

**Wet Days**     **Fine Days** 

## What do the symbols mean?



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\* More of these Activity Cards will be written as time goes on, to use with the classes I am currently teaching.

- The activities apart from the warm up and warm downs, can be done in any order if the kids want to move them around.
- The activities can be done individually, in pairs or in groups.
- The cards could also be printed off, and once each particular card has been done, then kids could write their name/s and date on the back of the card, and hand in to the teacher.
- Kids could also include one of their own choices as an extra. Even better, kids could start designing/making up their own fitness trails, either for their class or for other classes. It could also be the case where kids who have done this, could start teaching them to other classes.
- As kids do these more and more, they will get used to the different symbols, as the same symbols are used for the same activities throughout the taskcards.
- As the kids become more confident with these, they could then start making their own and/or become fitness leaders, (building upon leadership skills which, along with independence and group working skills, are the end objectives). Where leaders are chosen, those leaders could then start taking small groups out for fitness activities, either with or without basic equipment.
- I have enlarged these cards in my class to A3 so they are easier to read, then they have been laminated.

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## What do the symbols mean?





## My Mini Fitness Trail Activity Card 1



*Fitness activities to do on fine days.*

1. Warm up stretches
2. Jog across tennis court
3. Skip back across tennis court
4. Walk heel to heel across court
5. Do 10 push outs on wall or post
6. Jog around one lap of the tennis court
7. Jog back to start flapping your arms
8. Hop like a frog across the court
9. Cool down and slow moves



*Fitness activities to do on wet days.*

1. Warm up stretches
2. Hop on the spot 10 times
3. Push to wall or bar 20 times
4. Skipping on the spot counting to 20
5. Walk on the spot counting to 30
6. Do 10 star jumps
7. Make up one of your own on the spot
8. Heel to toe for 20 steps and back
9. Cool down and slow moves



## My Mini Fitness Trail Activity Card 2



*Fitness activities to do on fine days.*

1. Warm up stretches
2. Jog to 1<sup>st</sup> corner of the field
3. Do 10 star jumps
4. Jog to the 2<sup>nd</sup> corner of the field
5. Do 5 push ups
6. Jog to the 3<sup>rd</sup> corner of the field
7. Do 5 sit ups
8. Sprint to the final corner of the field
9. Cool down and slow moves



*Fitness activities to do on wet days.*

1. Warm up stretches
2. Jog on the spot—count to 20
3. Do 10 star jumps
4. Do 10 squats
5. Sprint on the spot and count to 10
6. Do 5 push ups
7. Jump on the spot and count to 15
8. Walk on the same spot and count to 20
9. Cool down and slow moves



## My Mini Fitness Trail Activity Card 3



*Fitness activities to do on fine days.*

1. Warm up stretches
2. Skip to 1<sup>st</sup> corner of the field
3. Do 10 frog jumps on the spot
4. Giant steps to the 2<sup>nd</sup> corner of the field
5. Do 10 squat/star jumps
6. Jog to the 3<sup>rd</sup> corner, boxing the air
7. Skipping on the spot counting to 20
8. Jog to 4<sup>th</sup> corner flapping your arms
9. Cool down and slow moves



*Fitness activities to do on wet days.*

1. Warm up stretches
2. Do 10 side stretches
3. Do 10 high steps
4. Do 10 squat star jumps
5. Do 10 weight lifts
6. Do 5 side push ups for each arm
7. Jog on the spot and count to 20
8. Do 10 standing push outs
9. Cool down and slow moves