

**FUN activities keeping MVPA high
while teaching health concepts,
fitness and integrating technology!**

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Goal of Today's Presentation

To learn activities that incorporate
health concepts and technology
while keeping MVPA high!



Content

- Health
- Fitness - Crossfit for kids
- Physical Education games
- Technology



Crossfit for - Kids www.crossfitkids.com

- Tabata

20 sec work 10 sec rest!

www.classfitkids.com

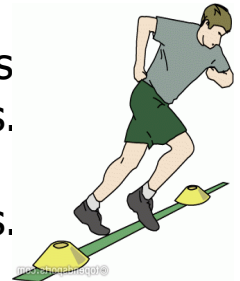
- Task Cards



Example - CrossFit Task Card

Directions: Perform the following exercises and movements. Return this card to the bin when you are finished.

1. Sprint across the gym 1 time.
2. Do 10 Hand Release Push Ups
3. Sprint across the gym 2 times.
4. Do 10 Burpees.
5. Sprint across the gym 3 times.



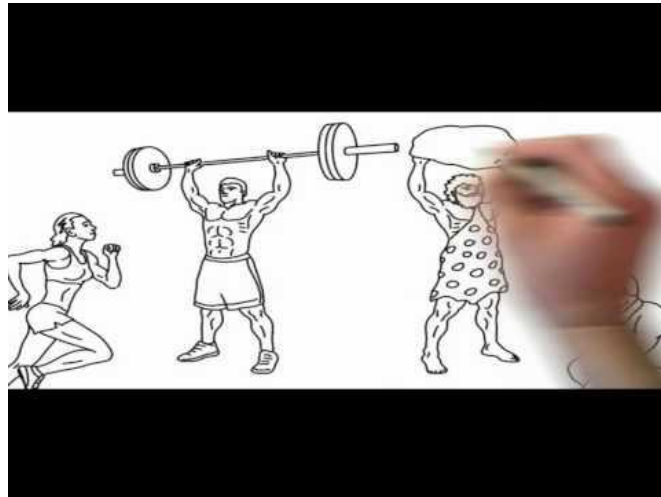
- AMRAP (as many rounds as possible in a given time)

- Running with the Tigers workout -

6 Minute AMRAP	10 Push-ups	10 Sit ups	10 Crab dip push up	10 Squats	30 Step ups
Date:					
Date:					

Do this workout 2 times Exercises completed/Total tallies : DAY 1 _____ DAY 2 _____

What is
crossfit
video!



Artery Cloggers

Game = Clean your room with defenders (frisbee)

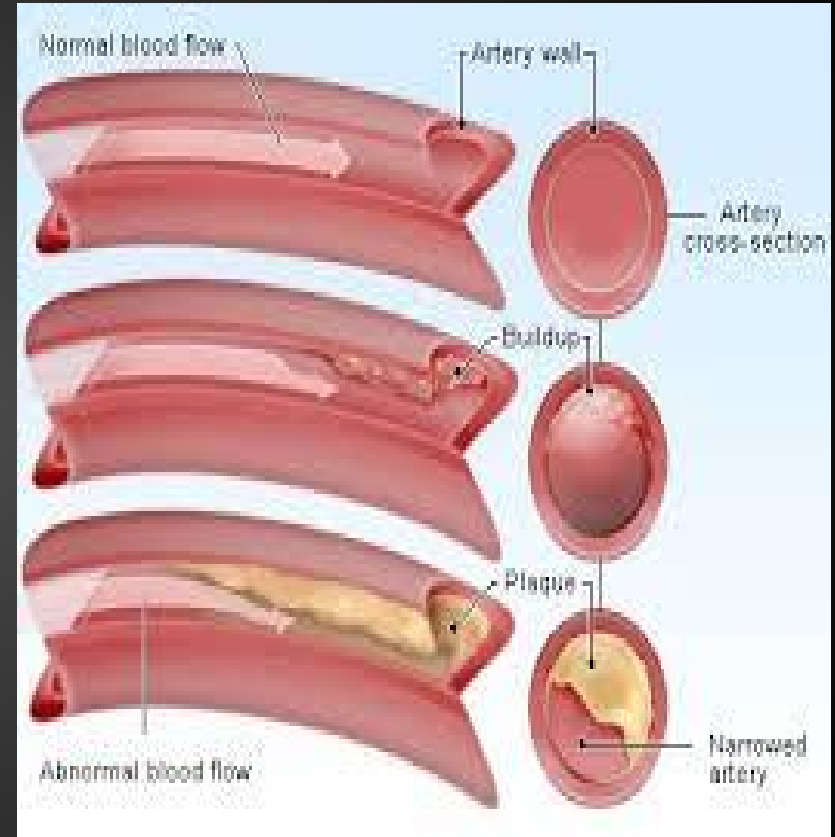
Level 1 - No defense

Level 2 - Water

Level 3 - Healthy diet

Level 4 - Physical activity

Learning = What is the difference between no defense and more defense?



Health Games

Fat busters

- Unhealthy choices = more unhealthy body composition (fat)
- To burn fat off we must exercise!
- <http://www.gophersport.com/item/foodfat-attack-activity-set>
- Calories in Vs calories out





Bowling for a well balanced diet



- Goal = create a well balanced plate.
- Pins represent each section of my plate + water. (3 pins on each side of the room)
- 6 color coded spots on each side of the room.
- Knock a pin down - bring it to your plate
- Team with full plate wins!

Technology- Ipod activities

1. Picture scavenger hunt
2. Exercise technique videos
3. Health review with QR codes



Technology - Geocache - Pedometers



Fit Step Pedometer Link
with Video <http://www.gophersport.com/item/fitstep-pedometers>



1. Tom & Jerry - Zombie attack
2. Adventure Race
3. Pirate ships
4. Fit Pin Knock down
5. Castle ball
6. Lord of the rings
7. Train



[Running Games Handout click this link](#)

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