

# Up or Down

## LEARNING TARGETS:

- **Skill:** I will perform each exercise with control and a focus on form.
- **Cognitive:** I will discuss muscular fitness with my classmates.
- **Physical Activity:** I will perform muscular fitness exercises.
- **SEL:** I will demonstrate respect for myself by giving my best effort.

## TARGET VOCABULARY:

- Control, Fair Play, Form, Muscular Fitness, Respect

## EQUIPMENT NEEDED:

- 1 deck of cards per team, 1 Up or Down Exercise Chart per team

## ORGANIZE:

- **Space:** Divide space into 4 quadrants. 2 teams per quadrant. Each team with a deck of cards and exercise chart. Top card facing up.
- **Students:** Students form a line so that all can see the cards.

## PROCEDURES:

- **The Object:** To be the first team to make it through the entire deck of cards.
- **The Process:** The first player looks at the card facing up and determines if the next card flipped will be higher or lower (call out “higher” or “lower”). Flip the next card. If the player is correct (e.g. called higher and the card flipped was higher), then the next player from the team repeats the process. If incorrect, use the exercise chart to see what exercise the entire team must complete before the next player takes a turn.

## DEVELOPMENTAL MODIFICATIONS FOR DIFFERENTIATION:

- Select different exercises or allow students to select exercises that match their abilities.
- Allow a team to share the required repetitions for each exercise among teammates.

## DISCUSSION STARTERS:

- What do you know about muscular fitness? What is muscular strength? What is muscular endurance?
- Can you name muscular fitness exercises?

