

# Superhero Show Down

## 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

## ORGANIZATION:

STUDENTS NEED TO HAVE A PARTNER AND DECK OF HERO CARDS. THE PAIR OF STUDENTS WILL DIVIDE THE DECK EQUALLY AMONGST THEMSELVES.

## ACTIVITY DESCRIPTION:

THE STUDENTS WILL COUNT TO THE NUMBER 3 AND FLIP THE TOP CARD FROM THEIR DECKS. WHICHEVER STUDENT HAS THE HIGHEST CARD, GETS TO CHOOSE ONE OF THE ACTIVITIES SHOWN. THE AMOUNT OF REPS IS THE NUMBER FROM THE CARD. EXAMPLE: CARDS ARE FLIPPED AND ONE SHOWS 9 PUSHUPS THE OTHER IS 13 FROG JUMPS. THE STUDENT WITH THE HIGHER NUMBER PICKS ONE OF THE TWO ACTIVITIES FOR THEM TO PERFORM TOGETHER. WHOEVER CHOOSES THE ACTIVITY, GETS TO TAKE THE CARDS TO ADD TO THEIR DECK.

# 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. WHICHEVER STUDENT ADDS THE TWO NUMBERS UP FIRST, GETS TO CHOOSE WHICH CARD TO USE.
2. USE THE CARDS AS WAYS TO "BUY" BACK INTO A TAG GAME.
3. STUDENTS FLIP THE TOP CARD FROM THEIR STACK AND PERFORM THE ACTIVITY OF THE HIGHER CARD.
4. STUDENTS FLIP THE TOP CARD FROM THEIR STACK AND PERFORM THE ACTIVITY OF THE LOWER CARD.

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7



PUSH-UPS

14



SWIMMERS

10



CURL DOWNS

12



FLOOR TAPS

20



MOUNTAIN CLIMBERS

9



FROG JUMPS

11



JUMP PLANKS

8



SQUAT THRUSTS

6



BODY FOLDS

14



PUSH-UPS

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JUMP PLANKS

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SQUAT THRUSTS

9



BODY FOLDS

15



PUSH-UPS

7



SWIMMERS

9



CURL DOWNS

18



FLOOR TAPS

22



MOUNTAIN CLIMBERS

8



FROG JUMPS

14



JUMP PLANKS

12



SQUAT THRUSTS

13



BODY FOLDS

14



SCISSOR KICKS

8



CURL-UPS

12



SQUATS

18



JUMPING JACKS

17



JUMPING JILLS

8



SKI JUMPS

15



LEG LIFTS

10



BELL JUMPS

12



SWITCH KICKS

8



SCISSOR KICKS

14



CURL-UPS

8



SQUATS

12



JUMPING JACKS

14



JUMPING JILLS

18



SKI JUMPS

12



LEG LIFTS

15



BELL JUMPS

10



SWITCH KICKS

12



SCISSOR KICKS

10



CURL-LIPS

14



SQUATS

8



JUMPING JACKS

10



JUMPING JILLS

12



SKI JUMPS

13



LEG LIFTS

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BELL JUMPS

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SWITCH KICKS



10



SCISSOR KICKS

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CURL-UPS

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JUMPING JACKS

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JUMPING JILLS

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LEG LIFTS

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BELL JUMPS

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SWITCH KICKS

10



CROSS OVERS

14



ARM SWITCH

8



SHOULDER TAPS

9



GENIE SITS

20



STEAM ENGINES

7



SUPERMANS

16



SHOULDER PRESSES

11



REVERSE CURL-UPS

15



CALF RAISES

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CROSS OVERS

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ARM SWITCH

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SHOULDER TAPS

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GENIE SITS

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STEAM ENGINES

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SUPERMANS

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SHOULDER PRESSES

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REVERSE CURL-UPS

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CALF RAISES

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CROSS OVERS

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ARM SWITCH

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SHOULDER TAPS

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GENIE SITS

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SHOULDER PRESSES

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REVERSE CURL-UPS

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CROSS OVERS

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ARM SWITCH

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SHOULDER PRESSES

15



REVERSE CURL-UPS

10



CALF RAISES

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