Instant Activity: Challenge Them as They Come In The Door

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**Jigsaw Puzzle Challenge**

Pick any four challenge activities. Divide the class into 4 groups. Teach each group a different challenge. Give them time to practice and plan a way to teach the skill. Then change your groups so there is at least one person in each group that can teach the skill to the others.

**Double Double**

Double Double This This

Double Double That That

Double This Double That

Double Double This That

Double = fist

This = palm

That = back of hand

Teach in air, then with a partner, then small group and large group.

**Crazy Arms**

Start with arms up. One arm goes back and one forwards. Cue words, same, opposite, same, opposite.

**Heel Clicks**

Stand on one foot and raise the other foot in the air about a foot. Bring the bottom heal up and click it to the top heal. Land on the same foot you started on. Switch feet and repeat.

**Heel Touches Front and Back**

Touch opposite heel with hand in front. Repeat with other foot. Then repeat in back. Get faster and faster.

**Four Corners Across**

Divide class into four groups. Have them line up behind a cone in each corner. Students travel across in a diagonal to the other line and then go to the end.

Locomotor movements

Hand-off in football

Hand or foot dribble and pass

Start easy and add challenges.

More balls

Move with a partner

Turn in the middle

Jump stop and pivot

**10 Ways To Move**

Move across the gym 10 times. Each time must be a different movement.

**Crazy Trains**

Groups of 3 or more must connect in some way and move around the gym.

**Tube Balance**

Balance tube in different ways. Try to toss and catch in a balance. Try with partner.

 **Challenge Scramble**

1. 360\* spin

2. Heel Clicks

3. Burpees

4. Scissor Jumps

5. Push-ups

6. Squat Jumps

7. Thumb Finger Switches

8. Crab Kicks with Toe Touches

9. Plank Jacks

10. Cross Crawls

11. Jumping Jacks

12. Windmills

**Plank Card Challenges**

Play War

Play Slap Jack

Addition

Subtraction

**Lines and Jacks**

Touch 10 lines on the floor, then do 10 jumping jacks.

9 lines, 9 JJ

8 lines, 8 JJ

etc till

1 line and 1 jumping jack