

Physical Education Enrichment Activity Lesson

Title: Fitness Scavenger Hunt and Make-N-Play Jump Rope

Grade: 3-5

Summary: Time to put those tennis shoes on and get to moving around your house, backyard or park. Make your own path and try some movements or exercises when you find the area. Invite your whole family to do it with you.

Materials: 1 Sockball, print out use the computer to see the Fitness Scavenger Hunt challenges. Optional: music while you exercise.

Fitness: Fitness Scavenger Hunt. Follow the work-out listed below at different areas around your house. Make sure you do all the exercises and moves to stay fit and have fun.



Scavenger Hunt List

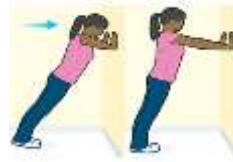
1. Run across your driveway 10 times.



2. Tuck your feet under your couch and do 20 sit-ups.



3. Find a wall outside your house or in your backyard and do 10 wall push-ups.



4. Stand under a shady tree and do 3 different leg stretches.



5. Find your mailbox or garage door and do 10 push-ups next to it.



6. Give a family member or friend a compliment. Say something you like about them.



7. Go under a table and hold a plank for 1 minute (60 seconds).



8. Jog in place in a doorway for 1 minute (60 seconds).



9. Do 10 mountain climbers by a window in your house.



10. Pretend to hula hoop without stopping for 1 minute in your kitchen.



11. Find a sock and roll it into a ball. Take your sockball and toss it 10 times in your right hand then your left hand.



12. Play some music you like in your family room and do as many Jumping Jacks as you can in 1 minute (60 seconds).



13. Find a wall outside your house and hold a wall-sit against it for 1 minute (60 seconds).



14. Find a water bottle or drinking fountain and get a drink of water.



15. Jog around and give a Hi 5 to at least 3 people or pets.



Modifications: Reduce the number of repetitions or number of challenges performed. Students in a wheel chair may pump their arms when “jogging” in place or doing mountain climbers, pretend to hula-hoop around arms or neck, push and hold weight up in sitting position for upper and middle body challenges.

Time to Move! Make Your Own Jump Rope and Jump Rope Skills. Click on the Power Point below to watch a video on how to make your own jump rope and then try some of the fun jump rope skills with it. Happy jumping!



Modifications: If you can't find plastic bags to make a jump rope, then try the jump rope challenges with a pretend jump rope or just focus on the foot movements.