

Mrs. Pilon PE

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Check out my website for further activities  
Schools (79<sup>th</sup>, Cataract, Kalfas)

Week: 4

Grade: 1<sup>st</sup>

Lesson Title: Trouble Fitness

NYS Learning Standard 1 and 2

Warm Up/Cool Down



Students can do five exercises for the count of 10 each. They can modify to their skill level. These can be used for warmups and cool downs.

## **Activity: Fitness Trouble!**

**Equipment: Dice, Peg of some sort (i.e. Coin, paper clip, different Color M&M, etc.)**

Just like in the board game, Trouble, students are trying to be 1<sup>st</sup> to get their peg to the finish. You can play one peg per student (or all 4, your choice). Students must roll a 6 or 1 to get out of home base. Once they get on the board, anytime they land on a color they will choose an exercise for their opponents to perform. The exercise they choose must be one listed under the color they landed on. If someone lands on an opponent's peg, the peg that was landed on must go back to home base. The student who sent the peg back to home base will tell the group to run 1 lap and they get to choose the next exercise

### **RED**

20 Twists  
20 Windmills (L hand – R foot; R hand – L foot)

### **YELLOW**

20 Crab Kicks  
20 Donkey Kicks

### **GREEN**

20 Jumping Jacks  
20 Back to front Ski Jumps

### **BLUE**

ABC Push ups  
20 Side to Side ski Jumps

