



## Fitness Charades

### OVERVIEW

This lesson is a version of charades helps students get up and moving while putting a fun twist on the classic game. The teacher calls out various acts in different sports such as swinging a golf club, batting a baseball and serving a tennis ball. As each is called out, the students act them as if they were in that sport. This video engages students with psychomotor and cognitive skills.

### LEARNING OBJECTIVES

#### Psychomotor

- Students will use their upper and lower body strength to perform different physical activities found in sports

#### Cognitive

- Students will listen and follow simple directions while performing exercises

#### Affective

- Students will respect each other's space and movements without ridicule
- Students will be able to work individually in order to complete the activity

### GRADE LEVEL

K-5

### TIME ALLOTMENT

10-12 minutes

## **MATERIALS**

- Pre-made list of movements to call out (if wanted)

## **BEFORE THE LESSON**

- Briefly review the movements that will be done in the activity
  - Shooting a jump shot
  - Running through tires (high knees)
  - Batting a baseball
  - Serving a tennis ball
  - Downhill skiing
  - Kicking soccer ball
  - Throwing a football
  - Juggling a soccer ball
  - Shooting an arrow
  - Shooting a hockey puck
  - Swimming underwater
  - Dunking a basketball
  - Pitching a baseball
  - Running to the finish line
  - Dancing
- Review safety rules

## **DURING THE LESSON**

### **Part 1: "I do"**

- As an example choose a movement that will not be done in the activity and briefly demonstrate how to do it correctly

### **Part 2: "We do"**

- Instruct students to stand up and create room between themselves and their peers
- Say a sports action out loud

- Together with the class, act out that movement

**Part 3: “You do”**

- Students will repeat the previous steps without teacher assistance

**EXTENSIONS**

- Have students think of different actions they could do for sports that were not mentioned

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