

COLOR FITNESS

Purpose: Students will recognize colors and participate in fitness activities.

Suggested Grade Level: PK - K

Science SOL: Matter K.4

Equipment/Materials Needed:

1. Enough small pieces of colored paper for each student to have one piece. There should be an equal number of four different colors. (Can print the attached cards on paper that matches the word if you want students to be able to recognize the color words)
2. Stopwatch or a clock with a second hand

Advance Preparation: None

Directions:

1. Hand each student one piece of colored paper.
2. Have students stand up with enough space between them so that they won't bump each other when they do stationary fitness activities.
3. Tell them that you will call out a color and then you will tell all the students with that color to do a specific activity. Demonstrate the fitness activities that you will have them do. Have them follow along to ensure that they can all do the activities. The following activities can all be done in place: hopping, jogging, marching, sideways kicking, forward punching etc.
4. Begin the activity by calling out the first color and activity.
5. Use a stopwatch or clock with a second hand to note when 15 seconds have elapsed. Then say "Yellow can stop now."
6. Continue with all of the colors, assigning a different physical activity for each color.
7. When you have called all four colors, have the students switch colors and repeat the activity using different physical activities for the colors.
8. Explain to students that all of these activities increase their heart rate which will help make their hearts stronger. Demonstrate to the students how to find their pulse, and have them count their heart beats for 15 second intervals. Point out the fact that they are breathing hard and this means that their heart is beating fast and becoming stronger. Talk about what the heart does for their body.

Modifications/Variations:

1. Assign a specific skill to a specific color and everyone will be doing fitness activities at the same time, but they will be doing different activities. For example, if they have green, they will jog in place; blue- march in place, yellow-jumping in place, red – scissor kicks in place.
2. Use shapes instead of colors

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*Williamsburg Community
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Red

Red

Red

Red

Red

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Yellow

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Blue

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Blue

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Purple

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Orange

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