Go-Cart Fitness

Grade Level
K through second

Fitness Focus
Aerobic capacity, muscular strength and endurance

Equipment
Cones or markers, lively music (optional)

Organization
Arrange cones or markers to make a large oval-shaped racetrack. Make another oval within it (like a double circle with about 6 feet [1.8 meters] in between). The inner circle represents the gas station, and the center represents the pit stop area.

Activity Description
1. Players are scattered on the track. When the music starts or you say “Start your engine,” followed by “go,” the players run or jog around the track.
2. The players are instructed that any time they are tired they can step inside the gas lane and fill up with gas for more energy. To get gas, they walk around the inside track.
3. When the music stops (or at other predetermined signal), the players walk to the pit stop area and perform an exercise action that you lead (see examples in next section).
4. The “race” continues, and on each pit stop (when the music stops), the groups return to the pit stop area for another exercise. Allow about 2 minutes before a pit stop call and then allow 30 seconds at each pit stop.

Suggested Pit Stop Exercises
- **Windshield wiper check**: Do slow arm swings.
- **Pumping the tires**: Pump body and arms up and down in a slight squat/stand motion (as if pumping a bicycle tire but using legs also).
- **Under-the-hood check**: Do toe touches with knees slightly bent, alternating with high-to-the-sky stretches.
- **Steering wheel check**: Make arm movements as if driving.
- **Under-the-car check**: Crab walk eight steps forward and eight backward (repeat). Watch out for others.

Hints
Starting in a scattered start keeps the racing or “I am ahead” concept out of the activity.
Racetrack Fitness

Grade Level
Second through fifth

Fitness Focus
Aerobic capacity, muscular strength and endurance

Equipment
Cones or markers, lively music, and cue cards (see activity description)

Organization
Arrange cones or markers to make a large oval-shaped racetrack. The center represents the gas station and is surrounded by six stations or “pit stops.”

Activity Description
1. Players are divided into six groups and assigned a starting pit stop.
2. When the music starts or when you say “Start your engine,” the players are to step out on the track. Then, on the signal “go,” they run, jog, or fitness walk around the track.
3. When the music stops (or at other predetermined signal), the players return to their original pit stop and perform the exercise until the music resumes or you say “Start your engine.”
4. The “race” continues, and on each pit stop (when the music stops), the groups progress to the next pit stop exercise.
5. This continues until all groups have visited all six pit stops. Allow at least 2 minutes before a pit stop call, and then allow 30 seconds to a minute at each pit stop.

Suggested Pit Stop Exercises:
  ◾ Check the engine: Do curl-ups on a mat.
  ◾ Pump the tires: Pretend to use a bicycle pump, moving both legs and arms up and down, or jump on a pogo ball.
  ◾ Check the oil: Do regular or modified push-ups.
  ◾ Check the wipers: Do slow arm swings in front of and behind the body.
  ◾ Rotate the tires: Hula hoop or jump rope.
  ◾ Tune the engine: In crab position, alternate kicking one leg and then the other slowly. Alternate with bear position doing the same.

Hints
  ◾ Walkers stay to the inside “lane” of the track and joggers or runners pass on the right.
  ◾ Do this activity at least once a week, and have students set goals for improvement in number of laps and number of exercises.
  ◾ Teach the exercises before the activity starts.
Jump and Jog

Grade Level
Second through fifth

Fitness Focus
Aerobic capacity, muscular strength and endurance

Equipment
One cone and jump rope per two players, music (optional)

Organization
Arrange cones in a large oval, leaving enough room on the outside for players to jog. Divide players into pairs, with each pair getting a jump rope. The player with the rope stands inside the oval; the other stands outside the oval.

Activity Description
1. When the music starts or on a “go” signal, the player on the outside of the oval jogs around the cones counterclockwise while the partner on the inside jumps rope in place.
2. When the music stops or on a “stop” signal, the players change places.
3. Continue this activity switch on 1-minute intervals for about 6 to 10 minutes.
4. For any player unable to jump a self-turned rope, provide the option of laying the rope on the ground and jumping back and forth over it.