

Hit and Run

Length of Activity: 40 minutes

Optimal Student Grade Level: 2-6

This could do a scaled down, simple version for K-1 (30 minutes).

Steve's Notes: This is a high-level fitness workout. This lesson takes a lot of preparation, but is a great total class activity and worth the effort. Create a reward or special recognition for kids or class with the most "completion bracelets." You can do this lesson as a class (everyone on their own) or in "team groups."

How to Play

Hit

Each hit is any of the many pre-determined fitness stations (see below for examples). Flags/markers with reps. & directions are beneficial. Have the students do the station expectation to the **best** of their ability.

Run

After completing **any** station (making a hit) the student then must go and do a 1/4 or 1/8 mile jog.

Teacher Measurement – Have completion bracelets or large rubber bands to give any kid when they complete a run.

1/8 mile = 1 rubber band

1/4 mile = 3 rubber bands

After a run they go do another "hit"

Hit Stations – be as creative as you wish

They may only do one particular "hit station" once (creating variety and experimentation).

☆ Samples of Hit Stations, next page ☆

Hit and Run-Continued

Example Hit stations:

- All P.F.A. Stations – set the reps in a “middle-ground range” not too easy, not too hard!
- Basketball Shoot – 15 baskets
- Rope Jump (Individual) – 120
- Long Rope Jump (Group of three) – 2 swingers and a jumper...switch any time – 100 jumps (may add together)
- Jungle Gym = some set challenge
- Fireman’s Carry Jog – pick up a rescue dummy and carry it over your shoulder while you jog 1/8 of a mile. (Dummy = double pillow case filled with tennis balls ... sew on funny face & old jean legs & socks ☺, you might want 2 of these.)
- Medicine Ball Toss – create a group of 3 people ... alternate your tosses and walk/jog down a set course and back. (Medicine ball = old basketball filled with sand and then placed inside another old basketball then duct or athletic tape it.) ★ Underhand tosses are safer.
- Soccer Dribble Obstacle Course – Set out pylons and have a student soccer dribble (kick) a ball down and back through the course weaving it in and out.
- Old Portable Ergonometer – Set the standard
- Old Rowing Machine – Set a standard
- Mini Trampoline – Bounce & catch / pass ball off wall to yourself, while you are bouncing – Set reps and clearly discuss safety concerns with this one
- Create others based on your equipment.