

Fantastic Fitness

Objective: Students will learn the importance of being active and why fitness can be a very fun and beneficial part of life.

Materials:

Balls (for dodge ball)
Soccer ball
Two soccer goals
Water
Juice
Assorted fruit

10 to 15 minutes; Why it's Important

Have a discussion with the students about why it is so very important to be physically fit and lead a healthy lifestyle.

- Fitness is the key to good health. Along with eating healthy, exercising every day can keep your body fit and reduce your chances of heart attack or stroke. A healthy body also usually means a longer and more enjoyable life, without worrying about obesity-related and other illnesses, like diabetes and asthma.

Discuss the differences in why children today versus 35 and 50 years ago are less fit (technological advances of television, videogames etc...) and how this should be changed.

- Computer games are very popular now, and the average American has the television on for 7 hours a day. What suggestions do you have to change this?

Survey the children to see how much physical activity they get versus how much time they spend in front of the television. Talk about why fitness is fun and see what their favorite activities are that promote fitness being not only important but also enjoyable.

45 minutes; Game Time!

Set up different stations where the children can experience the fun of fitness. Have three different areas that the students can rotate around...

Area 1: Dodgeball

DODGEBALL RULES

THE TEAM

The game shall be played between two teams of 8 players. A minimum of 6 players will compete on a side; others will be available as substitutes. Substitutes may enter the game only during timeouts or in the case of injury.

THE FIELD

The game will be played indoors on the tennis courts. The playing field shall be the boundary of the tennis court singles area, divided into two (2) equal sections by a center boundary line.

THE EQUIPMENT

The official ball used in tournament and league play will be an 6" rubber-coated foam ball. Participant must wear shoes, shirts and pants/shorts.

THE GAME

The object of the game is to eliminate all opposing players by getting them "OUT". This may be done by:

1. Hitting an opposing player with a thrown ball below the shoulders.

Note: If a player ducks, and this is clearly the cause for the player being hit above the shoulders, the player is out and the throw is legal.

2. Catching a ball thrown by your opponent before it touches the ground.
3. Causing an opponent to drop a live ball as a result of contact by another thrown live ball. (usually occurs when a ball is being used to block a thrown ball.)
4. An opposing player stepping out of bounds. (To avoid getting hit and not because he or she is retrieving a ball - in which case you have 5 seconds to retrieve a ball, and come immediately back into the playing field.)

Game begins by placing the dodgeballs along the center line. Players then take a position behind their end line. Following a signal by the official, teams may approach the centerline to retrieve the balls. This signal officially starts the contest.

Rush Rule:

Each and every ball retrieved at the opening rush must first be taken beyond the attack line and into the team's backcourt before it may be legally thrown at an opponent. (The Attack line is service line on the tennis courts.)

The first team to legally eliminate all opposing players will be declared the winner. A 10-minute time limit has been established for each contest. If neither team has been eliminated at the end of the 10 minutes, the team with the greater number of players remaining will be declared the winner. In the case of an equal number of players remaining after regulation, a 3-minute sudden-death overtime period will be played.

TIME-OUTS & SUBSTITUTIONS

Each team will be allowed one (1) 60 second timeout per game. At this time a team may substitute players into the game.

RULE ENFORCEMENT

Rules will be enforced primarily by the "honor system"*. Players will be expected to rule whether or not a hit was legal or whether they were legally eliminated. All contests will be supervised by a field monitor*. The field monitor's responsibility will be to rule on any situation in which teams cannot agree. **THE FIELD MONITOR'S DECISION IS FINAL – NO EXCEPTIONS.**

*Exception: During tournament play, All Semi-Final and Final Round matches will be officiated by no less than three (3) Officials. These officials will rule on all legal hits, out-of-bounds and 5-second violations.

BOUNDARIES

1. During play, all players must remain within the boundary lines.
2. Players must only leave from the end line to retrieve balls and must return to the court by the end lines.
3. During play, all players must remain in the boundary lines.

4. A player may be handed a ball, provided the player receiving the ball remains completely within their teams field boundaries. Players may be handed a ball while standing out of bounds.
5. A player shall not:
 - A. Have any part of their body contact the playing surface on or over the sideline.
 - B. Enter or re-enter the field through their sidelines.
 - C. Leave the playing field to avoid being hit by attempt to catch a ball.
 - D. Have any part of their body cross the center line and contact ground on their opponents' side of the court.

Penalty: Player will be declared out

Note: A player not immediately re-entering the playing area may be declared out.

Area 2; Red Light/Green Light

Choose one student to be the 'caller'. This person stands at the opposite end of the other players who are standing behind a designated starting line. The caller says 'green light', 'red light', or 'yellow light' for the players to move or stop. The caller may also say other silly words to try to get players to move. If a player moves on anything other than 'green or yellow light', they must return to the start. The first student to reach the caller is the winner.

Area 3; Crab Soccer

Divide students into two teams. Each team must designate one goalie. Establish boundaries for the game. Players must walk on their hands and feet like a crab, kicking the ball on the ground towards the opposing team's goal. Remind them to only kick balls on the ground, not into the air.

10 minutes; Healthy Snack

Serve water, juice, and fruit to nourish them after their hard, but fun, workouts!