

# 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](mailto: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



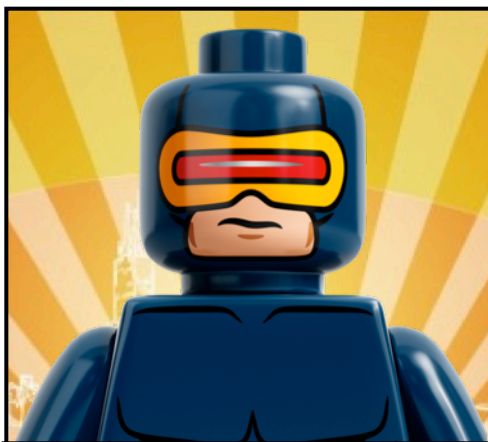
17 SQUATS OR  
POWER WALK 3  
LAPS



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



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OR FROG JUMP  
1 LAP



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THRUSTS OR  
ROBOT 2 LAPS



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OR CRAB WALK  
2 LAPS



16 CALF RAISES  
OR SPRINT 2  
LAPS



22 STEAM  
ENGINES OR  
LAME DOG 2  
LAPS

# HERO CHECKLIST



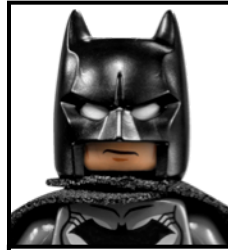
ANTMAN



AQUAMAN



BATGIRL



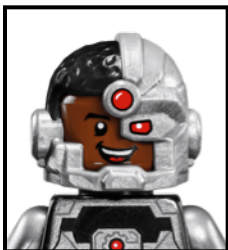
BATMAN



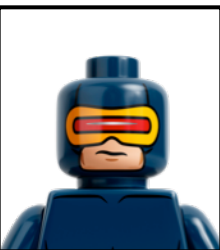
BLACK  
WIDOW



CAPTAIN  
AMERICA



CYBORG



CYCLOPES



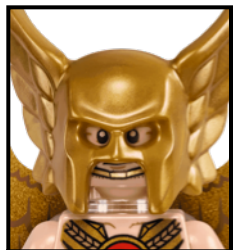
FALCON



GAMORA



GREEN  
LANTERN



HAWKMAN



IRONMAN



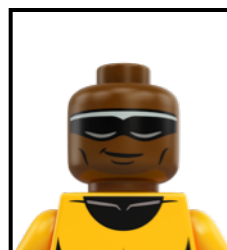
MARIA HILL



NICK FURY



NIGHTWING



POWER MAN



SPIDER-MAN



STAR LORD



STARFIRE



STORM



SUPERGIRL



SUPERMAN



THE FLASH



THOR



WOLVERINE



WONDER  
WOMAN

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