

## Fitness Lessons and Resources

See Our [Forum](#) to Share How You Incorporate Fitness Into Your Lessons

### Adventure Racing

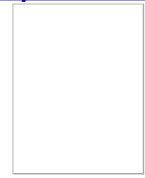
[Click Here to Download "20 Questions" Example](#)



Created by Kevin Shephard

Middle school teacher Dan DeJager (Churchill Middle School, CA) developed Adventure Racing CORE (Cooperative Obstacle Racing Experience) to make fitness activities more enjoyable for students. Adventure Races can be used as a teaching style that facilitates the learning of skills and concepts as students also work on their personal fitness goals. Download an example of an Adventure Race on the left. For more information, see DeJager's book Adventure Racing Activities for Fun and Fitness from *Human Kinetics* or download examples below.

[Click Here to Download "Brain & Body Blast" Example](#)



Created by Dan DeJager and Cathrine Himberg

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### Fitness Scavenger Hunt

Use the arrows to advance through the slides.

**Fitness Scavenger Hunt**

JP Gonzalez and Cathrine Himberg

1 / 10

Created by JP Gonzalez and Cathrine Himberg

**Scavenger Hunt**

Team Name: \_\_\_\_\_

Your team will be challenged to work together in an attempt to successfully complete as much of the hunt as possible. Having the scavenger hunt, you will have a chance to increase their familiarity with the P.E. concepts and learning key fitness concepts and valuable self management skills. With your team, take a look at the list and come up with a plan to score the most points. Good luck!

**Rules:**

- Your team is required to finish as much of the hunt as possible within the time limit.
- All teams are equally eligible to receive a prize.
- Your team must stay together at all times.
- Each team member must perform a portion of each exercise activity (ex. A team member, 100 Squats, each member does 25).

**Mandatory Stations:**

PACER laps  
Push Ups  
Jump Rope  
Write a SMART goal for Sierra for cardiovascular endurance

**Optional Activities:**

Station #	Exercise Activity	Points
1	100 Lunges	50
2	100 Running Jukes	10
3	60 Pushups	30
4	100 Squats	20
5	1 Personal Hygiene	5
6	Work for Entertainment: Winner:	10
7	100 Bench Press	10
8	100 Trunk Bridge (Alternative to other back pathway through)	10
9	100 Core Crunches (in a row)	10
10	50 Wall-sit (wall-sit)	30
11	Plank of 30s (45 seconds)	10
12	400 Wall Push-ups	20
13	400 Sit-ups (50 seconds/20 touch-down)	10
14	Mountain Climbers (30 sec)	40
15	Push & Kick Backs (45 sec each)	20
16	"Rock, Paper, Scissors" competition: Winner:	5
17	Windshield Wiper	10
18	Water Pistol Toss (3 bags each)	30
19	60 Sit-ups	10
20	100 Push-ups (alternating 50 in for 15 seconds)	10
		<b>Total Score:</b>

1 / 9

[Click Here to Download Scavenger Hunt](#)

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### Interval Running Games

Running the mile is not only boring to many students but it is also less effective at improving their running times when compared to interval training. The following fun games are just three examples of interval running games modified from Steve McLaughlin (Westview High School, California). Try these, and then create your own with your students' help!

[Click Here to Download Interval Running Games](#)

### An Example of How to Infuse a Fitness Principle Into a Lesson

This example is taken from an adventure race lesson. Each lap of the race, students had to complete a station that taught them about balancing calories. The goal was to show the students how much light, moderate, and vigorous physical activity is required to burn 1 M&M.

[Click here to Download Interval Running Games](#)



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Lap #	Activity	Seconds to burn the calories from 1 M&M		
		130 lbs	155 lbs	190 lbs
2	Fast Ballroom Dancing	50	42	34
3	Moderate Jump Rope	27	23	19
4	Playing Frisbee	92	77	63

\*\*Each lap, eat 1 M & M and perform the designated activity for the 155 pound category. Use the stopwatches to keep time.\*\*

## Fitness Stations Templates

[Click Here to Download Fitness Station Template](#)

## Peer Feedback Templates

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[Top of Page](#)

