

100 DAYS OF FITNESS

Purpose: Students will count by 10's to 100. (Note: This is an excellent lesson to celebrate the 100th day of school.)

Suggested Grade Level: K - 1

Math SOL: Math K.4, 1.1, 1.2

Equipment/Materials Needed: None

Advance Preparation:

1. Have 10 different movement activities and 10 different stretches planned.

Directions:

1. Tell students to stand far enough apart so that they don't bump the students next to them.
2. Have students do 10 of each activity until you reach 100.
3. Some suggested exercises and stretches:

Exercises:

- Scissor kicks
- Half jacks (legs out then in - no arms)
- Mountain climbers
- Arm circles forward
- Arm circles backwards
- Heel raises
- Jumps to the sky
- Cross crawls (elbow to opposite knee)
- Cross punches
- Jumping jacks

Stretches: (hold each stretch for 10 seconds)

- Sit with legs straight out
- Sit like the letter V – stretch to each leg once and then the middle (3 total stretches)
- Butterfly stretch (bottoms of feet together)
- Figure 4 stretch (one leg out, bottom of other foot on inside of thigh) switch legs for 2 total stretches
- Arm across chest and push with opposite arm (switch for 2)
- Sit on the floor with legs crossed and lean forward with face to floor

Teaching Suggestions: Write down the numbers as you complete each set of ten: 10,20,30,40. Have students tell you what comes next.

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