

Please note: Activities are member submitted and not approved prior to uploading by SHAPE America staff.

Name of Activity	
Aerobic Fitness Parcheesi	
Submitted by	Vince Nemeth
National Standard(s)	PE: Standard 3- Students exhibits a physically active lifestyle- student explores a variety of new physical activities for personal interest, in and out of physical education class
Grade Level Outcome or Performance Indicator	Engages in the activities of physical education class without teacher prompting. (S3.E2.3) Actively engages in the activities of physical education class, both teacher-directed and independent. (S3.E2.4) Actively engages in all the activities of physical education. (S3.E2.5)
Activity Objective	Students will be able to participate in a variety of continuous aerobic activities and to take their pulse rates at the carotid radial arteries.
Grade(s)	3-5
Materials	Music for work and rest intervals; cards defining a variety of aerobic task; 1 large six-sided die; a variety of equipment depending on the aerobic tasks; and Poly-spots (either purchased or made).
Activity Description	
<p>1. Four cones will be set up at the corners of the playing area and put different colored poly spots between the cones to connect them, making a game board. Students will roll the large die to see how many poly-spots they move during the game. Place a card with an aerobic activity listed on it under each spot. Activities might include jumping rope forward and backward, step aerobics, basketball dribbling, soccer dribbling, power walking, swim jogging stride jumping, boxer stepping, volleyball jumping and spiking, and other appropriate to the space available. Make one or more poly-spots a “free” area, where students choose fun activities to do, such as hula hoops, line dancing, or making up their own physical activity. You can use these “free” areas to help ensure that there is adequate space for the other activities.</p> <p>2. To begin the game, have the students stand on a poly-spot. On your signal the students look at the activity card under their spots and perform the activity listed on that card. They continue until they hear the stop signal or the music stops.</p> <p>3. Students roll the die again, and they all move either clockwise or counterclockwise to the number of poly-spots on the “game board.” They look under their new spot and begin that new activity upon hearing the signal.</p> <p>4. Students will take their pulse rates after completing an aerobic task.</p>	

Please note: Activities are member submitted and not approved prior to uploading by SHAPE America staff.

Modifications

Include ways to modify this activity for advanced, lower level and inclusion students.

Differentiation/Inclusion:

Students on an IEP (physical), modifications will be met according to their 504 plan. Students who have difficulty reading, they can also work in pairs for the other student to read the aerobic task; and visuals will be provided along with demonstration in case a student has a difficult time reading.