

Let the Game's Begin!!!

Materials: Fitness Cups, Jump Ropes, Music (three songs), CD Player, Pacer CD

- Procedure:
1. Students will choose groups of three to five
 2. Students will review the rules* of the game, along with rubric and practice.
 3. Students in all groups will be asked to line up behind the "blue" line.
 4. Each group will complete the Pacer to level 5.
 5. At this time the first of three songs will start.
 6. Each group will go the designated area for cup building.
 7. Fitness cups are sitting out ready to build.
 8. Each team is given a rotation for fitness activities in the designated area.
 9. Each student may retrieve five cups for building. After building together, the team goes to the designated for fitness and complete fitness challenge together.
 10. The team completes the next fitness challenge.
 11. Five more cups retrieved by each student.
 12. The team continues the rotation.
 13. When the third song ends, the students must cease building and moving.
 14. Teams with a perfect score are eligible to be spotlighted on Ms. Carmon's website for global impact and exposure.

*If more than four cups fall, the team must put those cups back, along with the cups just received and go to next fitness challenge.