

Aerobic Games

34



NAME OF ACTIVITY: High Roller

GRADE LEVEL: 3-5

EQUIPMENT: 2-3 pair dice (the larger the better), 6 "High Roller" task cards, 1 roll of masking or painters tape, 1 hula hoop

SKILLS EMPHASIZED: aerobic activities

ORGANIZATION:

1. Use the masking/painters tape to secure task cards to the activity area walls (see diagram on card #36).
2. Place the hula hoop in the middle of the activity area.
3. Place the dice in the center of the hula hoop.

DESCRIPTION:

1. Students will take turns rolling 1 die (the multiple dice reduces waiting time) making sure it stays within the hula hoop (for safety).
2. The number on the die determines which task card the student will go to. For example, if a "5" was rolled, the student would go to task card with the 5 dots on it.
3. Students must jog/run to the task card.
4. When the student gets to the task card, s/he reads and performs the activity on the task card.
5. At the completion of the task, the student jogs/runs back to the center of the activity space to roll another die.
6. Continue the activity in this manner until a pre-determined amount of time (set by the teacher before class) has elapsed (e.g. 10 minutes).

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35



NAME OF ACTIVITY: High Roller (*continued*)

TEACHING SUGGESTIONS:

1. Instead of using dice, use a deck of playing cards or dominoes.

VARIATIONS:

1. Create task cards that include partner fitness activities.
2. Perform other locomotor movements to and from the task cards (e.g. skip, hop, slide, etc.).
3. Have the students perform sport specific aerobic activities. For example jog while dribbling a basketball to the task card. Task card states "jog 1 lap around the activity area while dribbling the basketball with your non-dominant hand."
4. To make the activity easier, reduce the number of repetitions.
5. Take make the activity more challenging, increase the number of repetitions.