

SHAPE Standards:

3, 4

DPE Outcomes:

- I can evaluate the component of fitness various activities work.
- I can work with all peers during physical education.

Equipment:

- Music for Partner Fitness Challenges

Instructions

Try to pair students with someone of similar ability and size. Emphasis should be placed on continuous movement and activity. The following are examples of partner activities that are both challenging and enjoyable.

Circle Five: Partner 1 stands stationary in the center of the circle with one palm up. Partner 2 runs in a circle around partner 1 and "gives a high five" when passing the upturned palm. The size of the circle is gradually increased. Reverse roles on signal.

Foot Tag: Partners stand facing each other. On signal, they try to touch each other's toes with their feet. Emphasize the importance of a touch, as contrasted to a stamp or kick.

Knee Tag: Partners stand facing each other. On signal, they try to tag the other person's knees. Each time a tag is made, a point is scored. Play for a designated amount of time.

Mini Merry-Go-Round: Partners face each other with the feet nearly touching and the hands grasped in a double wrist grip. Partners slowly lean backward while keeping the feet in place until the arms are straight. Spin around as quickly as possible. It is important that partners be of similar size.

Around and Under: One partner stands with the feet spread shoulder width apart and hands held overhead. The other partner goes between the standing partner's legs, stands up, and slaps the partner's hands. Continue the pattern for a designated time.

Teaching Hints

Partner challenges are fitness activities that can be used with intermediate-grade youngsters. They can be used to develop aerobic endurance, strength, and flexibility. Another advantage of partner challenges is that they can be performed indoors as a rainy-day activity.

Use 30 second intervals of music and silence to signal starting and stopping the partner fitness challenges. During the music interval, students perform the fitness challenges. During the silent intervals, they perform flexibility and strength development activities.