

Skip Count Fitness

PLANK

10,_,30,40,50

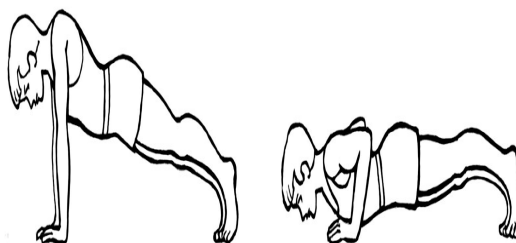


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PUSH-UPS

4,_,12,16,20



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CRAB KICKS

15,12,_,6,3

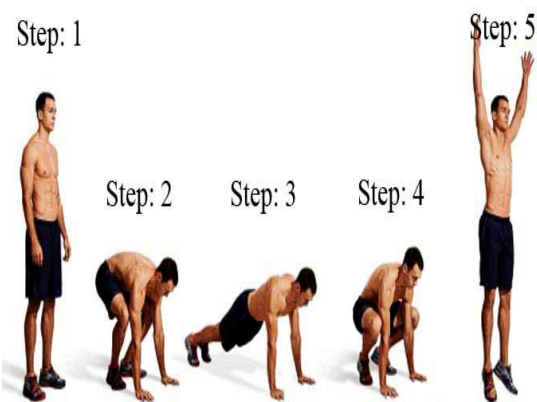


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BURPEES

4,6,_,10,12,14

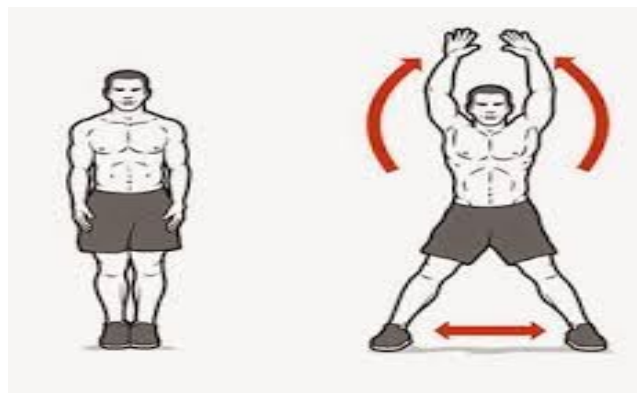


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JUMPING JACKS

50,40,30,_,10

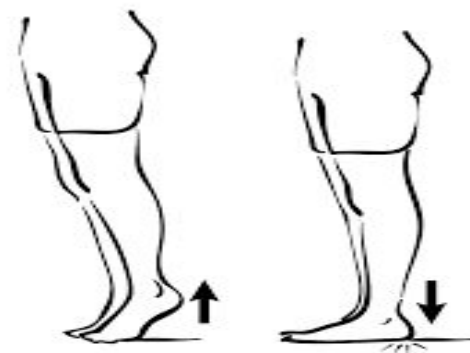


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HEEL RAISES

6,9,_,15,18,21



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PRETEND JUMP ROPE

30,_,20,15,10

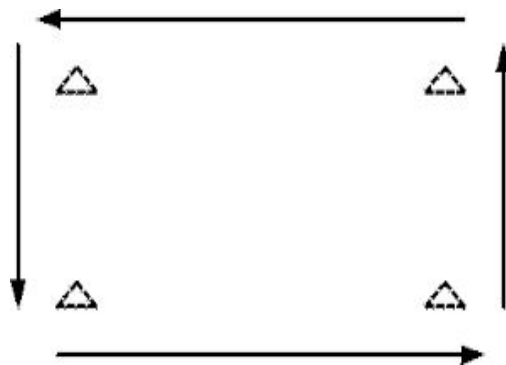


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JOG AROUND THE CONES

_,2,3,4,5,6,8



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SQUATS

2,4,6,_,10,12

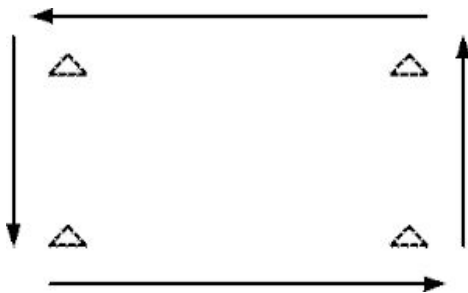


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GALLOP AROUND THE CONES

12,10,8,6,4, _



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SHOULDER TAPS

10,_,30,40,50



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CURL UPS

5,10,_,20,25

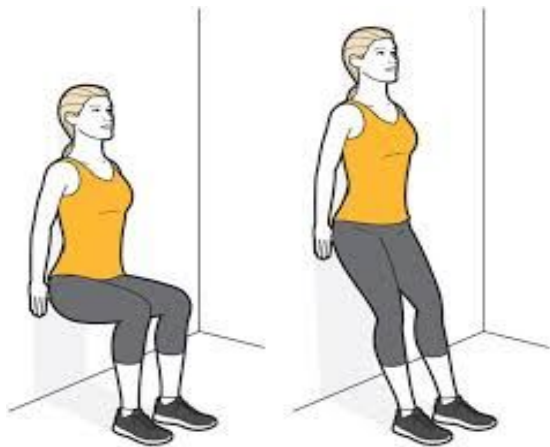


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WALL SQUATS

12, 10, __, 6, 4, 2



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SKI JUMPS

18, 15, __, 9, 6, 3



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MOUNTAIN CLIMBERS

8, 10, __, 14, 16



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ARM CIRCLES

5,10,15,_,25



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SECOND WALL

SIT

6,12,18,24, _



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SCISSOR

JUMPS

_,14,21,28,35



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BUTTERFLY STRETCH

60,50,40,_,20



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SHOULDER STRETCH (DELTOIDS)

5,10,_,20,25



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HAMSTRING STRETCH

8,16,_,32,40



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BACK STRETCH

9,_,15,18,21



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STRADDLE STRETCH

2,4,6,8,_,12



JEFFIT

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JUMP SQUATS

40,30,20,_,0



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QUAD STRETCH

4,8,12,_,20



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Skip Count Fitness

HIP STRETCH

20,16,_,8,4



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JOG IN PLACE

1,2,3,4,5,6, _



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Skip Count Fitness

Description of the Activity: Hand a Skip Count Fitness card to each student as they enter the gymnasium. Of course, already have the music playing!! Once they finish doing their card, have the students put the finished card in a red bucket (the done bucket or whatever you want to use). Have them get a new card from the green bucket (the new card bucket). Have them continue the activity as long as you feel necessary. This is great for reinforcing math concepts in Physical Education class and learning about the 5 components of fitness.

It is excellent to use as an instant activity. Just print, cut, laminate and use the cards!! I recommend printing anywhere between 75 to 100 copies.

Variations:

- *Do individually, with a partner, or as a whole class with a projector.**
- *Have students see how many cards they can do in a certain amount of time.**
- *Use during tag activities.**
- *Use in games that require points.**
- *Tape to bowling pins.**
- *Great for assessing students on the 5 components of fitness. Just call out a fitness component and have the students hold up a card to match.**



PE-4-KIDS

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