

Fitness Monopoly

Grade: 6

Overview	The students will play a game in gym that will get them being active and having to work together as a team.
Objective	<p>The students will be able to do 10 push-ups with the knees on the ground with 100% accuracy.</p> <p>The students will be able to sit down and pull the rope in their direction using their upper body strength for at least 2x10 seconds.</p> <p>The students will be able to complete 5 spins around their body with the hula hoop.</p>
Standards	<p>Standard 1: Demonstrates competency in many movement forms and proficiency in a few movement forms.</p> <p>Standard 2: Applies movement concepts and principles to the learning and development of motor skills.</p> <p>Standard 3: Exhibits a physically active lifestyle.</p> <p>Standard 4: Achieves and maintains a health-enhancing level of physical fitness.</p> <p>Standard 5: Demonstrates responsible personal and social behavior in physical activity settings.</p> <p>Standard 6: Demonstrates understanding and respect for differences among people in physical activity setting.</p>
Materials	<ul style="list-style-type: none">• 2 basketballs• 1 rope,• 6 hula hoops,• 1 cardboard box die,• 2 jump ropes,• 2 soccer balls,• foam cubes,• 2 bean bags,• 2 step up boards,• 1 CD player and• 1 CD

<p>Procedure</p>	<ol style="list-style-type: none"> 1. they will do 10 push-ups with the knees on the ground. 2. jog around the gym at least one lap, while the music is playing. 3. play a game of one on one successfully (to be on both the defensive and offensive side) during the music. 4. sit down and pull the rope in their direction using their upper body strength for at least 2x10 seconds. 5. to move to the beat of the music when they dance to the music. 6. complete 5 spins around their body with the hula hoop. 7. complete 20 crunches during the music. 8. do 10 toes, shoulder and head during the 30 seconds that the music will play. 9. do at least 5 jumps without stopping with the jump rope. 10. actively dribble the soccer ball around the cones 4 times. 11. unload and load the object between the hula hoops at least 8 times. 12. straddle stretch for 10 seconds straightforward, to the left and to the right. 13. toss the bean bags into the hula hoops at least 12 times. 14. step up on the step up board in the same pace as the beat of the music. 15. find their own pulse and take it for 6 seconds and then put a zero after their observed number of heart beats in order to find their heart rate. 16. know that activity raises the heart rate and that the heart rate goes down if one rests. 17. when the heart rate increases the blood flows faster through the veins and arteries. 18. figure out how to solve the problem presented in make a ring, meaning that the students will have a ring after that they have solved the problem. 19. enjoy the participation by showing their enjoyment by holding a thumb up or down, which will display the happiness of the class activity. 20. work in their own speed, which will provide an opportunity to feel personal success and enjoyment. 21. show team work, group problem solving and communication through solving the make a ring problem. 22. The students will have a homework assignment to get on www.youpolls.com and take a poll on a sport where they have a lot of team work then print it off and bring it to class the next day for credit.
<p>Evaluation</p>	<p>After the game, we will have a question and answer session. I will give the students a chance to ask question, then I will ask them questions to see what they learned. A question such as; why is it important that we work as a team, or why is it important to be active.</p>

