

Activity Name: Two by Two Fitness	Grade Level: 3-5	Activity Length: 10 minutes
<p>Before beginning, teachers should offer accommodations specifically mentioned in a student’s IEP to support their ability to participate in the activity.</p>		
Standard(s) and Grade-Level Outcome(s) or Indicator(s): <ul style="list-style-type: none"> • Standard 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. <ul style="list-style-type: none"> ○ S3.E2 Engages in physical activity • Standard 4 Exhibits responsible personal and social behavior that respects self and others. 		Materials Needed: <ul style="list-style-type: none"> • Two by Two Fitness worksheet
Objective(s): <i>By the end of the activity, students will be able to...</i> <ol style="list-style-type: none"> 1. Engage in variety of health-related fitness activities with other classmates. 		
<h3>Activity Progression</h3>		
<ul style="list-style-type: none"> • Each student will have a Two by Two Fitness worksheet. They will work to complete the worksheet by finding different partners to complete the tasks. Students must find a new partner for each activity. • Before they complete the task, have them ask their partner a getting to know you question. Provide some examples of what getting to know you questions might be. 		
<h3>Modifications/Differentiations</h3>		
<ul style="list-style-type: none"> • To have students get to know each other better, each round have students find a partner based on certain similarities or interested. Find a partner who: <ul style="list-style-type: none"> ○ Has the same birth month ○ Likes the same color as you ○ Has the same favorite food ○ Has the same least favorite food ○ Watches a show you like 		
<h3>Checks for Understanding/Assessment Strategies</h3>		
<ul style="list-style-type: none"> • Did you work with a different student each time? • Did you learn something new about any of your classmates? 		

Two by Two Fitness

Grades 3 and up

Directions: Find a partner and complete one of the tasks. You do not have to go in order. Sign each other's sheet and find a NEW PARTNER to complete another task. Continue finding NEW partners and completing one task at a time until you have finished the sheet.

TWO BY TWO FITNESS WORKSHEET

NAME: _____ Teacher _____

You and somebody:	Signature
do 10 push-ups	
do 35 jumping jacks	
do 25 curl-ups	
run and touch all 4 walls	
do 40 forward arm circles	
jump rope 30 times	
arm wrestle	
skip 2 laps around the gym	
crab walk for 1 minute	
run 3 laps around the gym	
plank for 10 seconds	
do a 1-leg balance for 10s	
do 35 ski jumps	
wall sit for 20 seconds	
do 20 wall push-ups	