

Name of Activity	
Musical spots- Fitness Edition	
Submitted by	SHAPE America Staff
National Standard(s)	Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
Grade Level Outcome or Performance Indicator	Demonstrates, with teacher direction, the health-related fitness components. (S3.E5.3) Identifies the components of health-related fitness.5 (S3.E3.4)
Activity Objective	For students to identify the components of health-related fitness and activities associated with the component.
Grade(s)	3-5
Materials	Poly spots, music, index cards
Activity Description	Diagram
<p>This activity can be used as a warm-up or to review health-related fitness components.</p> <p>Spread poly spots around the gym. Make sure to have one less poly spot than the number of students in your class. Have different exercises written on index cards and tape them under the poly spots.</p> <p>Have students move through the gym however you choose. They can dance, walk fast, skip or any other safe movement you choose. Once the music has stopped students must quickly find a poly spot. Once they find a poly spot, they are to perform that exercise and say out loud what fitness component the exercise is associated with. The student who does not have a poly spot will go to the teacher and the teacher will ask the student to define a health-related fitness component and perform an exercise related to that component. Teachers can provide exercises to choose from on a list or word bank to help students.</p> <p>The same amount of poly spots are used every round. Complete as many rounds as you like. If the same student doesn't find a poly spot have the student trade places with someone else in the class.</p>	
Modifications	
<i>Include ways to modify this activity for advanced, lower level and inclusion students.</i>	