

## Fitness Fun

**For the whole class:** Have students perform the following fitness skills. *Agility:* From a standing position, student turns around and runs to the side for five steps. *Balance:* To simulate a gymnast's balance beam, draw (or use tape) two parallel, 10-foot-long lines 4 inches apart. Then draw or tape two more parallel lines 6 inches apart outside the original lines. Have students walk the "beam," turn around, and walk back without going outside the outer borders of the beam. *Coordination:* For pairs of students. Tell students to tap their right foot on the floor. Then, while still tapping, they should gently toss a beanbag back and forth. *Reaction time:* Three students sit at a table. In front of each student are three different colored squares of paper. Another student holds up a sign with one of the color words. The students have to quickly pick up the corresponding colored paper.

# Health Clipboard 26 Activity



## Hit the Target

**For small groups of students:** Using the information on page C26, students will calculate the lower and upper limits of their target heart rate. Help students find the pressure point on the sides of their necks so they can feel their heart rate.

Work with groups of three or four students at one time so you can help them check their heart rates. Have students run in place with their hands at their sides for 2 minutes. Then have them check their heart rate for 15 seconds and multiply that number by 4 to see what their heart rate is after the running. After a 5-minute rest, have students do jumping jacks for 2 minutes and then check their heart rate again. Their heart rates should be higher after the jumping jacks. Explain that moving their arms increased the aerobic effort of the exercise.

# Health Clipboard Activity 27

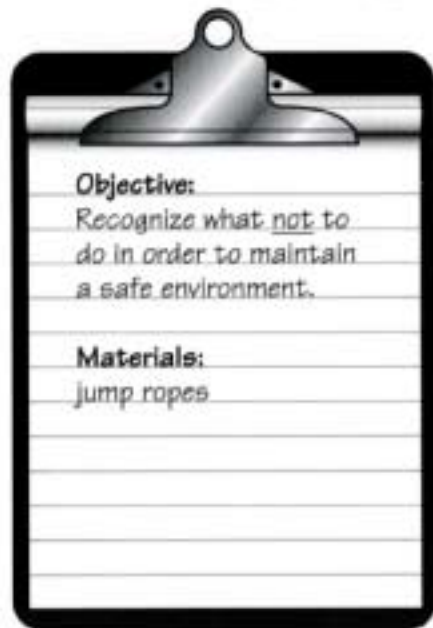
## Ready, Set, Go

**For small groups of students:** Students will compose a television commercial that advises children how to prepare for and stay safe while participating in a sport.

Have each group of four students choose a sport. Ask them to develop a commercial that advises participants on what safety equipment to use; how to take care of their bodies before, during, and after the sport; and how to behave as good sports. Have students perform the commercial for the class.



# Health Clipboard 28 Activity



## No Means NO!

**For small groups of students:** Explain and show students the international symbol for *no*, which is a circle with a diagonal slash through it. Assign each group of three students a different place, such as the kitchen, bathroom, or playground. Have students make a jingle to jump rope to. The jingle should relate to safety in their assigned place. Have each group perform their jingle as they take turns jumping rope (one person jumping as the others hold the rope).

