

# Tennis Ball P.F.A. warm up

Length of Activity: 10-20 minutes

Optimal Student Grade Level: 2-6

Steve's Notes: Set the number of reps on each station that it takes to get a tennis ball. Example words to spell out: Reps, Pace, Kick, NCAA, coed, etc.



**Cup Size Example**

Tennis ball just fits in a yogurt cup. Makes for some great-active-fun lessons

## **Equipment:**

Have a couple 100 tennis balls / buckets and a few jump ropes.

## **Rep - Goals**

Parallel Bar - 1 = one ball

Full Pull Up - 1 = one ball

Mod Pull Up - 1 = one ball

Sit ups - 10 = one ball

Steps - 30 = one ball

V-Bar - 3 = one ball

Pole Climb = red = two balls (w/ safe dismount)

Pole Climb = yellow = one ball

Horizontal Ladder - down & up with one ground touch = one ball

1/4 mile jog = three balls

1/8 mile jog = 2 balls

Rope jump - 50 (by yourself) = two balls

★ Teacher chooses the word to be spelled.

- ☆ Once a child completes the “rep goal” on any station, they run and get a tennis ball and take it to the “spell area” and put it where they think it will help spell the word.
- ☆ Once word is spelled to the point that it is readable, have the class do a brief (small or large group) discussion on the Physical Educational meaning of the word. Once that is done, go on to another activity.