

OVERVIEW

DURATION	10 mins
AGES	8+
PACE	5.60 - Moderate jog
RPE	5.0 - Heavy (Strong)
MILES RATING	0.93
STAGE(S) OF ATHLETIC DEVELOPMENT	FUNdamentals (Age 6-9) Learn to Train (Age 9-12) Train to Train
SKILL LEVEL	Intermediate
DEVELOPMENT FOCUS	Fundamental Movement Skills Body: Agility, Balance, Coordination Locomotor: Hopping, Jumping
SPORT(S)	Running
ENVIRONMENT	Classroom, Field, Gym, Hallway, Stationary, Track
CAN BE USED AS...	Game / Activity, Warm-up
SHAPE America Standards:	<p>Standard #1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <ul style="list-style-type: none">• S1.E2 Locomotor: Jogging, running• S1.E7 Nonlocomotor (stability): Balance <p>Standard #2: The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.</p> <ul style="list-style-type: none">• S2.E1 Movement concepts: Pathways, shapes, levels <p>Standard #3: The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.</p> <ul style="list-style-type: none">• S3.E3 Fitness knowledge



Instructions

- Make up a mission for participants to perform (write a list of tasks on the whiteboard).
- Participants can complete these tasks in any order, but they must complete all of them.

Example:

- Touch four different walls.
- Do twenty stride jumps.
- Shake hands with six different people.
- Do four sit-ups.
- Touch four different people wearing white.
- Stand and squat six times.