



## INSTANT FITNESS ADVENTURES

### STUDENT TARGETS

- **Skill:** I will demonstrate cooperative behaviors without reminders.
- **Cognitive:** I will discuss class rules and respectful behaviors.
- **Physical Activity:** I will move safely with balance and control.
- **Personal & Social Responsibility:** I will build trust by demonstrating respect for self and others.

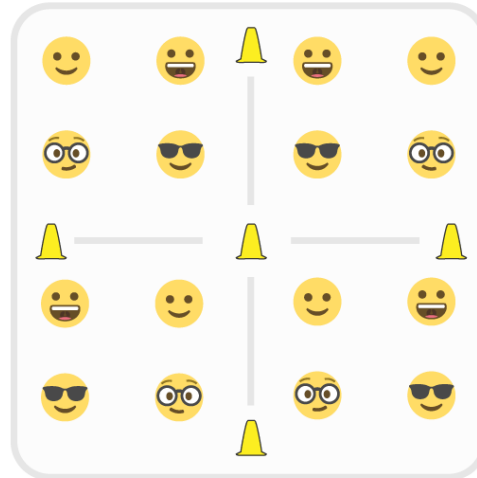
### EQUIPMENT & SET-UP

#### Equipment:

- Set of Instant Adventure Cards
- 1 bean bag per student
- 8 six-sided dice and 8 hoops
- 48 spot markers
- Class rules poster

#### Set-Up:

- Divide the activity area into 4 quadrants. Place an Instant Challenge Card in each quadrant.
- Set up each quadrant based on instructions on the challenge card.
- Create 8 teams and number teams 1-8. 2 teams start in each quadrant.



### ACTIVITY PROCEDURES

1. Today we are going to work on completing 4 team challenges.
2. Each quadrant of the activity space will be a new team challenge where you will compete against another team.
3. On the start signal, the two teams in each area will complete the challenge on the Instant Challenge Card. Once you have completed the challenge, the even numbered teams (2,4,6,8) will rotate clockwise and the odd numbered teams (1,3,5,7) will rotate counterclockwise. That way you get to challenge a new team each time you rotate.
4. Teams will continue to rotate until they have completed all 4 challenges.
5. On the stop signal freeze and be ready for the next set of directions.

### GRADE LEVEL PROGRESSION

**Level 1:** Play as described above.

**Level 2:** Adjust each challenge card based on the abilities of your students.

### ACADEMIC LANGUAGE

Challenge, Community, Cooperation, Effort, Health-related Fitness, Self-control

### PRIORITY OUTCOMES

#### Personal Challenge:

Participate in physical activities that bring confidence and challenge.

### DISCUSSION QUESTIONS

- How can you demonstrate respect for self, others, and equipment during physical education class?
- How did you demonstrate respect during each of the instant team challenges?