

## WARRIOR FITNESS

### STUDENT TARGETS

- **Skill:** I will demonstrate correct technique and exercise form.
- **Cognitive:** I will discuss activity options for strength and endurance training.
- **Fitness:** I will discuss the connection between fitness and physical health.
- **Personal & Social Responsibility:** I will demonstrate sportsmanship and cooperation.

### TEACHING CUES

- Focus on Form
- Heart Rate Up
- Spirit of the Game

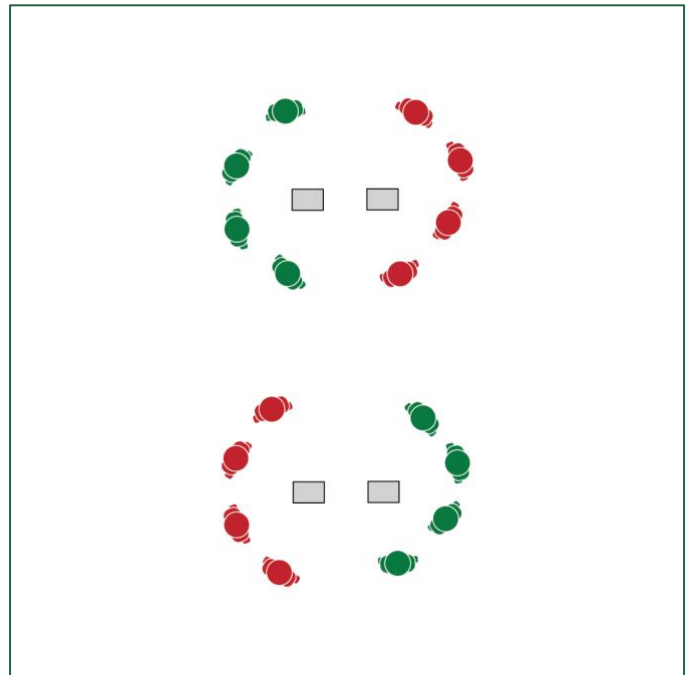
### ACTIVITY SET-UP & PROCEDURE

#### Equipment:

- 1 deck of cards per 4 teams
- Warrior Fitness Exercise Chart

#### Set-Up:

1. Create 4–8 equal teams, depending on the number of card decks available.
2. Two teams will compete head-to-head using half a deck of cards. (In other words, split 1 deck in half to accommodate 2 games.)



#### Activity Procedures:

1. It's time for Warrior Fitness. This adds a fitness twist to the classic card game of War.
2. Each team will receive 13 cards to start the game. A team representative will draw the first card from the top of their card pile.
3. Teams will then compare cards. The highest card value wins, and the winner keeps both cards.
4. Face cards rank in order from Jack to King, with Aces acting as the highest-value cards in the deck.
5. If teams draw matching cards (e.g., the queen of hearts and the queen of spades), this is considered a war. Teams will then draw and compare the next card from the pile. The winning card then gets to keep all cards in play.
6. After each draw, the sum of both (or all) cards is determined, and both teams will perform that number of repetitions for a designated exercise. For example, if a 3 and a 5 were the cards drawn, all players will perform 8 jumping jacks (or another designated exercise).
7. Play for a set amount of time. If a team gains possession of all 26 cards, shuffle, deal, and restart the game.

#### Grade Level Progression:

**6<sup>th</sup>:** Play the activity as described above.

**7<sup>th</sup>–8<sup>th</sup>:** For homework, or during class time, challenge students to create a variety of Warrior Fitness exercise charts with a focus on specific components of both health- or skill-related fitness.

**WARRIOR FITNESS**

UNIVERSAL  
DESIGN  
ADAPTATIONS

- Pair students who may have difficulty with the activity rules with peer coaches to help facilitate game play.

ACADEMIC  
LANGUAGE

Cooperation, Endurance Training, Exercise Form, Fitness, Sportsmanship, Strength Training, Technique

STANDARDS  
& OUTCOMES  
ADDRESSED

- **Standard 3 [M3.6-7]** Participates in a variety of aerobic fitness activities such as cardio kick, step aerobics, and/or aerobic dance (6); Participates in a variety of strength and endurance fitness activities such as Pilates, resistance training, bodyweight training, and/or light freeweight training (7).
- **Standard 5 [M1.6-8]** Describes how being physically active leads to a healthy body (6); Identifies different types of physical activities and describes how each exerts a positive impact on health (7); Identifies the five components of health-related fitness (muscle strength, muscle endurance, flexibility, cardiovascular endurance, and body composition) and explains the connections between fitness and overall physical and mental health (8).

DEBRIEF  
QUESTIONS

- **DOK 1:** How can you recognize an activity or exercise that works to build muscular fitness (strength training)?
- **DOK 1:** How can you recognize an activity or exercise that works to improve aerobic capacity?
- **DOK 2:** How would you compare and contrast these 2 types of exercises?
- **DOK 3:** What facts would you select to support the importance of including both types of activities in a fitness routine/plan?

TEACHING  
STRATEGY  
FOCUS

**Help students examine similarities and differences.** Understanding the similarities and differences between the various components of fitness is essential knowledge required for students as they work toward developing personal fitness and activity plans. Take time to repeat this process in order to examine all components of health- and skill-related fitness.