



# ***Disguising Fitness***

***Presented By:***  
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**The SPARK Programs**  
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## Ready...

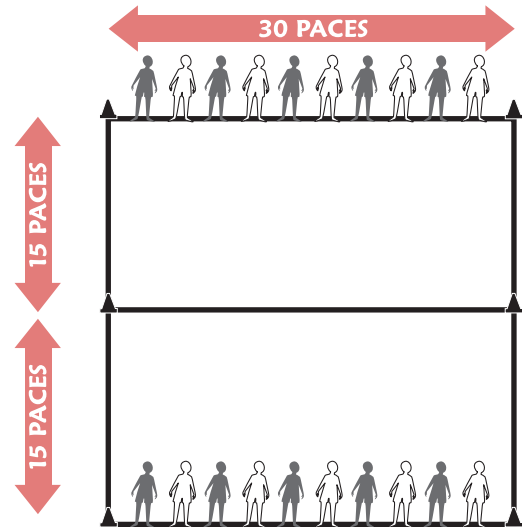
- 6 cones (for boundaries)
- Music and player (optional) Suggestion: *Let's Get Ready to Rumble* by Michael Buffer on *Jock Jams Vol. 1*

## Set...

- Create a large (30X30 paces) activity area with 2 cones forming a midline.

## GO!

1. The object of *Meet Me in the Middle* is to warm up major muscle groups and cooperate with a partner.
2. As you enter the activity area, find a partner. Move to stand on the opposite endline from your partner.
3. On signal, jog to meet your partner in the middle, do the task I call, then return to your original line.
4. Each time you meet in the middle, I will add a new task to the old tasks. Do the first task first, then add the 2nd, the 3rd, and so on, until you've sequenced them all.
5. (*Below is an example:*)
  - High-five R hands
  - High-five L hands
  - Jump and turn 360°
  - Jumping high-ten
  - Elbow turn R and L
  - Do sa do
  - Create your own (Add 1-4-Fun)

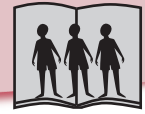


### CHALLENGES

- ★ How many tasks can you sequence without forgetting any?
- ★ Can you add your own twist to the tasks?

### CUES

- ★ Keep adding on to the first task.
- ★ Work with your partner to remember the tasks in order.
- ★ Be gentle with your partner.

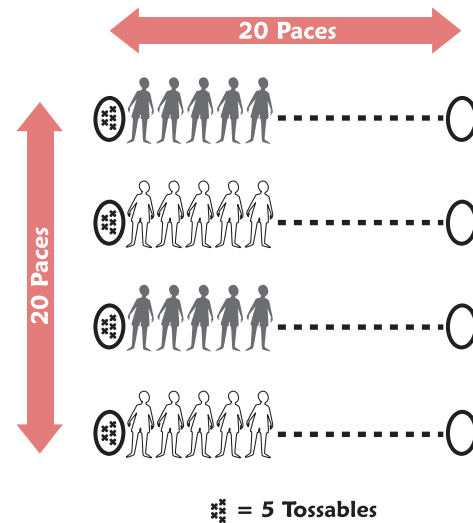


## Ready...

- 1 tossable per student
- 2 hoops per group of 5 students

## Set...

- Create medium (20X20 paces) activity area. Place 2 hoops on opposite sidelines for each group of 5.
- Create groups of 5; standing in a file line at 1 hoop. The line moves toward the hoop on the opposite sideline.
- Fill hoops at this end with 5 tossables.



## GO!

1. The object is to move the tossables from your hoop to the one on the opposite sideline.
2. You do that by passing it down your line in centipede fashion, where all are in a line facing the filled hoop.
3. The 1st in line grabs the tossable and hands it overhead to 2nd in line. The 2nd in line takes it and hands it between legs to the 3rd in line. Third in line hands it overhead. Fourth between the legs, and so forth.
4. As soon as you have passed the tossable, run to the other end of your line and wait to receive it.
5. Continue until you reach the opposite sideline with the tossable. Drop it in, and the whole group runs back to the other hoop and repeats until all the tossables are out of their hoop.
6. When finished, your group moves around the perimeter, moving 1 tossable in centipede fashion.

### CHALLENGES

- ★ Can you move the tossables without dropping them even once?
- ★ How quickly can you remove your tossables from your hoop?

### CUES

- ★ As soon as you hand off the tossables, run to the end of your line.
- ★ It's not a race. Focus on working together well.

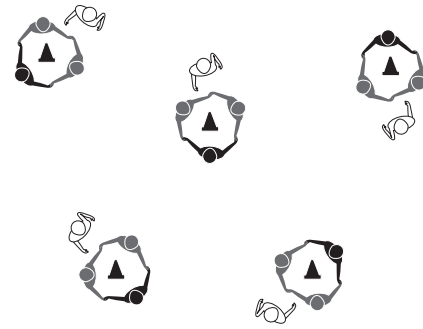


## Ready...

- 1 cone per 4 students

## Set...

- Create groups of 4.
- 3 students join hands to form a triangle; 2 are “Bodyguards,” 1 is the “VIP.”
- The 4th student is the “Paparazzi” (pestering celebrity photographer) standing outside the triangle.
- Place a cone in the center of each triangle.



## GO!

1. The object is for the Bodyguards to protect their VIP from the Paparazzi.
2. On signal, Paparazzi attempts to tag the VIP by moving around the outside of the triangle.
3. Bodyguards, protect your VIP by rotating and moving them away from the Paparazzi. Keep the cone inside your triangle.
4. Bodyguards and VIP must keep hands joined and stay on their feet; otherwise it counts as a tag.
5. Reaching through the triangle is not allowed.
6. We'll switch roles on signal. (*Switch VIP and Paparazzi, then turn the Bodyguards into the VIP and the Paparazzi, and, finally switch the last 2.*)

### CHALLENGES

- ★ How many times can you tag the VIP during your turn?

### CUES

- ★ Move your triangle by side-sliding.
- ★ Bodyguards, keep your backs to the Paparazzi.



## Ready...

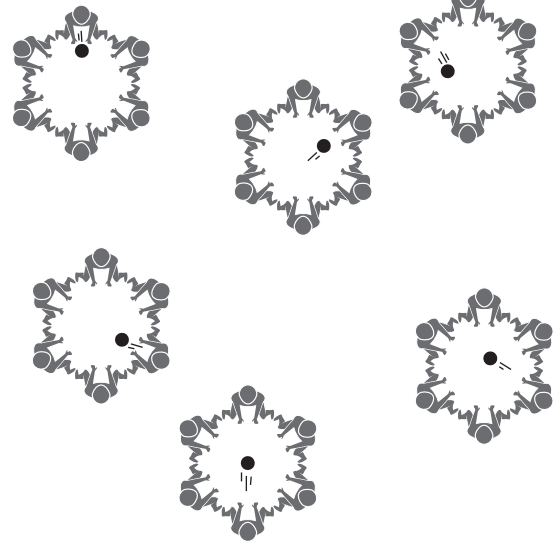
- 1 7-10" foam ball per 5-6 students

## Set...

- Create groups of 5-6, standing in a circle; feet touching.
- 1 ball per group.

## GO!

1. The object of the game is to score a goal by striking the ball through the legs of others around the circle.
2. Make your circle as wide as you can by spreading your legs very wide to touch the sides of the feet with the person next to you. The space between your feet is the "goal" you defend.
3. Bend your knees, and get low. Have the palms of your hands facing in towards the middle of the circle, and keep your fingers close to the ground.
4. On signal, try to send the ball through anyone's "goal" by striking it with an open palm and stiff wrist. Keep the ball low. You may protect your "goal" only with your hands.
5. If the ball goes outside your circle, the person who touched it last retrieves it.



### CHALLENGES

- ★ How many goals can you score before the signal?
- ★ How few goals can you allow on your own goal?

### CUES

- ★ Keep your knees bent.
- ★ Keep the ball low.