



FITNESS ACTIVITY SUPPLEMENT

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PURPOSE

Participants will be able to:

- Increase physical fitness through participation in fitness activities.
- Understand the importance of increasing physical fitness to 60 minutes a day.

ACTIVITY I

Mirror Image Stretching

Supplies/Equipment Needed:

- None

Instructions:

1. This activity is designed to improve stretching skills as well as control body movement.
2. Make sure that participants are familiar with the proper way to do stretching exercises outlined in "What's Up With The Label" lesson before conducting this activity.
3. Have participants find a partner and face each other. Make

FITNESS FACTS

- The average person walks 70,000 miles during their lifetime.
- The 650+ muscles in the human body account for only 50% of its total weight.
- A pound of muscle will burn six calories at rest while a pound of fat will burn only two calories.

ACTIVITY 1 CONTINUED Mirror Image Stretching

sure each pair has plenty of space to spread out.

4. One person will take the lead first and do a series of stretches for 3 minutes which will be timed by the instructor. Their partner will be their mirror image, trying to match their stretches in the correct way.
5. Switch roles and let the other participant lead in doing stretches while their partner demonstrates the mirror image.
6. The goal is not to try and make the partner doing the mirror image make a mistake, but for the teams to be in sync, moving at the same speed and doing the same motions.
7. If participants are doing a good job of doing the mirror image, try having them do the reverse mirror image of the stretches.

**Questions you might ask...**

- What made this activity difficult?
- What stretches are the most difficult to do?
- Why is it important to stretch before doing physical activity?

ACTIVITY 2

Lilly Pad Leap Frog

Supplies/Equipment Needed:

- 6 hula hoops (or lengths of rope tied to make large circles)
- 4 carpet squares or poly-dots
- 4 cones

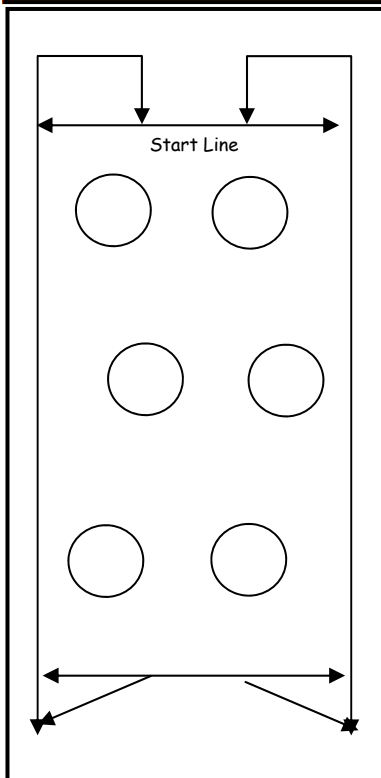
Instructions:

1. Set up the course as shown on page 3.
2. Divide the group into teams. Teams will compete against each

ACTIVITY 2 CONTINUED

Lilly Pad Leap Frog

Lilly Pad Leap Frog Diagram



other to see who can complete their Lilly Pad Leap Frog course in the best time with the fewest "froggers" (mistakes).

3. Team members will hop like a frog from one lilly pad (hula hoop) to the next until they complete the course. That participant will then return to the starting line by sprinting back on the shore (outside the boundary) and tag the next player.
4. The lilly pads (hula hoops) will be placed about 4 feet apart to begin with. This distance is fairly manageable for most to jump.
5. Each team will be given 2 carpet squares that will serve as safe spots for their team. The team will discuss as a group where the best places would be for them to place their carpet squares in their course that would allow them to make it through the course without getting out of the designated areas. Give teams 2 minutes to discuss and place their carpet squares on their course.
6. When the race begins, if a team member places a foot, hand or any part of their body outside of the lilly pad areas or their safe spots (carpet squares), that will be counted as a "frogger" or mistake. The instructor will keep track on a piece of paper of the "froggers" for each team!
7. If the course is easy for participants, increase the distance between the hula hoops to create a harder course! Repeat the game as many times as you wish or until they are unable to jump the distances.

Questions you might ask...

- What skills were needed for teams to be successful at this activity?
- What was the strategy used to determine where to place your safe spots? Who made the decision and why?
- Was every member involved in making decisions? If not, how could you improve this?
- What muscles did this activity use?



ACTIVITY 3**Fitness Charades****Equipment/Supplies Needed:**

- Index cards
- Paper
- Pencils or pens
- Stop watch
- Bowl or box

Instructions:

1. This activity is identical to the real game of Charades, but the words to be acted out all relate to fitness.
2. The instructor may use the list of fitness activity statements listed on page 5 to create the words to be acted out. Write each word on an index card with a pencil or pen.
3. Place the in index cards in a bowl or box.
4. Divide the group into two teams. Each team will select a member to go first. That team member will draw a card and will have one minute to act out their fitness activity statement using only movement. No words or sounds may be made by participant. Team members will try to guess what the fitness activity statement is.
5. The instructor will use a stop watch to time each group and keep score on a piece of paper. Teams will get two points for guessing correctly. If a team does not guess the correct fitness statement in one minute, the other team may take a guess. If they are correct, they earn one point.
6. Alternate Option: Instead of providing fitness activity statements, provide each participant with an index card and have them write down a fitness activity on their card. Use these for the game.

Questions you might ask...

- Which fitness activity was the hardest to portray? Why?
- Which of these activities have you never done and would like to try?
- Which of these activities is your favorite?



ACTIVITY 3 CONTINUED

Fitness Charades

Fitness Activity Statements— copy these statements to index cards and place in a bowl or box for teams to draw.

<i>Hiking a trail</i>	<i>Kayaking the rapids</i>
<i>Rappelling a cliff</i>	<i>Pushing the merry-go-round</i>
<i>Climbing a tree</i>	<i>Rollerblading in the park</i>
<i>Running a marathon</i>	<i>Jumping the high jump</i>
<i>Biking around city</i>	<i>Playing basketball</i>
<i>Walking three miles</i>	<i>Marching up and down stairs</i>
<i>Swimming a relay</i>	<i>Hitting tennis balls</i>
<i>Rowing a canoe</i>	<i>Swinging a golf club</i>
<i>Lifting free weights</i>	<i>Dancing to music</i>
<i>Ice skating at the rink</i>	<i>Kicking a soccer ball</i>

ACTIVITY 4

Kick Ball Tag

Equipment/Supplies:

- Soccer Ball or some type of kick ball
- Level, open field

Instructions:

1. Ask for a volunteer from participants. That individual will be "it" first.
2. Have remaining participants get in a circle and hold hands. Stretch out the circle as much as possible and drop hands. Participants then stand with their feet apart at least 2 feet.
3. "It" will be on the outside of the circle. He/she will kick the ball around the outside of the circle at least one full time and then they will kick the ball between the legs of one of the participants standing in the circle. At that time,



**ACTIVITY 4 CONTINUED****Kick Ball Tag**

"it" will take off running in clockwise direction around the circle and will take the place of the person whom he/she kicked the ball through their legs. That person is to chase "it" in a clockwise direction and try to tag them before they get back to the correct spot. If "it" makes it to the correct space before being tagged, they are safe and the other person becomes "it."

- Once the ball comes into the circle, all remaining participants will keep the ball moving around inside the circle by kicking the ball. Once play ends, they will kick the ball back out of the circle to "it" and play will continue.

Questions you might ask...

- What muscles are you using in this activity?
- How many minutes of physical activity should kids have each day?
- Besides soccer, what are other sports that require you to run and use a ball?

ACTIVITY 5**Backwards Frisbee Baseball****Equipment/Supplies:**

- Frisbee
- Level, open field or baseball field
- 4 bases or poly dots

Instructions:

- This game is just like baseball, but with a twist! Divide participants into two teams, with a minimum of 5 people on each team.
- Set up a baseball diamond on an open field, or if you have access to a baseball field, you may use that location.
- The Frisbee serves as the "ball." The batter will step up to home plate and bat by throwing the Frisbee as far as they can. If the Frisbee is a foul ball, they will throw again until they throw the Frisbee onto the field.



ACTIVITY 5 CONTINUED Backwards Frisbee Baseball

4. When the Frisbee is thrown within the baselines, the runner will run the bases backwards from home to 3rd, to 2nd, to 1st and back home.
5. Players in the field will retrieve the Frisbee and throw it to their teammates and try to tag out the runner with the Frisbee.
6. Teams will keep track of outs and runs scored. Play for at least 30 minutes or until all players have had a chance at bat.
7. Alternate option: If no Frisbee is available, use a dodge ball or beach ball and have participants throw it. Another option would be to have participants run the bases in an unusual way. Here are examples or the participants may make up their own list. Avoid running backwards so that participants don't have collisions!
 - From home to 3rd base — crab crawl
 - From 3rd to 2nd base — skip
 - From 2nd to 1st base — hop
 - From 1st to home — sideways slide step facing the field (basketball defensive slide)
8. Alternate option: Challenge participants to throw the Frisbee with their non-dominant hand. If they are right handed, they must throw left handed and vice versa. This will make for an interesting game!

Questions you might ask...

- What strategies did your team use to be successful in getting outs?
- What made this game difficult?
- What muscles were you using while playing this game?
- Why is physical activity good for you?



ACTIVITY 6**Slithering Snake****Equipment/Supplies:**

- Level, open field or a gymnasium

Instructions:

1. This game is designed to get the participants' heart rate up!
2. Participants form a single file line and hold hands. The person at the front of the line is the leader and the head of the snake. It is their job to lay out the path of the slithering snake — the more twisting and turning, the better!
3. The leader will start off walking fast and gain speed until they are running. The rest of the participants are the snake's body. They will follow the leader and try to stay connected at all times. As the leader picks up speed, and twists and turns all over the field, it will become more difficult for the group to stay together!
4. If the head of the snake wraps around and catches the tail — the last person in the line — they will grab hands with the tail and let go of hands with the second person in line. This creates a new head and the new leader will create their own slithering snake path.
5. If the leader doesn't catch the tail, the instructor will need to call "rotate" which will move the head to the tail position.
6. Continue with the game until all participants have rotated to the head position. This activity is sure to bring some laughter and fun!

**Questions you might ask...**

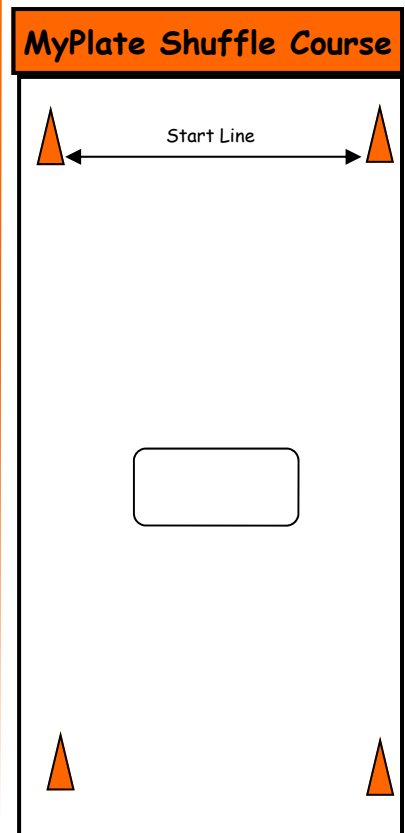
- Which position did you prefer to have on the slithering snake? Why?
- What techniques did you use to keep everyone connected?
- What benefit does getting our heart rate up provide to our bodies?

ACTIVITY 7**MyPlate Shuffle****Equipment/Supplies:**

- Food models or food cards representing all food groups
- 2 plates
- 2 dish towels
- 4 cones
- 1 table
- Large room or level, open field

Instructions:

1. Set up the MyPlate Shuffle course as shown in the diagram to the right. Place the table in the middle of the room or field. Place two cones for the start line and two cones for the turn around point. Cones should be approximately 20-25 yards apart. Place the food models or cards on the table. There should be enough food models or food cards for every person to be able to select a minimum of 3 foods. If you can have enough for each person to choose one food from each food group, that is ideal.
2. Divide the participants into two teams. Teams will line up single file behind the start line. The first person in each line will have the plate.
3. One at a time, team members will carry the plate with one hand like a waiter and place the dish towel over their opposite arm and hold it out in front of them. They will walk down to the table where the food models or food cards are located. The team member will choose foods to fill their plate that represent a balanced meal (one protein, one dairy, one fruit, one vegetable and one grain). If a food group runs out, they will fill their plate with the food groups that are available and leave the other(s) empty.
4. The team member will continue down the course, holding the plate and towel like a waiter, to the cone, make a loop around it and return to the start line. That team member will keep the foods from their plate and hand the plate off to the next player. Continue with the relay until all participants have had their turn.
5. If a team member drops foods off of their plate, they will leave them on the ground and lose that point.

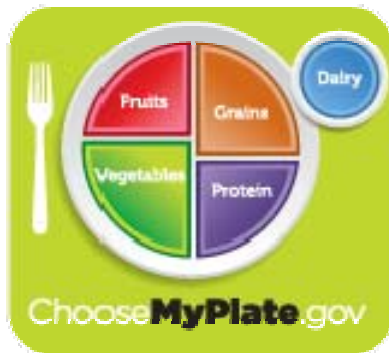


ACTIVITY 7 CONTINUED**MyPlate Shuffle**

6. Teams earn points for each correct food on their plate. If they duplicate a food group — for example, if they have two proteins, a fruit, a dairy, a grain, and no vegetable — they would only get four points. Each person could earn a maximum of five points for their team.
7. After all team members have gone, review each person's meal selections as a group and add up the points for each team. Have the group discuss what was good and bad about each meal.

Questions you might ask...

- * Is every person supposed to eat the same amount from each food group? (no)
- * How are the amounts for each person determined? (age, weight, height, and amount of physical activity)
- * What are some of your favorite foods? Are they good for you or should you try to choose something more healthy?
- * Did you choose foods for your plate in this activity that you like or just choose based on what was available?
- * Did you choose a food that you have not heard of or have not tried? Would you be willing to try it if you could?

**FITNESS FACTS**

- Your blood rushes through your arteries with enough pressure to lift a column of blood 5 feet into the air.
- Exercise not only improves your body, it also helps to improve mental function. Exercise increases energy levels and increases serotonin in the brain, which leads to improved mental clarity.
- Exercise can help to slow or prevent heart disease, stroke, high blood pressure, high cholesterol, type 2 diabetes, arthritis, and osteoporosis.
- You are never too old to exercise! Keep moving even as you get older!



ACTIVITY 8

Dance, Dance, Dance!

Here are a variety of activities all centered around dance! Crank up the music and get your groove on while getting in some physical fitness time!

Equipment/Supplies:

- Sound system or iPod/iPhone docking station
- CD's or iPod/iPhone with a variety of music
- Limbo stick or broom or mop handle

Instructions:

1. **Freeze Dance** — turn on the music and everyone dances. When the music stops, everyone freezes until the music starts again. The instructor will circulate among the dancers and if anyone moves, they are out. To keep the fitness going, they must walk in a circle around the dancers while the music is playing.
2. **Limbo** — form a single file line. Have two volunteers hold the limbo stick, broom or mop handle parallel with the floor. Start at about 5 feet high. All participants must limbo under the stick by leaning back without touching or knocking the stick down. After each round, lower the stick a few inches until only one person remains.
3. **Line Dancing** — Teach participants a line dance! Here's a website where you can find videos for a variety of dances! <http://www.squidoo.com/easy-line-dances>
4. **Square Dancing** — Invite a square dance instructor to teach your participants basic square dancing.
5. **Create a Dance** — Divide participants into small groups of 3-5 people. Assign each group a song or allow them to pick one from a list. Give them 30 minutes to create a dance for the song. Each group will teach the others how to do their dance and then all will perform it together.
6. **Cultural Dance** — Invite a cultural dance troop (Native American, African, etc) to come and demonstrate their traditional dances and teach participants some of the steps.

ACTIVITY 8...CONTINUED

Dance, Dance, Dance!

Questions you might ask...

- What are some health benefits of dancing?
- What is your favorite dance move and what muscles do you use the most when you do that dance move?
- What style of dance would you like to learn?

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REFERENCES

- Mirror Image Stretching was adapted from Mirror Image activity found at:
<http://wilderdom.com/games/PhysicalActivities.html>
- Lilly Pad Leap Frog was adapted from Death Leaps activity found at:
<http://jumpbunch.com/kids-click-here/fitness-games/>
- Soccer Ball Tag was adapted from Crazy Legs activity found at:
<http://jumpbunch.com/kids-click-here/fitness-games/>

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