

ROYAL RELAY, TIC-TAC- FITNESS AND MORE



ROYAL RELAY DIRECTIONS

- One person from each group will run to a line, grab a card, and run it back to their group.
- As a group, perform “X” repetitions of the exercise listed.
- When finished:
 - The next person goes to get another card
 - Remaining group members will perform Brain Breaks
- Repeat until all the cards are gone.

EXAMPLE

Ace- March in Place

2 - Jumping Jacks

3 - Oblique Twist

4 - Elbows to Opposite Knees

5 - Push Up Shoulder Taps

6 - Sit Ups

7 - Lunges

8 - Plank Up Downs

9 - Mountain Climbers

10 - Jump Squats

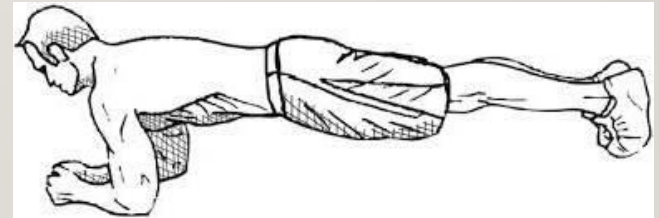
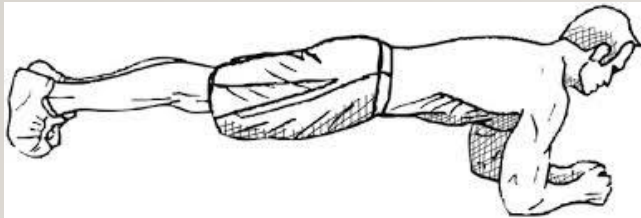
Jack - Star Jumps

Queen - Tuck Jumps

King - Burpees

PLANK GAMES

- Students compete against each other while holding a plank position. Examples:
 - Quiz review questions
 - Calculating math problems
 - Tic-Tac-Toe
 - Coloring handouts



TIC-TAC-FITNESS DIRECTIONS

- In pairs, students will play Tic-Tac-Fitness as you would with the normal game but will also perform the activity listed on the square they selected for a specified amount of time.
- The winner gets a reward incentive (ie. A vote towards which activity they play on field day).

EXAMPLE

Jump Rope	Yoga Pose	Plank Hockey
Knee Tag	Hula Hoop	Indo Board
Crunches	Rock, Paper, Scissors, Math	Push Ups

ACTIVE BINGO

- Create a bingo card with exercises and activities.
- Call out a letter and an activity.
- Regardless if the “call out” is on their card, all students participate in the activity/exercise.

[Clear Card](#)

Active Bingo 5x5 ▾

B I N G O

Exercise 1	Yoga 1	Question 1	Skill 1	Dance 1
Exercise 2	Yoga 2	Question 2	Skill 2	Dance 2
Exercise 3	Yoga 3	Free!	Skill 3	Dance 3
Exercise 4	Yoga 4	Question 3	Skill 4	Dance 4
Exercise 5	Yoga 5	Question 4	Skill 5	Dance 5

BOARD GAMES

- Modify board games to include activity or create your own active board game.

