QR Fitness

Objectives

Students will use QR codes and scanners to enhance their fitness level.

Students will learn how to use technology to make exercising entertaining.

Students will cooperate with each other while incorporating fitness components.

Equipment

QR code cards, devices with QR readers, dice

Organization

Scatter the QR cards on one side of the gym. Create small relay lines on the opposite side of the gym. If there are enough devices, give one to each line. If there are not enough create a location for the devices to be so students can use them. Give each line a die.

Activity Description

Students will take turns running down the to cards and selecting one to bring back to the group. When the student is back they will roll the die and scan the card. They will perform the exercise they scan of the amount of the number associated to what they rolled. For example: scanned card reads pushups, number rolled was 6 which equals 10 according to the card, so the students perform 10 pushups. The next student in line will return the card and select a new one.

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