

Minute To Win It

<https://mpcslowerschoolpe.weebly.com/minute-to-win-it.html>

This website has multiple games to play with most items that can be found in the house or garage. It also has a short video that gives a description of the game.

Next is the Uno Fitness Game that we also play in class.

"UNO" Fitness

Purpose of Activity:

To increase cardiovascular fitness and muscular strength.

Prerequisites:

Some reading skills needed (but if one struggles then do in pairs), heart rate knowledge.

Suggested Grade Level:

3-5

Materials Needed:

Deck of "UNO" cards

colored signs (1 of each color in UNO deck)

paper card with an exercise listed; ex: red=push ups, yellow=mountain climbers; blue=jumping jacks, green=sit ups (or free dance) or create your own!

wild card draw pile with cards with activities listed on them

Description of Idea

Each student is dealt a UNO card. They are to perform an activity by the following criteria:

Skip Card -- skip one lap around the room

Reverse Card – crab walk 1 lap backward around gym

Draw 2 Card -- draw 2 cards from regular UNO cards and perform the activity which corresponds to the card color using the number of repetitions indicated by the number on the card

Wild Draw 4 Card -- draw 4 cards from the UNO deck and do all 4 activities

Wild Card -- draw from the wild draw pile (made up separate and placed in center away from other action) and do the activity listed.

Number Cards -- the student does the number of repetitions indicated at the activity station corresponding to the color. Example: A student draws a card that is 5 red. Go to the red sign with the exercise listed and do 5 push ups or whatever that sign has listed.

After completing an activity the student gives the card back to the teacher and the student is dealt another card. Continue this for a set amount of time or each student must complete a certain number of cards.

Alternative P.E Lesson

During The Break

If you have any questions, please email me at chenderson@gastl.org. Have Fun!

