

# Morning Fitness

## Term 1 - 2014



### Prep - Year 2

	2	3	4	5	6	7	8	9	10
Clumps	Prep	2MR	2KE	1SL	1LO	Prep	2MR	2KE	1SL
Balances	1LO	Prep	2MR	2KE	1SL	1LO	Prep	2MR	2KE
In & Out of the Water	1SL	1LO	Prep	2MR	2KE	1SL	1LO	Prep	2MR
Adventure Playground	2KE	1SL	1LO	Prep	2MR	2KE	1SL	1LO	Prep
Just Dance	2MR	2KE	1SL	1LO	Prep	2MR	2KE	1SL	1LO

### Year 3 - 6

	2	3	4	5	6	7	8	9	10
Knee / Toe Tag	3LS	6MS	6EK	5EM	5DD	4CD	4JW	3JL	3LS
3 on 1	3JL	3LS	6MS	6EK	5EM	5DD	4CD	4JW	3JL
Hospital Tag	4JW	3JL	3LS	6MS	6EK	5EM	5DD	4CD	4JW
Relay Races	4CD	4JW	3JL	3LS	6MS	6EK	5EM	5DD	4CD
Chain Tiggly	5DD	4CD	4JW	3JL	3LS	6MS	6EK	5EM	5DD
Everybody Is It	5EM	5DD	4CD	4JW	3JL	3LS	6MS	6EK	5EM
Novelty Starts	6EK	5EM	5DD	4CD	4JW	3JL	3LS	6MS	6EK
Oval Laps / Heart Rate	6MS	6EK	5EM	5DD	4CD	4JW	3JL	3LS	6MS



## **PREP - YEAR 2**

### **Clumps**

Students move around performing different locomotion skills (running, skipping, hopping, jumping etc)  
Teacher calls out a number and students must form a group of that number.

Variations

- Teacher can call out an equation and students make the answer
- Students can not be in a group with someone they have already made a group with
- Students eliminated if they do not find a group

### **Balances**

Students come up with different ways to balance their body on the ground. Spend time with students working individually on balances, in pairs, and in groups. Give guidelines eg. 1 hand 1 foot, 2 hands 1 foot, 2 feet 1 hand etc. When working in pairs and groups students are allowed to hold hands and lean on one another to support the balance.

### **In & Out of the Water**

Students line up behind a line. On the teachers command "Into The Water" students jump over the line. On the teachers command "Out Of The Water" students jump back over the line. Students need to listen carefully to the commands and follow, if they perform the wrong jump on the command they are out. Out students make a new line and can be brought back into the game if they are first to complete a jump.

### **Adventure Playground**

Students use Adventure Playground equipment. Set a variety of suitable circuits for the children to complete. Have students start at different points of the playground.

### **Just Dance** (In the classroom)

Using the IWB, search Just Dance on Youtube. Here you will find hundreds of songs that have dance moves displayed. Select a song for students to follow.

Variations;

- Break the class into teams and have them compete against each other.
- Some songs have several dancers, break the class into groups of the same number to compete against each other

## **YEAR 3 - YEAR 6**

### **Knee / Toe Tag**

Students form pairs and face one another roughly 2 - 3 feet apart. The object of Knee Tag is to tag their partners knee with their hand, the object of Toe Tag is to tag their partners foot with their foot. They each count up the number of tags they make in a given time eg. 30 seconds. Swap partners every round.

### **3 on 1**

Students form groups of 4. 3 students hold hands in a circle, while 1 student is a tagger. The 3 students select 1 student for the tagger to tag. The tagger is only allowed to make a tag around the outside of the circle and must not try to break through the circle. When a tag is made or after a set time eg 30 seconds, swap the tagger.

### **Hospital Tag**

All students are it. When a tag is made the student tagged must place a hand on the part of their body that was tagged and continue playing. If they are tagged again they will place their other hand on their body where the 2nd tag was. If they are tagged a 3rd time they are out.

### **Relay Races**

Break students up in to 4 - 5 even groups. 1st student of each group runs to the other end and back, tagging next runner to start.

Variations;

- Skipping, Jumping, Hopping

### **Chain Tiggy**

Students form pairs and hold hands. 1 pair begins as 'it' trying to tag other pairs. When a tag is made they join the 'it' pair all holding hands. The game ends when all pairs are caught.

### **Everybody Is It**

Students are all 'it'. When a tag is made the student tagged must sit down in that spot. When tagged, students must continually watch their tagger, as when they are tagged, they are allowed back into the game. If 2 students tag each other at the same time, they rock, paper, scissors to see which student stays in and which sits down.

### **Novelty Starts**

Students race each other in groups of 5 over 15 - 20 metres from different starting positions. Sitting down, kneeling down, lying down, standing backwards etc. On your command of "Ready, Set, Go" students stand up and race each other to the other end.

### **Oval laps / Heart Rate**

Students run laps of the oval. After 2 laps stop the students, have them find their pulse on their wrist or neck. Students count their pulse for 6 seconds, then multiply by 10 to give beats per minute. Then have students continue running laps and take their pulse after 4 laps. Compare the results. Were they different? Why?