

## Sixth Grade and Up

### **Ridge Runner**

Purpose of activity: To motivate students to jog at the beginning of the class while learning about the Appalachian Trail. It is a nice way to integrate math into the curriculum as well.

Material needed: Map of Appalachian Trail, goal destination posters, walking space, calculator and ruler.

Directions: Students keep track of how far they walk or run (using a treadmill, track or a marked trail makes it easier for them to record their distance). The class adds up their miles at the end of the week. After each week, wherever the students “end up” on the trail they do an internet search or class project about their destination. Activity continues until they have finished the entire trail. (PE Central)

### **Scavenger Hunt**

Purpose of activity: to increase physical activity while demonstrating how to work in groups.

Materials needed: Cones, magic markers, and 1 index card for each student.

Directions: Spread cones throughout playing area at random. Under each cone is a different colored marker. Leave some cones without markers so they are decoys. Have students get into small groups and give each student an index card and each group a different color marker to find. All members of the group must make a mark on their card with the color their teacher assigned them. They do this by going out into the playing area, lifting the cones and seeing what colored marker is under the cone. Group members do not necessarily have to stay together during the search. However, they must be together when they show the teacher they have found the correct color and marked their card correctly. After the group shows the teacher the correct color, inform them of the next color they must find. Have students check pulse before and after activity. (PE Central)

### **Pedometer Calorie Count**

Purpose of activity: To get kids to start thinking about food and calories they put into their bodies and how much work it takes to burn those excess calories.

Materials needed: One pedometer per student, at least one food label per student, and equipment for activity (balls, ropes, hoops, etc.).

Directions: Start lesson by reviewing a food label with the students so they remember how to find the serving size and calories per serving. Explain they can

choose a food label of a food they would like to eat. Show them how to put their weight into their pedometers or they can skip that part. Once they have their label, they are free to pick the activity of their choice to burn the amount of calories in their food. The challenge is to try to burn the number of calories in one serving of their chosen food before their class is over. (PE Central)

### **Spell to be Fit**

Purpose of activity: To do physical activity while learning spelling words.

Materials needed: None

Directions: Have students do teacher advised (or student advised) activity while practicing their spelling words. Activities can include lunges, stretches, sit-ups, etc.) (Take 10!)

### **Free Dance**

Purpose of activity: An energizer for the end of class and to provide students with physical activity during music class.

Materials needed: Boom box, up beat music.

Directions: Provide students with 5-10 minutes at the end or beginning of class to free dance to music. Other ideas are to teach dance moves of the 40's, 50's, etc and practice to music of that decade. You can also expand the idea to a theme day, for example a 50's Dance Day where students can dress up, learn dance moves and have period at the end of the day for a dance party. (PE Central)

### **Healthy Science**

Purpose of activity: Providing a chance for activity while learning about heart health.

Materials needed: Paper, tape and markers

Directions: As part of a heart healthy lesson, choose 5 students to be taggers. Each tagger represents one of the heart disease risk factors (lack of activity, poor nutrition, overweight, smoking and stress.) If the student is tagged by: the lack of physical activity, they must do 10 jumping jacks; poor nutrition, they draw a picture of a healthy food; overweight, they run in place for 15 seconds; smoking, they say "I won't smoke" 5 times; stress, take 5 deep breaths.