

# SCOOTER FITNESS TAG



How to identify the muscle group positively impact by specific exercises.

Exercises have different impacts on our body.

I can state which muscle group feels fatigued by the exercise performed.

**Inquiry Question:** Would you rather have strong arm and leg muscles or a strong heart muscle? Why?

# How to Play

**Game Objective:** identify muscle group impacted by each exercise while avoiding the tagger

**Equipment:** One scooter for all players

**Format:** All students riding on their bottom on the scooters in playing area

**Instructions:** Taggers are identified based on their color of scooter. All other plays are fleeing on the scooters. If a play gets tagged, they perform the specified exercise using their scooter.

Change taggers, scooter movement and exercises each round.

## **Scooter movements:**

- On bottom pushing backwards
- On bottom pulling forward
- On belly with hands and feet
- Scooter skating on one knee
- Scooter skating the on the other knee
- On knees with hands only

## **Exercises when tagged:**

- Bicep curls
- Tricep Overhead extensions
- Lift to chin
- Rows (five per side)
- V sits - roll scooter slowly side to side
- Ab rolls