

## NAME OF ACTIVITY: Two X Two Fitness Worksheet

**EQUIPMENT:** jump ropes, hula-hoops, stopwatches, basketballs, volleyballs, and music

### FITNESS/SKILL COMPONENTS:

Cardiovascular efficiency, muscular strength and endurance, locomotor movements, rhythmic movement, shooting, throwing, passing, catching

### ORGANIZATION:

1. Equipment is grouped together at strategic points around the gym

### DESCRIPTION:

1. Students are handed a card as they enter the gym.
2. Each card has a list of activities that each student is to complete with a partner.
3. The students are supposed to find a new partner to complete each task.

### TEACHING SUGGESTIONS:

1. Be centrally located and face all students so they can hear your commands.
2. Provide a box of pencils if you want the students to record their work.
3. Group students in preset teams by numbering the cards prior to class
4. Have the students file their cards in their portfolio when they have finished or the warm-up period is completed.

### NOW TRY THIS:

1. Ask students to create their own lists for two x two fitness
2. Use skills concurrent with the Go Activity unit the students are engaged in.

## Two-X-Two Fitness Sheet

Name _____ TEAM # _____	
<b>Directions: Find a different partner for each of the activities. Use whatever equipment you see in the gym. You do not have to do the activities in the order they are presented. Sign each other's sheet after you have performed the task. Put your card back in your file at the end of the activity.</b>	
You and somebody:	Partner Initials
1. Do 5 wall push-ups	
2. Have an arm wrestle	
3. Doe-Si-Doe around a partner while howling like a wolf	
4. Touch ten different colors	
5. Do a 30 second Elvis dance	
6. Hula hoop for three revolutions without the hoop hitting the floor.	
7. Do 5 jumping jacks	
8. Take your heart rate for one minute and record it here _____	
9. Touch something square, yellow, s	

## Two-X-Two Fitness Sheet

<b>Directions:</b> Find a partner for each of the activities.
1. Do 10 wall push-ups
2. Gallop around the boundaries
3. Give a partner a: high five, low five, high ten, low ten
4. List 5 Everyday foods
5. Do a 30 second dance
6. Balance on your left foot for 10 seconds while holding your arms out like wings
7. Do 10+5 jumping jacks
8. High five the teacher

## Two-X-Two Fitness Sheet

<b>Directions:</b> Find a partner for each of the activities.
1. Do 12+3 sit-ups
2. Touch the north, south, west, and east walls
3. Skip around the boundaries
4. List 5 Sometimes Foods
5. Touch something happy
6. Put your hand over your heart and feel how hard it beats while counting to 10
7. Imaginary hula hoop for 30 seconds
8. High five the teacher

## Two-X-Two Fitness Sheet

<b>Directions:</b> Find a partner for each of the activities.
1. Walk on your tip toes for 30-10 times
2. Touch 5 different shapes
3. Run with high knees for 50-25 seconds
4. Touch something soft
5. List 5 healthy ways to start your day
6. Jog in place for 10+15 seconds
7. Slide around the boundaries
8. High five your teacher