

Super Hero Signs

OBJECTIVES:

STUDENTS WILL WORK INDEPENDENTLY TO STAY ON TASK.

STUDENTS WILL PERFORM VARIOUS EXERCISES TO THE BEST OF THEIR ABILITY.

THE STUDENTS WILL MOVE FROM SIGN TO SIGN USING VARIOUS LOCOMOTOR MOVEMENT PATTERNS.

SKILLS AND CONCEPTS:

MUSCULAR STRENGTH, MUSCULAR ENDURANCE, CARDIOVASCULAR ENDURANCE, LOCOMOTOR PATTERNS

EQUIPMENT:

PRINT OUT THESE SIGNS

ORGANIZATION: PRINT OUT THE SIGNS AND LAMINATE THEM. HANG THE SIGNS ON A CONE OR ON THE WALL IN VARIOUS AREAS AROUND THE GYM. STUDENTS WILL PICK A SUPER HERO TO START AT.

ACTIVITY DESCRIPTION: STUDENTS WILL PERFORM THE EXERCISES OFF THE SIGN. AFTER COMPLETING THE EXERCISES, THEY WILL USE THE LOCOMOTOR SKILL TO ADVANCE TO THE NEXT SUPER HERO THE CARD TELLS THEM TO MOVE TO. WHEN AT THE NEW HERO THE STUDENTS WILL REPEAT THE PROCESS. THE SIGNS LOOP AROUND, SO THE STUDENTS CAN CONTINUE TO PLAY DURING CLASS.

Shout Out

THIS ACTIVITY ORIGINATED BY ROSS CHAKRIAN. HE CREATED A POKEMON PATHWAYS ACTIVITY THAT I SAW ON PE CENTRAL'S FACEBOOK PAGE. I TOOK HIS IDEA ONE STEP FURTHER BY ADDING IN EXERCISES AND LOCOMOTOR MOVEMENT PATTERNS AND CHANGED THE THEME TO MATCH MY SUPER HERO CLASSROOM.

HIS LINK: WWW.TEACHERSPAYTEACHERS.COM/PRODUCT/POKEMON-PATHWAYS-2825771

BATMAN

CREATED BY: BENJAMIN PIRILLO



8 PUSHUPS
15 CURL DOWNS
GALLOP TO SUPERMAN

SUPERMAN

CREATED BY: BENJAMIN PIRILLO



12 CURL-UPS
20 STEAM ENGINES
CRAB WALK TO DR. STRANGE

DR. STRANGE

CREATED BY: BENJAMIN PIRILLO



6 FROG JUMPS
16 SKI JUMPS
JOG TO FALCON

FALCON

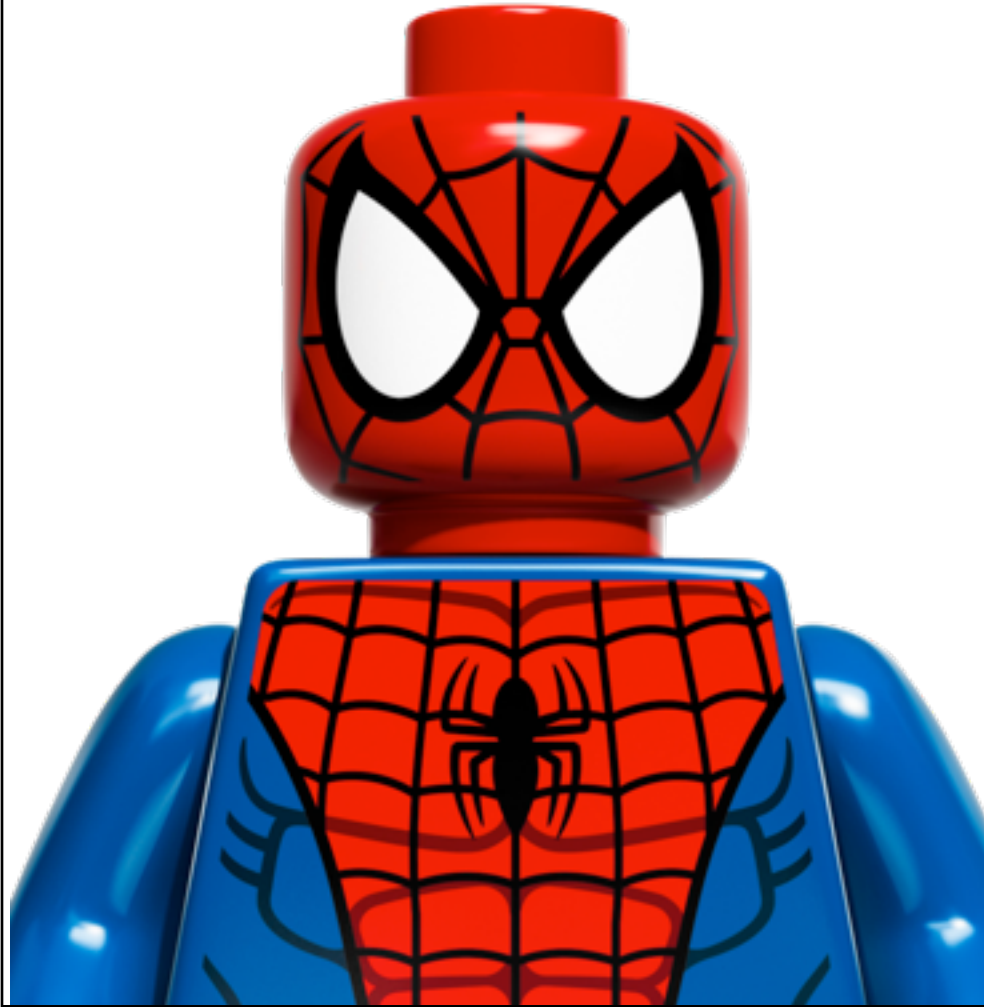
CREATED BY: BENJAMIN PIRILLO



20 LEG CURLS
12 LUNGES
POWER WALK TO SPIDER-MAN

SPIDER-MAN

CREATED BY: BENJAMIN PIRILLO



20 BELL JUMPS
15 JUMPING JACKS
BEAR CRAWL TO STARFIRE

STARFIRE

CREATED BY: BENJAMIN PIRILLO



20 MOUNTAIN CLIMBERS
14 FLOOR TAPS
SKIP TO GREEN LANTERN

GREEN LANTERN

CREATED BY: BENJAMIN PIRILLO



12 SQUAT THRUSTS
10 LEG LIFTS
HOP TO STAR-LORD

STAR-LORD

CREATED BY: BENJAMIN PIRILLO



22 SWITCH KICKS
14 SCISSOR KICKS
LEAP TO AQUAMAN

AQUAMAN

CREATED BY: BENJAMIN PIRILLO



14 ARM SWITCHES
8 BODY FOLDS
GRAPEVINE TO STORM

STORM

CREATED BY: BENJAMIN PIRILLO



18 JUMPING JILLS
15 SQUATS
JUMP TO THOR

THOR

CREATED BY: BENJAMIN PIRILLO



11 REVERSE CURL-UPS
17 SHOULDER PRESSES
INCH WORM TO NIGHTWING

NIGHTWING

CREATED BY: BENJAMIN PIRILLO



15 CALF RAISES
8 GENIE SITS
LAME DOG TO BLUE BEETLE

BLUE BEETLE

CREATED BY: BENJAMIN PIRILLO



13 PUSHUPS
8 LEG LIFTS
JOG TO IRON MAN

IRON MAN

CREATED BY: BENJAMIN PIRILLO



13 FROG JUMPS
16 BELL JUMPS
SLIDE TO CAPTAIN AMERICA

CAPTAIN AMERICA

CREATED BY: BENJAMIN PIRILLO



13 CURL-UPS
16 ARM SWITCHES
GALLOP TO WONDER WOMAN

WONDER WOMAN

CREATED BY: BENJAMIN PIRILLO



10 JUMP PLANKS
8 BODY FOLDS
HOP TO BEAST BOY

BEAST BOY

CREATED BY: BENJAMIN PIRILLO



20 STEAM ENGINES
9 SQUAT THRUSTS
LEAP TO ANTMAN

ANTMAN

CREATED BY: BENJAMIN PIRILLO



18 MOUNTAIN CLIMBERS
16 SCISSOR KICKS
BEAR CRAWL TO BLACK PANTHER

BLACK PANTHER

CREATED BY: BENJAMIN PIRILLO



12 CALF RAISES
18 FLOOR TAPS
CRAB WALK TO HAWKEYE

HAWKEYE

CREATED BY: BENJAMIN PIRILLO



18 SHOULDER PRESSES
14 SWITCH KICKS
JOG BACKWARD TO BATGIRL

BATGIRL

CREATED BY: BENJAMIN PIRILLO



14 QUARAPLEXES
16 LEG CURLS
LEAP TO GREEN ARROW

GREEN ARROW

CREATED BY: BENJAMIN PIRILLO



8 PUSHUPS
12 CURL DOWNS
SPRINT TO THE FLASH

THE FLASH

CREATED BY: BENJAMIN PIRILLO



15 JUMPING JACKS
20 CROSS OVERS
INCH WORM TO WOLVERINE

WOLVERINE

CREATED BY: BENJAMIN PIRILLO



15 CURL-UPS
22 SKI JUMPS
LAME DOG TO POWER MAN

POWER MAN

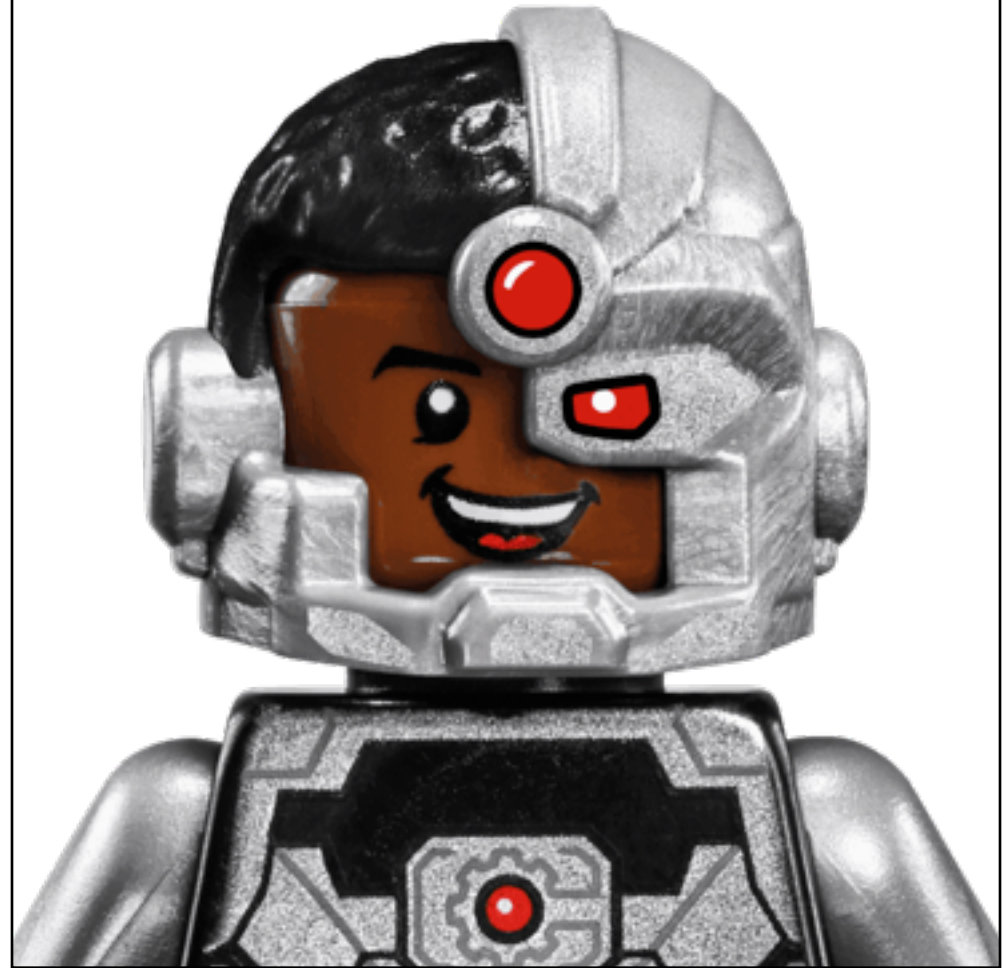
CREATED BY: BENJAMIN PIRILLO



16 MOUNTAIN CLIMBERS
10 LUNGES
JUMP TO CYBORG

CYBORG

CREATED BY: BENJAMIN PIRILLO



12 ARM SWITCHES
15 LEG LIFTS
JOG TO HAWKMAN

HAWKMAN

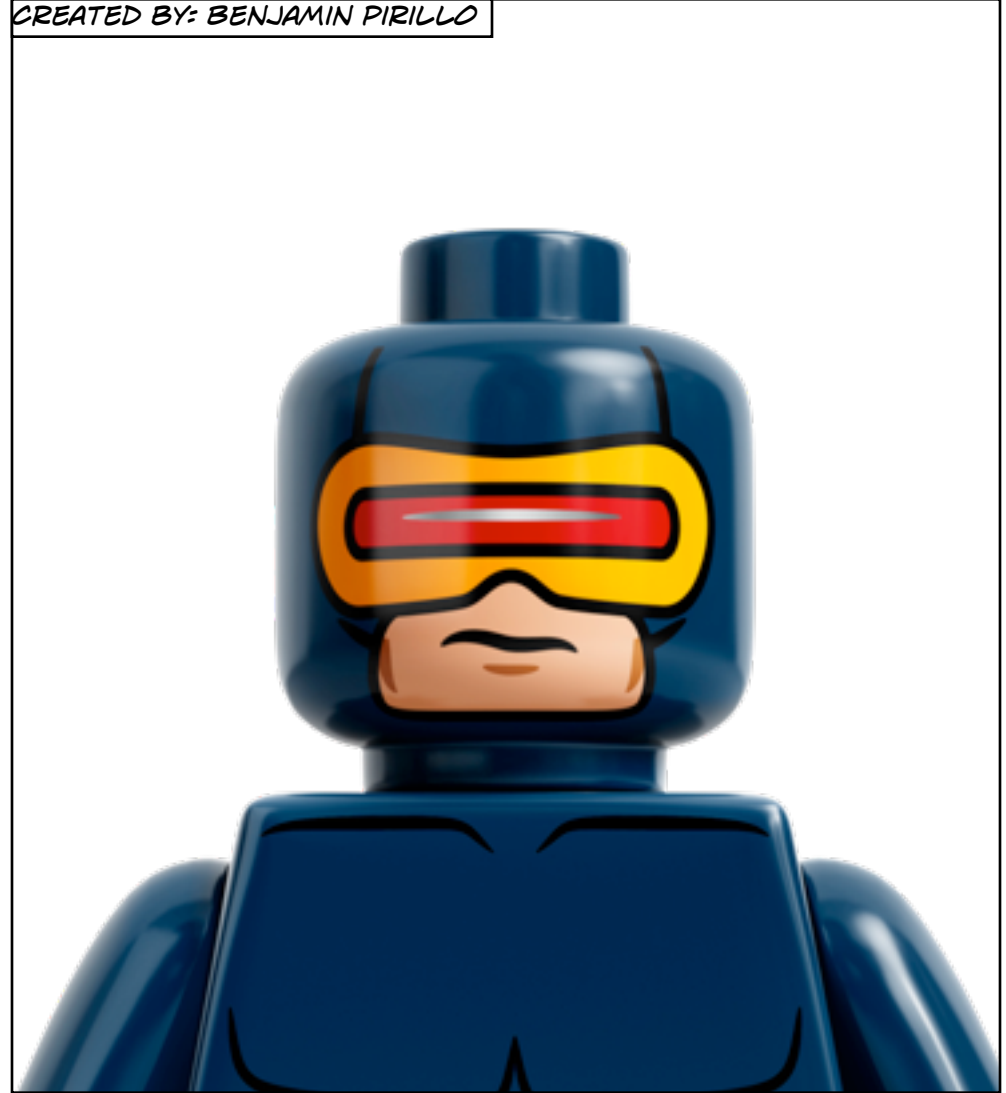
CREATED BY: BENJAMIN PIRILLO



11 BODY FOLDS
20 BICEP CURLS
GALLOP TO CYCLOPS

CYCLOPS

CREATED BY: BENJAMIN PIRILLO



13 GENIE SITS
18 SWITCH KICKS
CRAB WALK TO CAPTAIN MARVEL

CAPTAIN MARVEL

CREATED BY: BENJAMIN PIRILLO



13 REVERSE CURL-UPS
20 QUADRAPLEXES
SKIP TO SUPERGIRL

SUPERGIRL

CREATED BY: BENJAMIN PIRILLO



15 PUSHUPS
12 SQUAT THRUSTS
LAME DOG TO NICK FURY

NICK FURY

CREATED BY: BENJAMIN PIRILLO



20 FLOOR TAPS
15 JUMP PLANKS
SPRINT TO QUICKSILVER

QUICKSILVER

CREATED BY: BENJAMIN PIRILLO



8 FROG JUMPS
20 SQUATS
BEAR CRAWL TO SCARLET WITCH

SCARLET WITCH

CREATED BY: BENJAMIN PIRILLO



14 SCISSOR KICKS
16 ARM SWITCHES
SKIP TO HULK

HULK

CREATED BY: BENJAMIN PIRILLO



12 CURL-UPS
12 GENIE SITS
JOG TO WHITE TIGER

WHITE TIGER

CREATED BY: BENJAMIN PIRILLO



16 FLOOR TAPS
22 BELL JUMPS
SLIDE TO THE ANCIENT ONE

THE ANCIENT ONE

CREATED BY: BENJAMIN PIRILLO



11 PUSHUPS
8 BODY FOLDS
INCH WORM TO BATMAN

Benjamin Pirillo

MARVEL AND DC LEGO IMAGES WERE USED FROM GOOGLE SEARCH FOR ROYALTY FREE SUPERHERO IMAGES. THEY COME FROM THE LEGO WEBSITE. THE IMAGES ARE USED FOR EDUCATIONAL PURPOSES ONLY TO HELP ENCOURAGE STUDENTS TO EXERCISE IN A FUN WAY.

WWW.TEACHPHYSED.WEEBLY.COM
WWW.YOUTUBE.COM/GEPETTO652
GEPETTO652@GMAIL.COM
TWITTER: @COACHPIRILLO
VOXER: COACHPIRILLO

