BEAR
CRAWL 1 LAP



14 LEG LIFTS
OR FROG JUMP
HALF A LAP



22 CROSS OVERS
OR INCH WORM
HALF A LAP



24 MOUNTAIN
CLIMBERS OR
GALLOP 1 LAP



10 ARM
SWITCHES OR
SKIP 1 LAP



16 SWITCH
KICKS OR HOP 1
LAP



17 JUMPING
JILLS OR HOP 2
LAPS



16 SKI JUMPS
OR JUMP 2
LAPS



13 BELL JUMPS
OR SEAL WALK
1 LAP



11 BODY FOLDS
OR BEAR
CRAWL 2 LAPS



15 LEG LIFTS
OR FROG JUMP
1 LAP



16 CROSS OVERS
OR INCH WORM 1
LAP



18 MOUNTAIN
CLIMBERS OR
GALLOP 2 LAPS



14 ARM
SWITCHES OR
SKIP 2 LAPS



18 SWITCH
KICKS OR HOP 2
LAPS



15 JUMPING
JILLS OR HOP 2
LAPS



18 SKI JUMPS
OR JUMP 2
LAPS



17 BELL JUMPS
OR SEAL WALK
1 LAP



14 BODY FOLDS
OR BEAR
CRAWL 2 LAPS



17 LEG LIFTS
OR FROG JUMP
1 LAP



14 CROSS OVERS
OR INCH WORM 1
LAP



23 MOUNTAIN
CLIMBERS OR
GALLOP 2 LAPS



12 ARM
SWITCHES OR
SKIP 2 LAPS



20 SWITCH
KICKS OR HOP 2
LAPS



7 GENIE SITS
OR BEAR
CRAWL 1 LAP



23 SHOULDER
PRESSES OR
SLIDE 1 LAP



14 SHOULDER
TAPS OR SKIP 1
LAP



16 JUMP
PLANKS OR
LEAP 1 LAP



12 SWIMMERS
OR FROG JUMP
HALF A LAP



13 SQUAT
THRUSTS OR
ROBOT 1 LAP



13 SUPERMANS
OR CRAB WALK
1 LAP



17 CALF RAISES
OR SPRINT 1
LAP



18 STEAM
ENGINES OR
LAME DOG 1 LAP



14 GENIE SITS
OR BEAR
CRAWL 1 LAP



18 SHOULDER
PRESSES OR
SLIDE 1 LAP



18 SHOULDER
TAPS OR SKIP 1
LAP



10 JUMP
PLANKS OR
LEAP 1 LAP



7 SWIMMERS
OR FROG JUMP
HALF A LAP



12 SQUAT
THRUSTS OR
ROBOT 1 LAP



11 SUPERMANS
OR CRAB WALK
1 LAP



20 CALF RAISES
OR SPRINT 1
LAP



14 STEAM
ENGINES OR
LAME DOG 1 LAP



9 GENIE SITS
OR BEAR
CRAWL 2 LAPS



19 SHOULDER
PRESSES OR
SLIDE 2 LAPS



12 SHOULDER
TAPS OR SKIP 2
LAPS



13 JUMP
PLANKS OR
LEAP 2 LAPS



11 SWIMMERS
OR FROG JUMP
1 LAP



10 SQUAT
THRUSTS OR
ROBOT 2 LAPS



9 SUPERMANS
OR CRAB WALK
2 LAPS



15 CALF RAISES
OR SPRINT 2
LAPS



16 STEAM
ENGINES OR
LAME DOG 2
LAPS



11 GENIE SITS
OR BEAR
CRAWL 2 LAPS



21 SHOULDER
PRESSES OR
SLIDE 2 LAPS



16 SHOULDER
TAPS OR SKIP 2
LAPS



14 JUMP
PLANKS OR
LEAP 2 LAPS



9 SWIMMERS
OR FROG JUMP
1 LAP



15 SQUAT
THRUSTS OR
ROBOT 2 LAPS



10 SUPERMANS
OR CRAB WALK
2 LAPS



16 CALF RAISES
OR SPRINT 2
LAPS



22 STEAM
ENGINES OR
LAME DOG 2
LAPS

HERO CHECKLIST



ANTMAN



AQUAMAN



BATGIRL



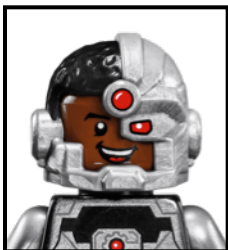
BATMAN



BLACK
WIDOW



CAPTAIN
AMERICA



CYBORG



CYCLOPES



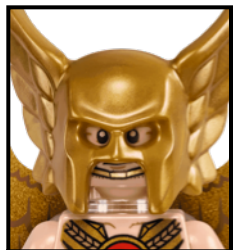
FALCON



GAMORA



GREEN
LANTERN



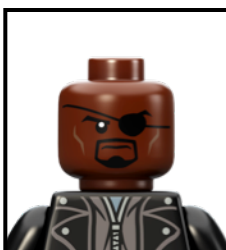
HAWKMAN



IRONMAN



MARIA HILL



NICK FURY



NIGHTWING



POWER MAN



SPIDER-MAN



STAR LORD



STARFIRE



STORM



SUPERGIRL



SUPERMAN



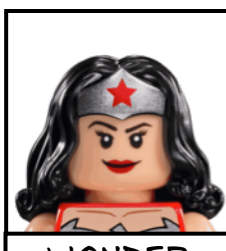
THE FLASH



THOR



WOLVERINE



WONDER
WOMAN

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