# Hit and Run 

Length of Activity: 40 minutes
Optimal Student Grade Level: 2-6
This could do a scaled down, simple version for K-1 ( 30 minutes).
Steve's Notes: This is a high-level fitness workout. This lesson takes a lot of preparation, but is a great total class activity and worth the effort. Create a reward or special recognition for kids or class with the most "completion bracelets." You can do this lesson as a class (everyone on their own) or in "team groups."

## How to Play

## Hit

Each hit is any of the many pre-determined fitness stations (see below for examples). Flags/markers with reps. \& directions are beneficial. Have the students do the station expectation to the best of their ability.

## Run

After completing any station (making a hit) the student then must go and do a $1 / 4$ or $1 / 8$ mile jog.

Teacher Measurement - Have completion bracelets or large rubber bands to give any kid when they complete a run.
$1 / 8$ mile $=1$ rubber band
$1 / 4$ mile $=3$ rubber bands
After a run they go do another "hit"
Hit Stations - be as creative as you wish
They may only do one particular "hit station" once (creating variety and experimentation).
$\star$ Samples of Hit Stations, next page $\star$

## Hit and Run-Continued

## Example Hit stations:

- All P.F.A. Stations - set the reps in a "middle-ground range" not too easy, not too hard!
- Basketball Shoot - 15 baskets
- Rope Jump (Individual) - 120
- Long Rope Jump (Group of three) - 2 swingers and a jumper...switch any time - 100 jumps (may add together)
- Jungle Gym = some set challenge
- Fireman's Carry Jog - pick up a rescue dummy and carry it over your shoulder while you jog $1 / 8$ of a mile. (Dummy $=$ double pillow case filled with tennis balls ... sew on funny face \& old jean legs \& socks $\odot$, you might want 2 of these.)
- Medicine Ball Toss - create a group of 3 people ... alternate your tosses and walk/jog down a set course and back. (Medicine ball = old basketball filled with sand and then placed inside another old basketball then duct or athletic tape it.) $\star$ Underhand tosses are safer.
- Soccer Dribble Obstacle Course - Set out pylons and have a student soccer dribble (kick) a ball down and back through the course weaving it in and out.
- Old Portable Ergonometer - Set the standard
- Old Rowing Machine - Set a standard
- Mini Trampoline - Bounce \& catch / pass ball off wall to yourself, while you are bouncing - Set reps and clearly discuss safety concerns with this one
- Create others based on your equipment.

