

Tallest Tower Fitness Challenge

Lesson Objective(s) : Students will participate in cardiovascular endurance, strength, agility, and coordination stations improving overall fitness. Teamwork, Communication, and Cooperation will also be practiced as teams work together to build the "Tallest Tower".

TLW do... 1. Entrance Routine: Move Your Body, Locomotor Skills, Freeze 2. Exercises 3. Game Tallest Tower Fitness Challenge.

Vocabulary: WordOfWeek: disloyalty: failing to support or be true to someone or something. Safety: Running Blind- running in a direction opposite of your line of sight. Vocabulary: agility, team work, coordination, cooperation, cardiovascular

ENGAGEMENT: Coach will 1. Have students disperse to cone nearest them. Teams of 3-4 on east and west sides of gym behind cone. (10 second count) 2. Review rules and safety as well as skill expectations for stations. 3. Encourage students to use TCC for successful "Tallest Tower"

EXPLORATION: Coach will check for understanding of Objectives and Expectations by asking questions and getting a choral response. How many cups will you get after exercise is done? Just one cup. How many members of your team should be going to a station? Only one at a time. Where should the rest of the team be? Behind the cone. How many repetitions are expected at each stations? 10 X for most stations. Reminder: Do all stations first before repeating any.

EXPLANATION: Tallest Towers Fitness Challenge: Students are in teams of 3-4 sitting behind their cone to start. (Up to 30 teams of 3 possible) Once coach gives signal to begin, one member at time will go to station (one of 18) of choice and do 10 reps or other determined task. After completion, students goes to center of gym to get 1 PFA cup and place it in front of their cone. Then, next member takes their turn by going to a different station and earns their cup. The goal is to work together to build the tallest tower while making sure each individual has taken a turn at each of the stations. Bonus Cups can be earned by moving while waiting in line behind cone, by encouraging partners, demonstrating sportsmanship to other teams (TCC). At Coaches signal (10 sec. count down) students will stop, return to their cones and will be given 30 seconds to finish building their tower. Finally, tallest tower will be recognized. Students will be selected to orderly put equipment away and called to dismissal lines.

ELABORATION: Coach will encourage individual students to work at their personal skill level and challenge themselves to work hard. Coach will encourage students to play honestly and safely. Coach will remind student to keep moving and practice TCC to earn bonus cups.

EVALUATION: Coach will acknowledge improvement on specific skill, 1/2 yellow brick and yellow brick students, and great effort by all students.

ENRICHMENT/EXTENSION: Don` t forget to keep moving and stretch throughout the day and several days after to prevent or eliminate soreness.