

**Grade: 2**

**Lesson Title: Fitness**

**NYS Learning Standard: 1 and 2**

**Activity: Physical Coin Challenge**

**Challenge: Reach \$1.00 in exercises as fast as you can or before your opponent**

**Equipment Needed**

- 1 Penny
- 1 Nickel
- 1 Dime
- 1 Quarter

**Directions**

- Each participant will have 4 coins in their hands
- The caller will say “1, 2, 3, drop” and each participant will drop the coins in their hands
- Whichever coins land on “Heads,” you will perform the exercises associated with the coins that landed heads up
- You will repeat this until one participant has performed \$1.00 in exercises based on coin value
- If you don’t have someone to play against, that’s ok. Record your time and see how long it takes you to complete the challenge and reach \$1.00

**Example**

Participant 1 landed a dime and quarter heads up, they need to perform 10 squats (for the dime) and 25 jumping jacks (for the quarter). They now have \$0.35.

Participant 2 landed a quarter, nickel, and penny heads up, they need to perform 25 jumping jacks (for the quarter), 5 push-ups (for the nickel), and 1 burpee (for the penny). They now have \$0.31.

Participants will collect their coins after performing the exercises and repeat the “1, 2, 3 drop.” This process will continue until someone reaches \$1.00 first.

**Coin Value and Exercises**

**Quarter (\$0.25) – 25 Jumping Jacks**

**Dime (\$0.10) – 10 Squats**

**Nickel (\$0.05) – 5 Push-ups**

**Penny (\$0.01) – 1 Burpee**

**Variations**

- Change the game rules
- Increase or decrease the exercise reps
- Use “Tails”