Figures Buylet

OBJECTIVES:

STUDENTS WILL DEVELOP MUSCULAR ENDURANCE.

STUDENTS WILL KEEP TRACK OF THEIR OWN BOARDS.

THE STUDENTS WILL FOLLOW THE DIRECTIONS OF THE ACTIVITY.

SKILLS AND CONCEPTS:

MUSCULAR STRENGTH, MUSCULAR ENDURANCE, CARDIOVASCULAR ENDURANCE

-EQUIPMENT:

ONE BINGO BOARD PER STUDENT, TALLY MARKERS, DRY ERASE POCKETS, DRY ERASE MARKERS, ONE DEVICE WITH DECIDE NOW APP (OPTIONAL)

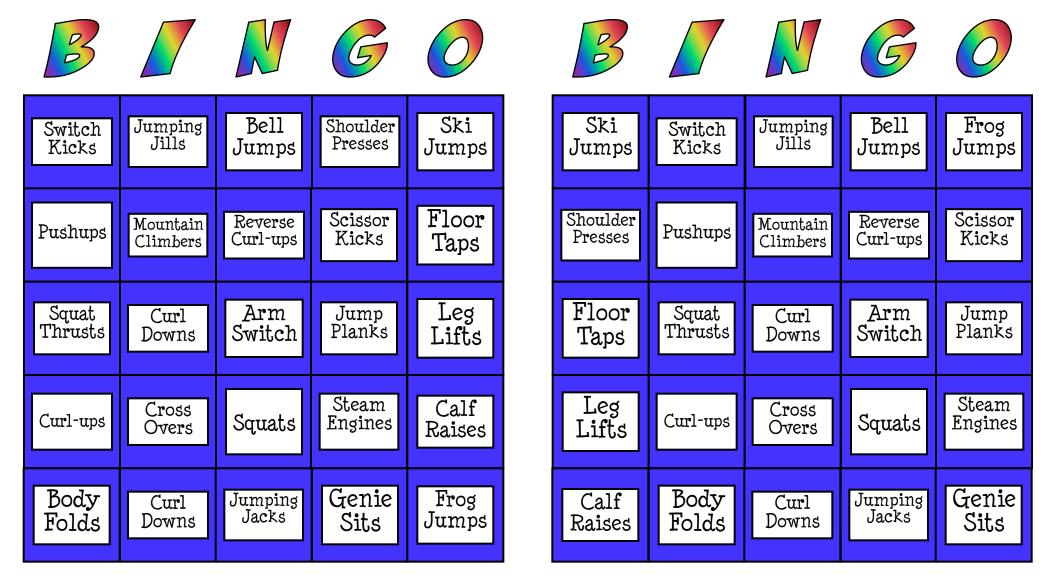
ORGANIZATION:

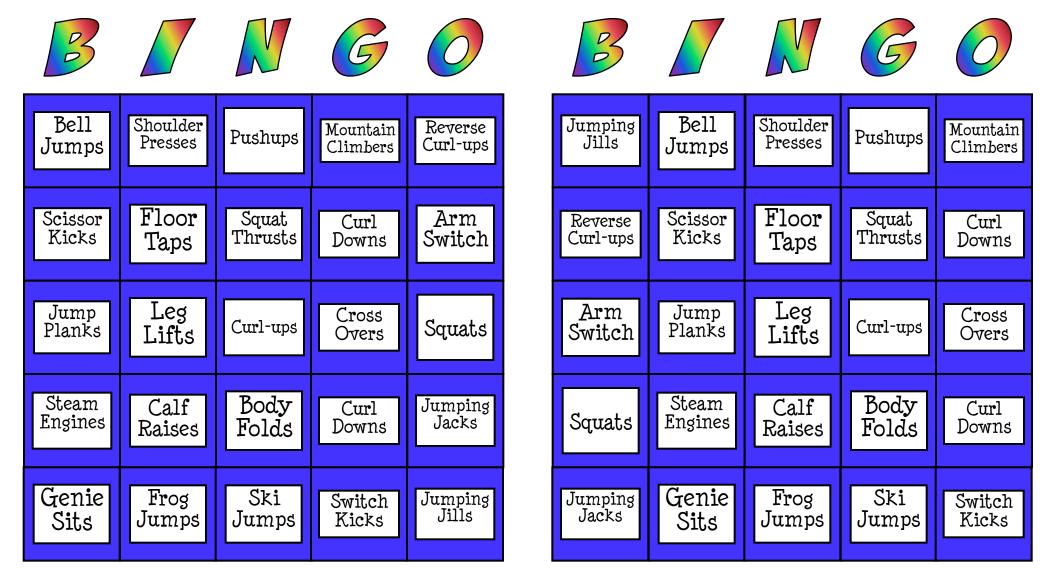
GIVE EACH STUDENT A LAMINATED BINGO CARD AND DRY ERASE MARKER. YOU COULD USE THE DRY ERASE POCKETS INSTEAD OF LAMINATING THE BINGO CARDS OR THE TALLY MARKERS IF YOU HAVE ENOUGH. THE STUDENTS WILL NEED TO HAVE THE CARDS ON THE PERIMETER OF THE GYM.

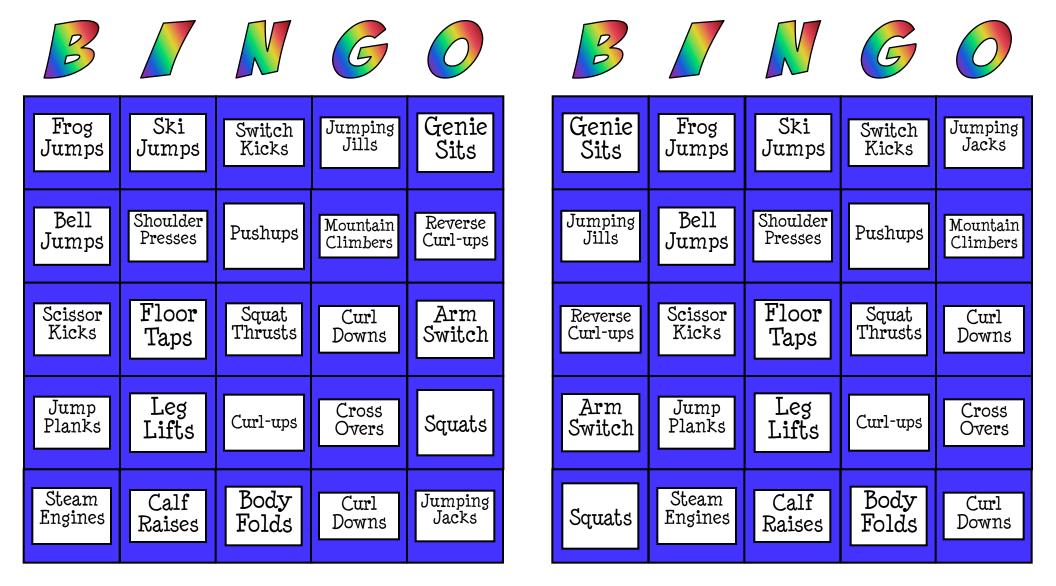
ACTIVITY DESCRIPTION:

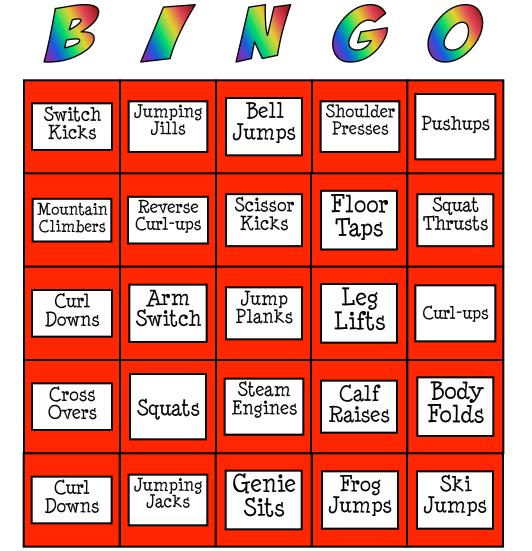
STUDENTS WILL START BY JOGGING FOR ONE MINUTE. AFTER A MINUTE IS UP, THE STUDENTS WILL GO BACK TO THEIR BOARD. THE TEACHER WILL THEN SELECT AN EXERCISE USING THE DECIDE NOW APP. IF YOU DON'T HAVE THE APP, JUST SELECT ONE OF THE EXERCISES FOR THE STUDENTS TO PERFORM OR YOU CAN USE THE SPIN IT APP BY JARROD ROBINSON. THEY WILL PERFORM THE SKILL FOR 20 SECONDS AND MARK OFF THE EXERCISE. WHEN 20 SECONDS ARE UP, THE STUDENTS WILL START JOGGING AGAIN FOR ONE MINUTE AND REPEAT THE PROCESS. WHEN A STUDENT GETS A "BINGO" HAVE THEM YELL "I LOVE TO EXERCISE" OR ANY OTHER PHRASE YOU WANT THEM TO USE. HAVE THE STUDENTS ERASE THE BOARDS TO PLAY AGAIN.



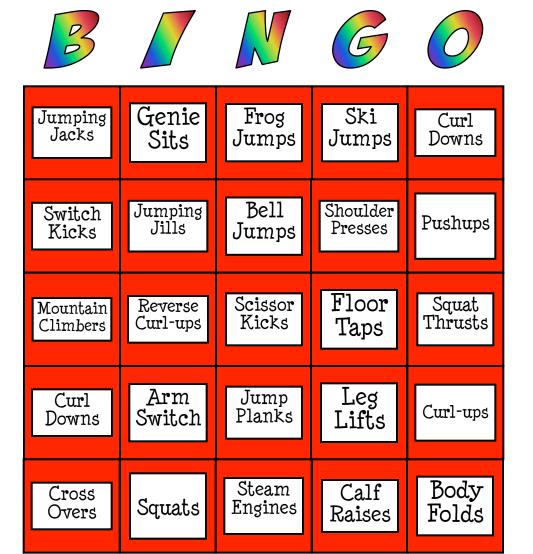


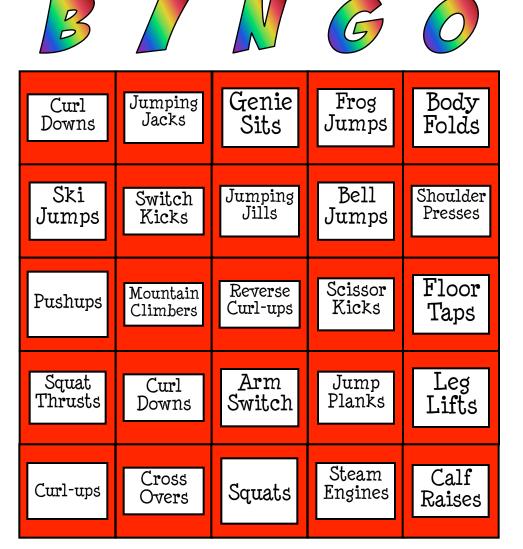


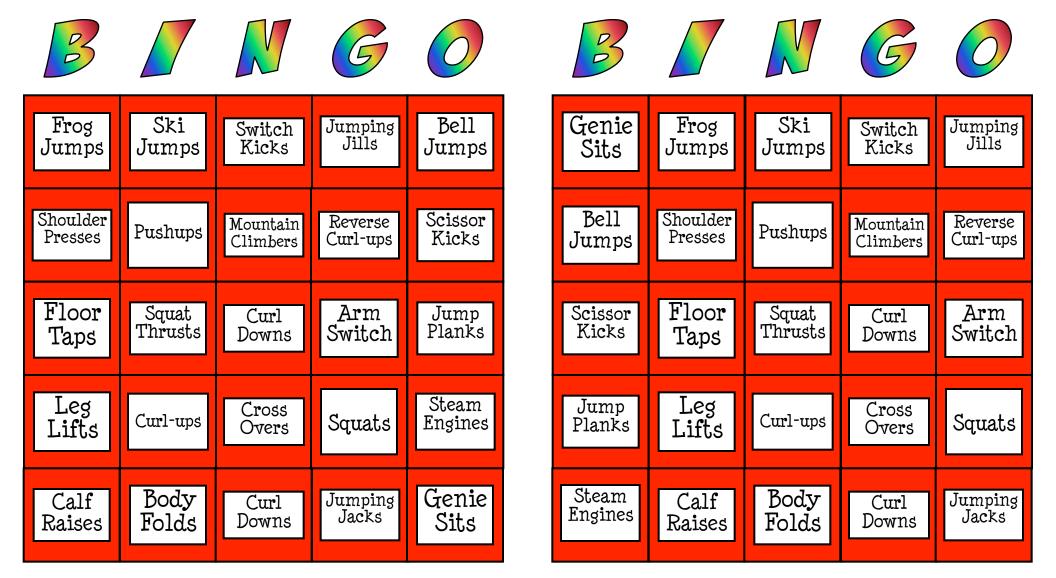














Calf	Body	Curl	Jumping	Steam
Raises	Folds	Downs	Jacks	Engines
Genie	Frog	Ski	Switch	Jumping
Sits	Jumps	Jumps	Kicks	Jills
Bell	Shoulder	Pushups	Mountain	Reverse
Jumps	Presses		Climbers	Curl-ups
Scissor	Floor	Squat	Curl	Arm
Kicks	Taps	Thrusts	Downs	Switch
Jump Planks	Leg Lifts	Curl-ups	Cross Overs	Squats



Raises

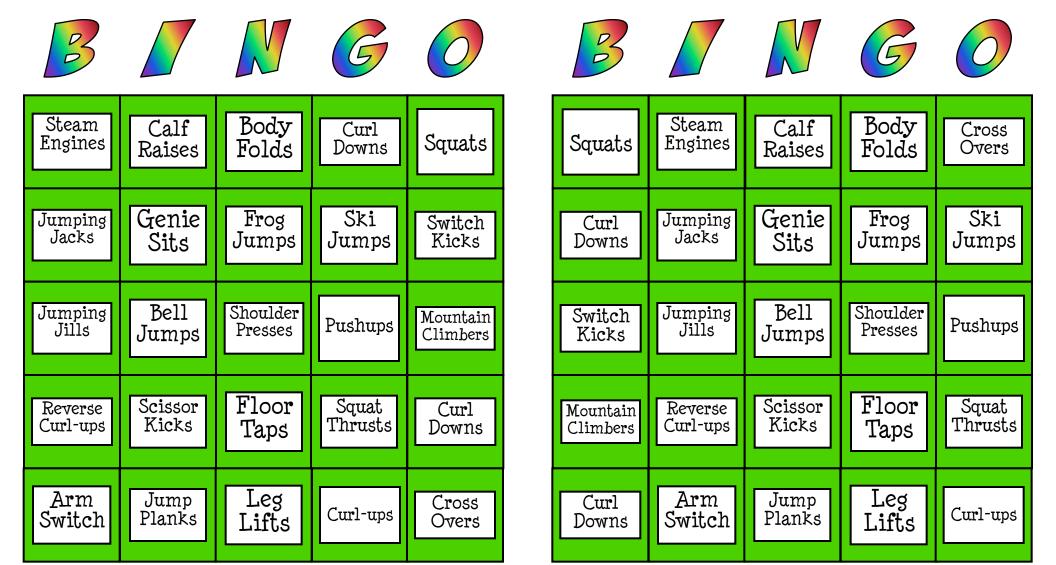
Folds

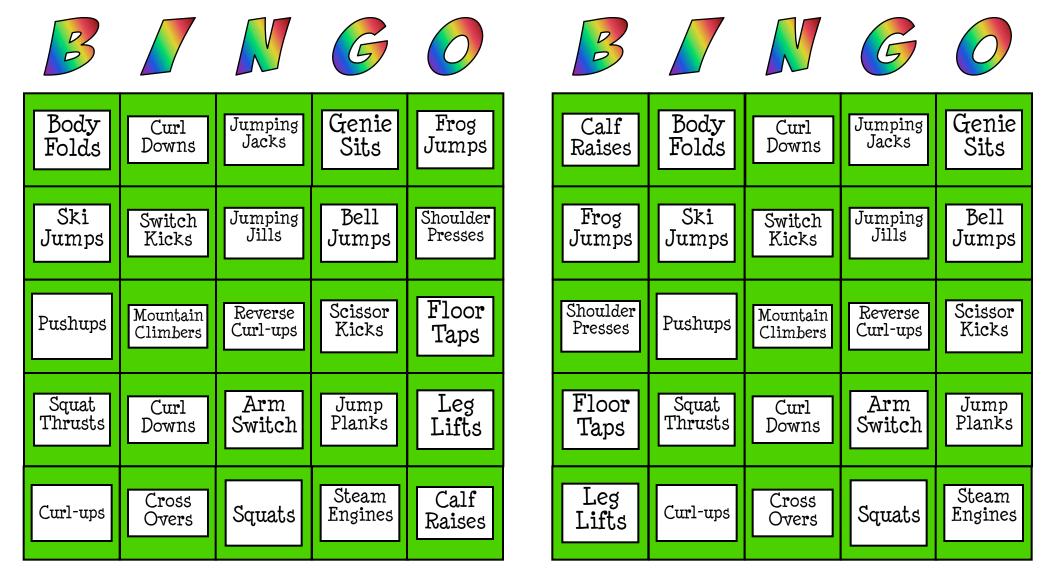
Downs

Squats

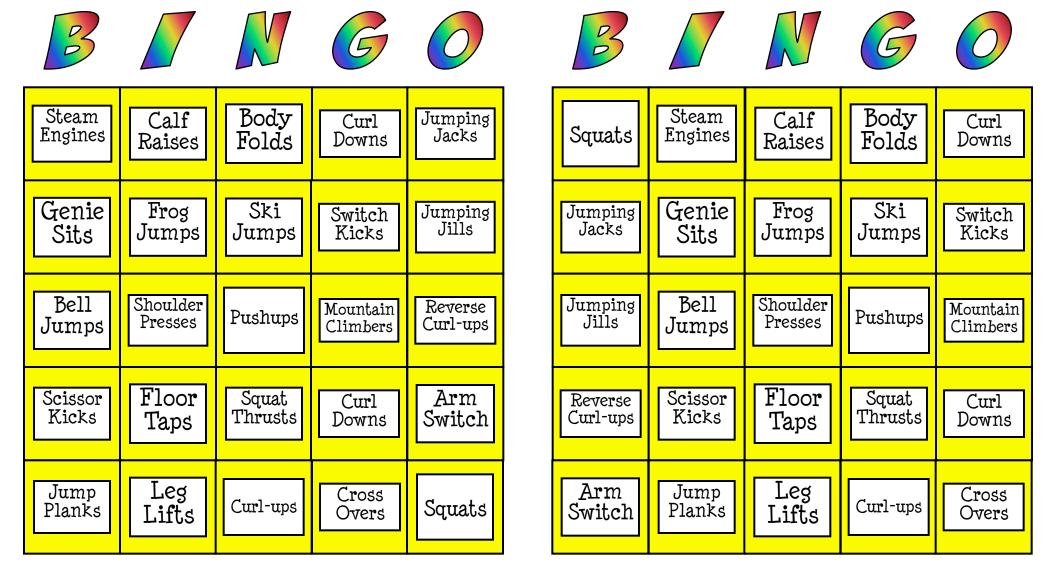
Engines

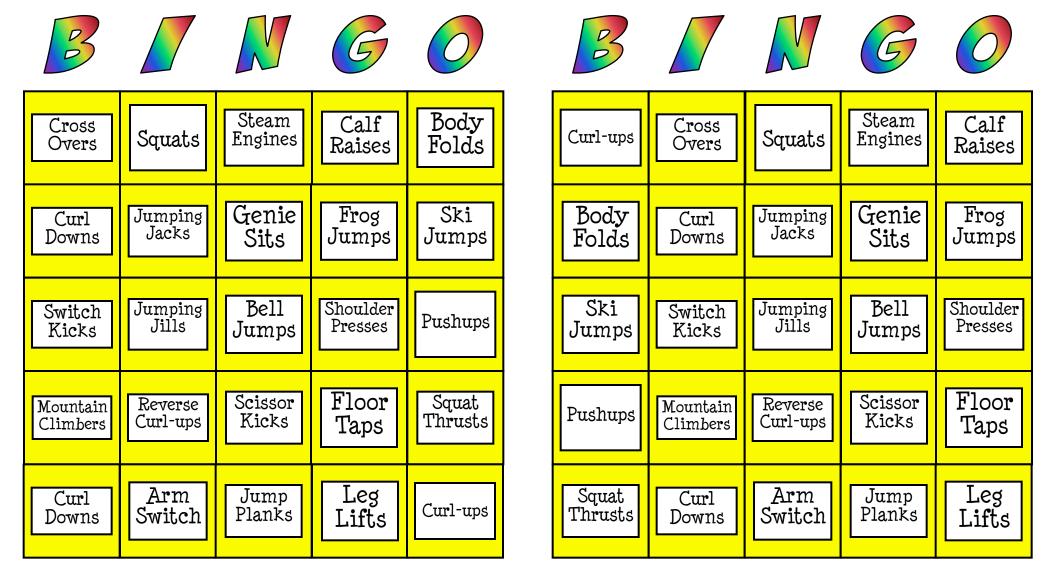


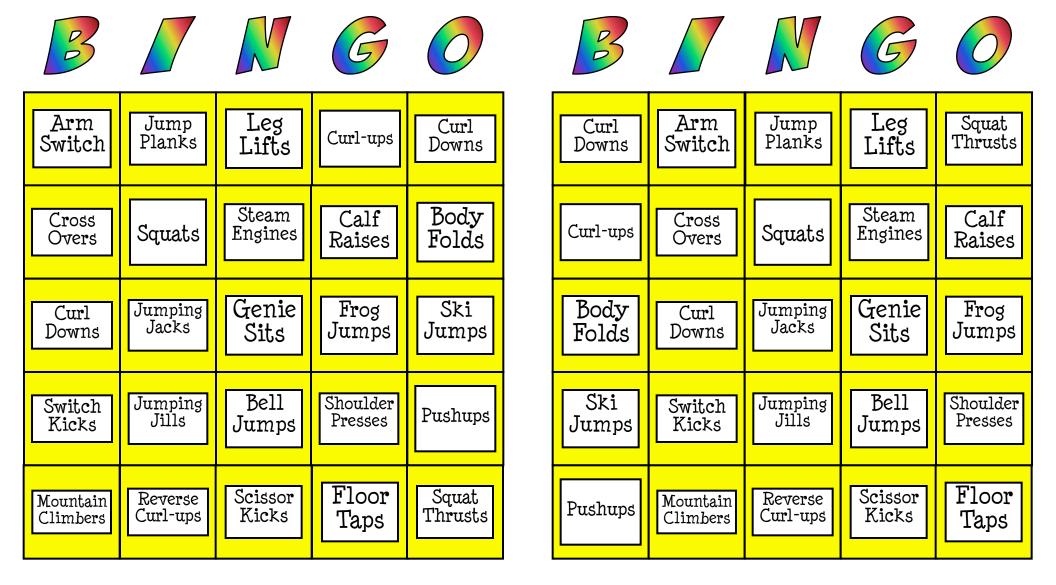


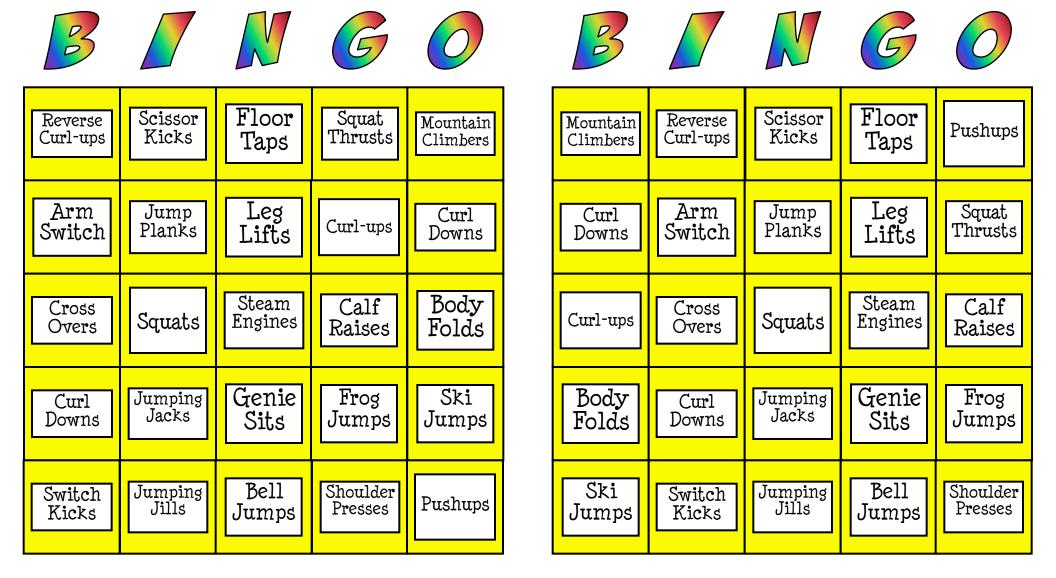


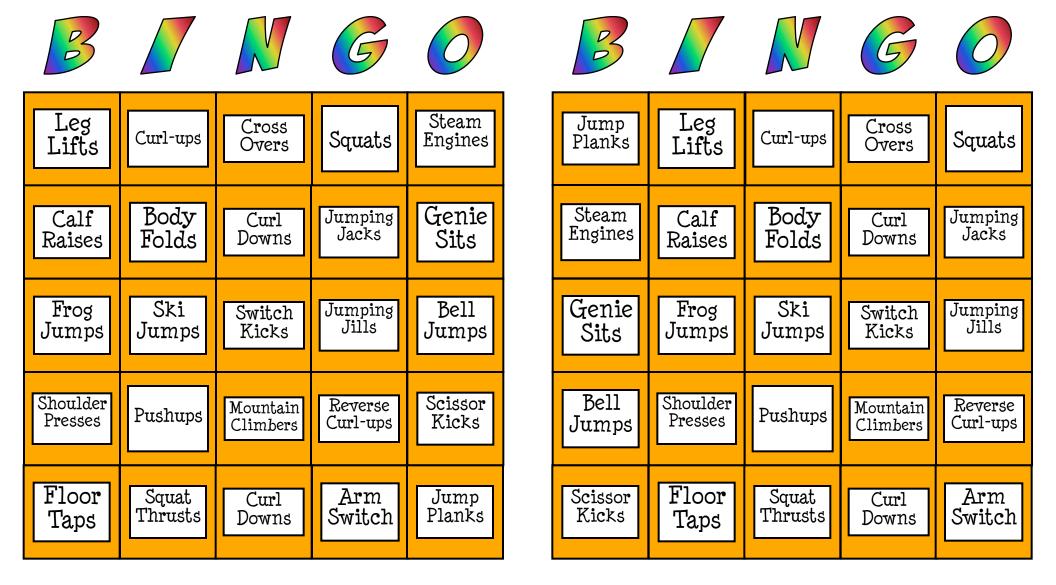


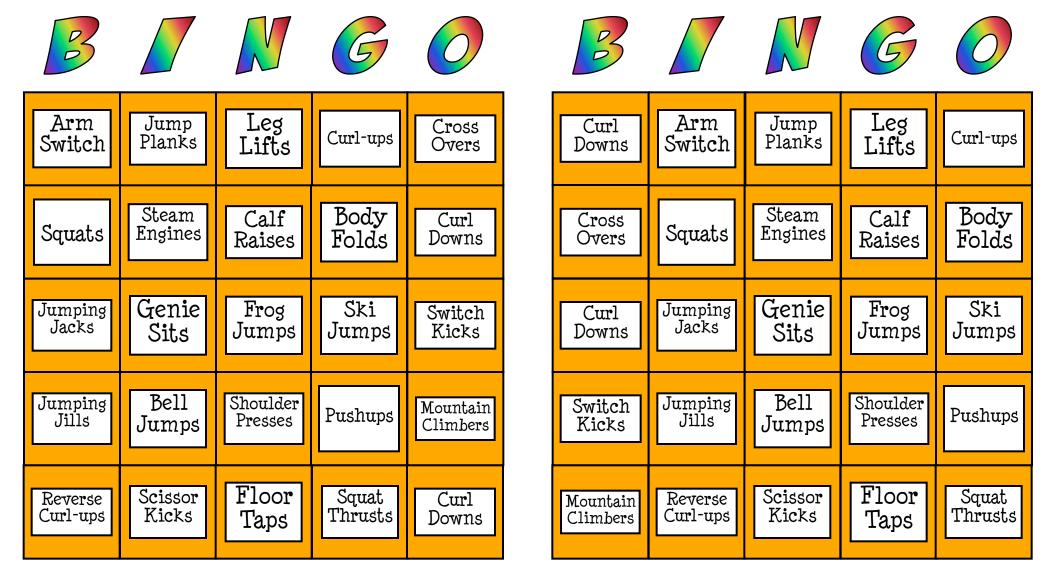


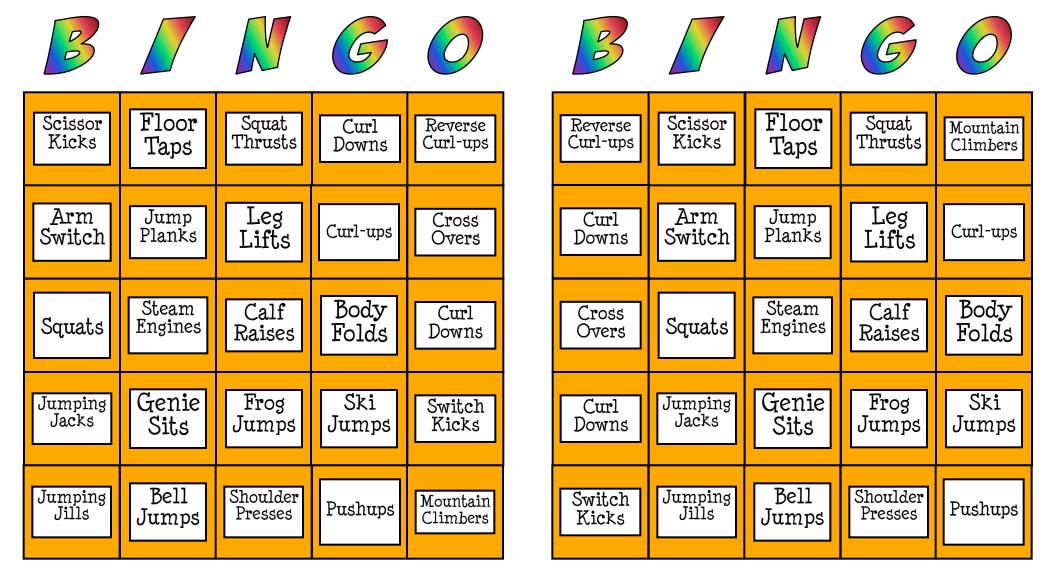


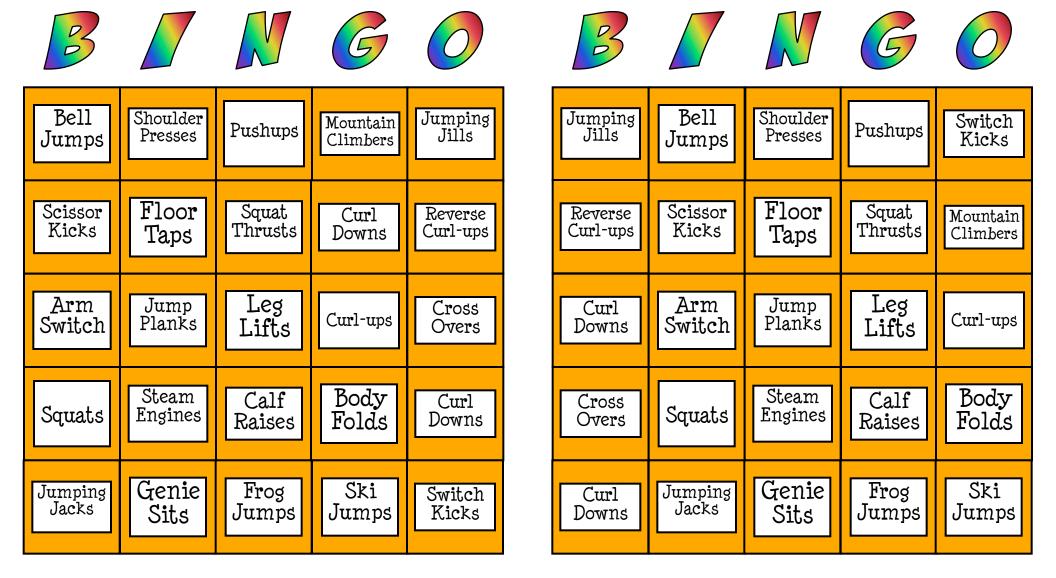


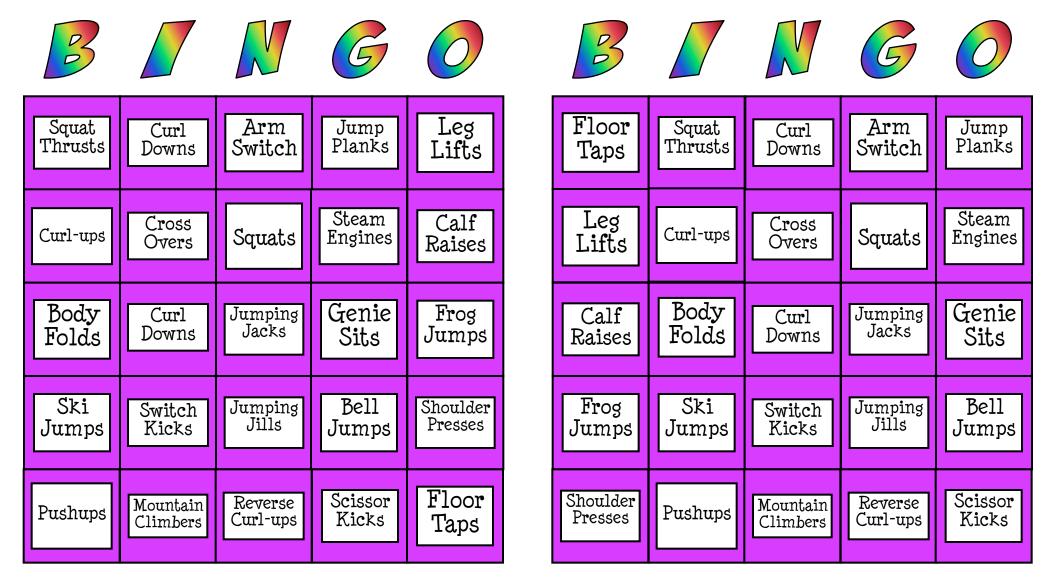




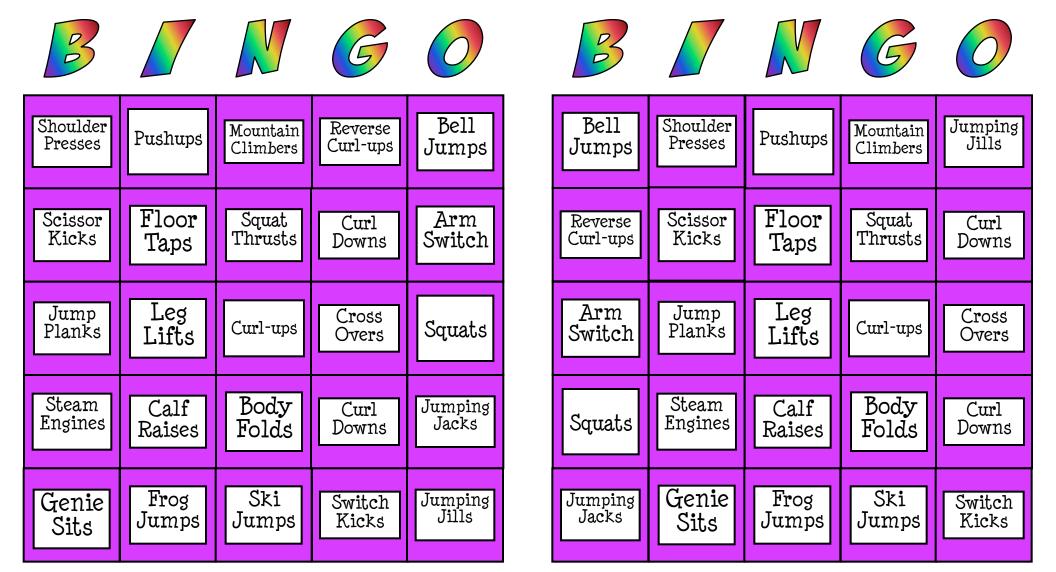


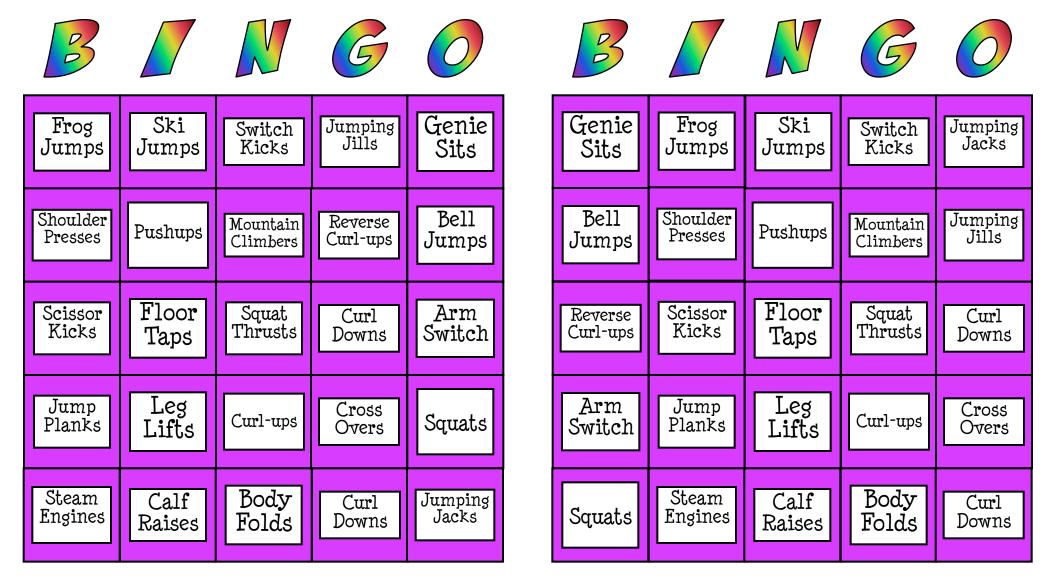


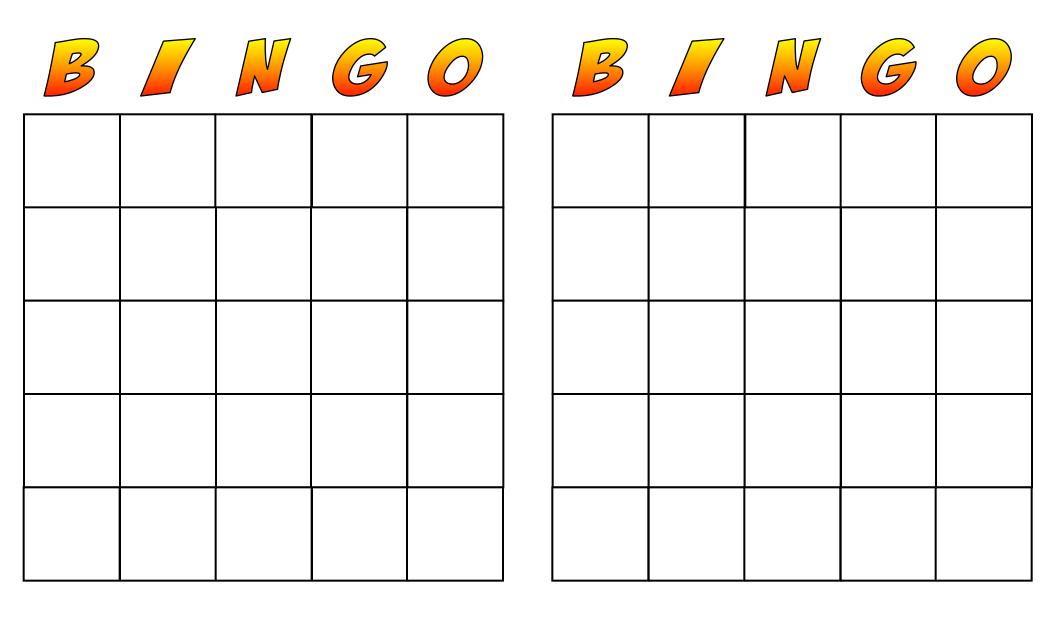












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Thank You

THANK YOU FOR BEING COMMITTED TO MAKING OUR CHILDREN LEARN HOW TO LIVE A HEALTHIER LIFESTYLE. I HOPE THEY WILL ENJOY THE FITNESS ACTIVITIES AND LEARN HOW TO KEEP THEMSELVES PHYSICALLY ACTIVE. REMEMBER FITNESS CAN BE FUN!