

# Welcome to Movement Made for Now!

OPEN's *Movement Made for Now* resources were created in the service of cities and municipalities looking for physical activity programming for the students of city firefighters, police officers, first responders, medical workers, and other critical personnel. Physical activity time in these emergency settings will help students boost their immune systems, manage stress, and enjoy this time that they must be away from their families.

OPEN has created a series of activities that can be done with no manipulative equipment to avoid the spread of germs. Additionally, all activities should be done while students adhere to the social distancing practice of staying six feet apart from others.

OPEN, US Games and the Varsity Brands family of companies would like to make these resources available to all communities faced with similar challenges. As our country looks for solutions to serve the families of those working to keep our communities safe and operational, it is our hope that we can play a small part in that important work.



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# ROCK, PAPER, SCISSOR GAME STATIONS

## Notes to instructors:

Rock, Paper, Scissor (RPS) is a fun and useful game that can be played in many ways. The games in this packet were designed for small to medium groups and can be played with a mix of ages. Set up details and game instructions are provided for activity leaders and students. Encourage students to use RPS when facing unresolved issues or group decisions. Let RPS resolve the issue before it becomes a conflict.

**Rules to remember:** Rock beats scissor, scissor beats paper, paper beats rock

As with any game or activity resource, it is up to you to assess the needs and abilities of the students under your supervision. Modify this game as needed to meet the requirements of your space, group size, and age ranges.

The pages of this packet are designed to be used as station cards. The instructions can be read and explained by older and more mature students. However, we strongly recommend teaching each game to the group before allowing students to work independently.

Every page includes a reminder to practice safe social distancing. All of the games in this packet were designed to allow students to remain a minimum of 6 feet apart and *DO NOT* require them to use or share equipment.

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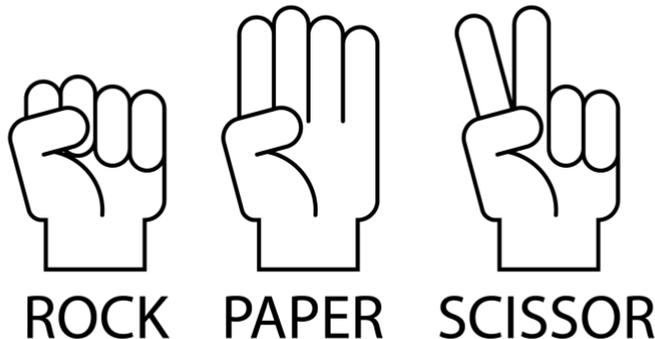
# ROCK, PAPER, SCISSOR RULES POSTER

**Rule 1:** All players must use the same cadence for showing their choice (rock, paper, or scissor). We will use, "1, 2, 3!" As you say "3," show your choice. If any players don't follow the cadence, redo the match.

**Rule 2:** Know who wins by using the RPS value chart below.

ROCK > SCISSOR  
SCISSOR > PAPER  
PAPER > ROCK

**Rule 3:** All players must use 1 of the 3 show options: rock, paper, or scissor. See the illustrations below.



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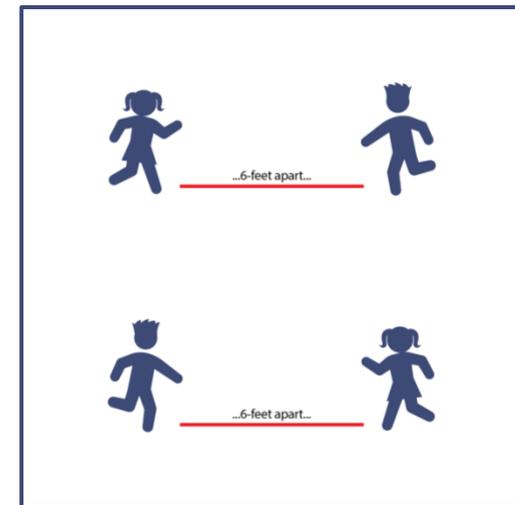
# BASIC ROCK, PAPER, SCISSOR (RPS)

## Game Set-Up

- Stand 6 feet across from a partner.

## Game Instructions

- The object of RPS is to show an object that is greater in value than what your opponent shows. You have only 3 choices: rock, paper, or scissor. Rock beats scissor. Scissor beats paper. Paper beats rock.
- On the start signal, face your partner with at least 6 feet in between the two of you. Be sure you're 6 feet from any other pairs as well. At the same time as your partner, say, "1, 2, 3!" As you say "3," show your RPS choice.
- After each game, find a new partner, stand 6 feet away from them, and play another RPS match. Continue until you hear the stop signal.



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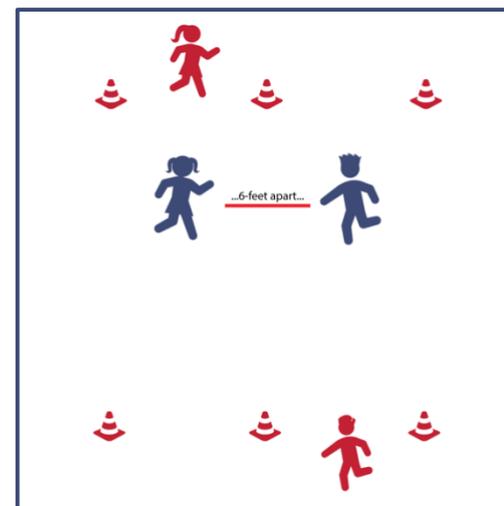
# VICTORY LAP RPS

## Game Set-Up

- Stand 6 feet across from a partner.
- There are cones set up around the activity area. You'll jog your victory laps around those cones.

## Game Instructions

- The object of Victory Lap RPS is to do as many victory laps as you can before you hear the stop signal.
- On the start signal, stand 6 feet away from a partner and play RPS.
- The winner of the match gets to run 1 victory lap around the cones. When they get back, they'll find a new partner and play again.
- The player who didn't win can find a new partner as soon as the match is complete. Keep playing with new partners until you hear the stop signal.



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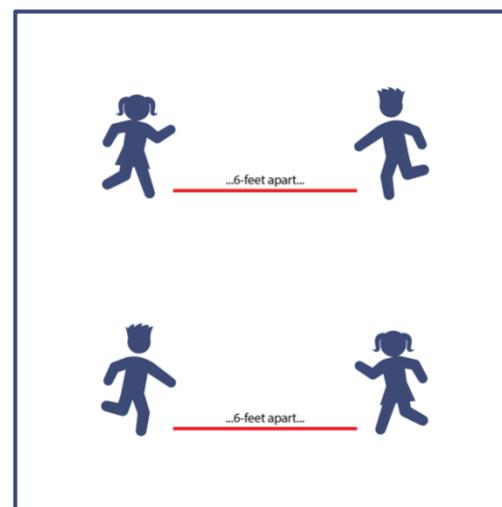
# VICTORY DANCE RPS

## Game Set-Up

- Stand 6 feet across from a partner.

## Game Instructions

- The object of Victory Dance RPS is to do as many victory dances as you can before you hear the stop signal.
- On the start signal, stand 6 feet away from a partner and play RPS.
- The winner of the match gets to do a 10-second victory dance. When they're finished, they'll find a new partner and play again.
- The player who didn't win can find a new partner as soon as the match is complete. Keep playing with new partners until you hear the stop signal.



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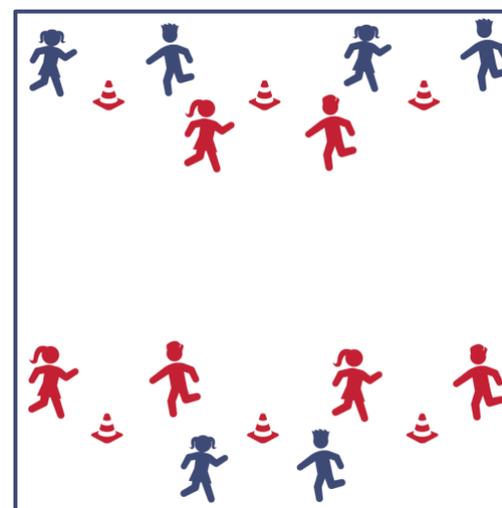
# CHAMPIONSHIP BELT RPS

## Game Set-Up

- There are 6 cones set up around the activity area. Each cone is a Championship Belt Station.

## Game Instructions

- The object of Championship Belt RPS is to win as many championship belts as you can. You win a belt by winning 3 RPS matches in a row at a cone (Championship Belt Station).
- Start at any Championship Belt Station. Stand 6 feet away from your challenger each time you play.
- On the start signal, play RPS. If you win, stay at that station and find a new challenger to play again.
- If you don't win, move to another station and begin a new championship run.
- If you win 3 in a row at a station, put on your (invisible) championship belt. Then wear your belt to a new station and begin a new championship run. How many belts can you win?



- *If there's time at the end of the game, all players who have won a championship belt can go head to head to see who wins the Ultimate RPS Championship Belt!*

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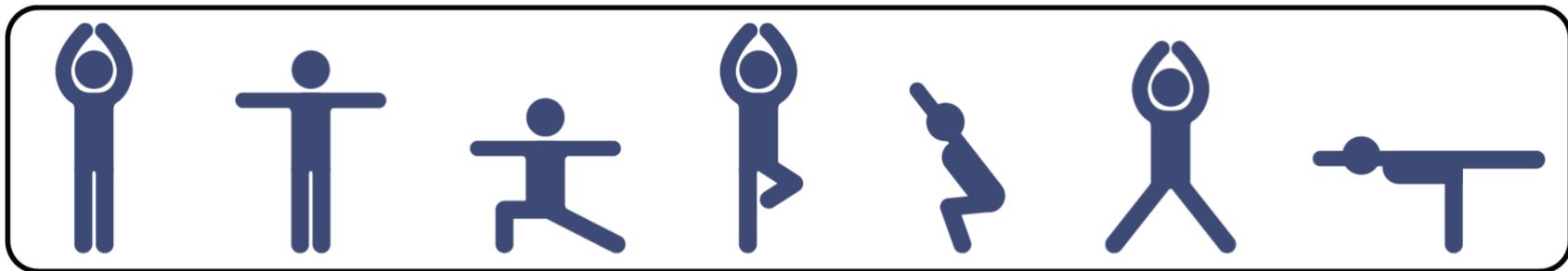
# BALANCE POSE RPS

## Game Set-Up

- Stand 6 feet across from a partner.

## Game Instructions

- The object of Balance Pose RPS is to win as many RPS matches as you can while holding different balance poses.
- On the start signal, choose a balance pose from the bottom of this page. Then play RPS while holding that balance pose. It's okay if you and your partner choose different poses to begin the game.
- For the next match, the player who wins gets to choose the pose that both players will hold while playing. Continue until you hear the stop signal.



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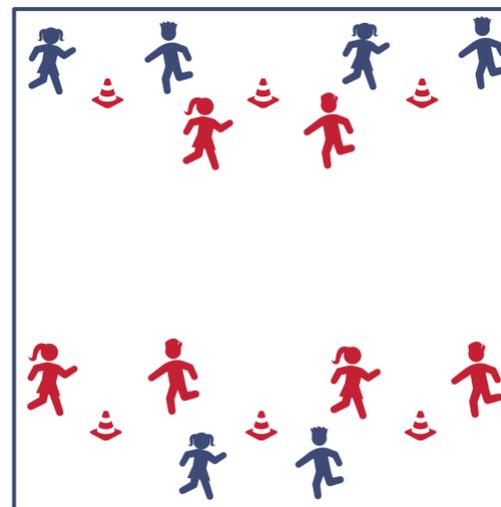
# AROUND THE WORLD RPS

## Game Set-Up

- There are 6 cones set up around the activity area. Each cone is an Around the World Station.

## Game Instructions

- The object of Around the World RPS is to win an RPS match at each cone, traveling “around the world” to 6 Passport Points.
- If you win at a cone (Around the World Station), travel clockwise to the next cone and play a new challenger.
- If you lose at a cone, stay there and find a new challenger. Play again and try to advance.
- If you win at each cone and make it all the way around the world, you earn 6 Passport Points. Keep playing, trying to advance around the world, trying to win as many Passport Points as you can.



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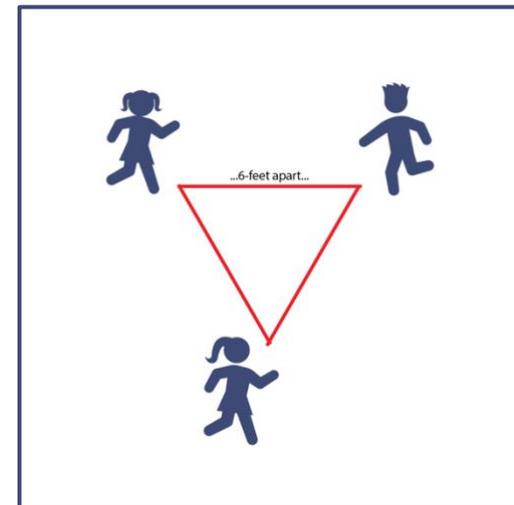
# STRONG, STRETCH, SWEAT RPS

## Game Set-Up

- Stand in a triangle, with 3 partners 6 feet apart from each other.
- Use the Strong, Stretch, Sweat Exercise Chart.

## Game Instructions

- The object of Strong, Stretch, Sweat RPS is to complete as many health-related fitness exercises as you can with your partners.
- On the start signal, all 3 players will call out, “Strong, Sweat, Stretch, SHOW!” As you say “show,” all 3 players will show rock, paper, or scissor.
- If 2 or 3 players show the same object, that object “wins” and all players will perform the exercise in that category from the exercise chart.
- If each player shows a different symbol, then each will perform the exercise from the category matching their own symbol.



**Rock** = Strong / Muscular Fitness

**Paper** = Stretch / Flexibility

**Scissor** = Sweat / Aerobic Capacity

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# STRONG, STRETCH, SWEAT

## EXERCISE CHART

<b>STRONG</b> ROCK	Exercise: 10-Second Plank Hold (or) 5 Push-Ups
<b>STRETCH</b> PAPER	Exercise: Hamstring Stretch (or) Shoulder Stretch
<b>SWEAT</b> SCISSOR	Exercise: 15 Jumping Jacks (or) 30 Invisible Jump Ropes

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# CHARADE GAME STATIONS

## Notes to instructors:

The game of charades is a fun way for students to be creative, express themselves, and get a healthy dose of moderate physical activity. The games in this packet were designed for small to medium groups and can be played with a mix of ages. Each card includes ideas for charade topics. Encourage students to be appropriately creative and come up with their own topic ideas.

As with any game or activity resource, it's up to you to assess the needs and abilities of the students under your supervision. Modify this game as needed to meet the requirements of your space, group size, and age ranges.

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# CRAZY 8 EMOJI DANCE

## Game Set-Up

- Get in groups of 4. Keep 6 feet apart while talking and dancing.
- Each group member chooses a different emoji from the list below.
- The adult activity leader will play some fun and appropriate dance music.

## Game Instructions

- The object of the Crazy 8 Emoji Dance is for each member of a group to create an 8-count dance move that goes with the emoji they've chosen. Then the group will combine all of their individual 8-count dances into a 32-count dance routine.
- After your dance has been created, perform your dance for an audience. Remember, this is a charade game — don't use spoken words or sounds.
- When the dance routine performance is all finished, the audience will try to guess the four emojis that your group used to create the dances.

## Emoji List



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# LETTER CHARADES

## Game Set-Up

- Designate 1 player to be the actor (the youngest goes first).
- All others are the guessers.
- Stand 10 feet away from the actor, with all guessers at least 6 feet apart.

## Game Instructions

- The object of Letter Charades is for the guessers to call out the letter that the actor is demonstrating using movements.
- Actors cannot speak or make sounds — only movements.
- Choose a letter from the list below. You cannot choose a letter that has already been used in this game today.

## Letter List

A C E F H I J K L O P Q T U V X Y



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# WORD CHARADES

## Game Set-Up

- Designate 1 player to be the actor (the oldest goes first).
- All others are the guessers.
- Stand 10 feet away from the actor, with all guessers at least 6 feet apart.

## Game Instructions

- The object of Word Charades is for the guessers to call out the word that the actor is demonstrating using movements.
- Actors cannot speak or make sounds — only movements.
- Choose a word from the list below. Do not choose a word that has already been used in this game.
- Be creative! Can you think of a fun and appropriate word to act out? Share it with the adult activity leader (secretly!) and ask if you can use it when you're the actor.

## Word List

Toothbrush

Car

Apple

Remote Control

Bubblegum

Popcorn

Bus

Airplane

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# ANIMAL CHARADES

## Game Set-Up

- Designate 1 player to be the actor (the person whose first name starts with a letter closest to Z goes first).
- All others are the guessers.
- Stand 10 feet away from the actor, with all guessers at least 6 feet apart.

## Game Instructions

- The object of Animal Charades is for the guessers to call out the animal that the actor is demonstrating.
- Actors cannot speak or make sounds — only movements.
- Choose an animal from the list below. Do not choose an animal that has already been used.
- Be creative! Can you think of a fun and appropriate animal to act out? Share it with the adult activity leader (secretly!) and ask if you can use it when you're the actor.

## Animal List

Bird

Cat

Dog

Fish

Giraffe

Horse

Rabbit

Spider

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# SPORTS CHARADES

## Game Set-Up

- Designate 1 player to be the actor (the person whose first name starts with a letter closest to H goes first).
- All others are the guessers.
- Stand 10 feet away from the actor, with all guessers at least 6 feet apart.

## Game Instructions

- The object of Sports Charades is for the guessers to call out the sport that the actor is demonstrating.
- Actors cannot speak or make sounds — only movements.
- Choose a sport from the list below. Do not choose a sport that has already been used.
- Be creative! Can you think of a fun and appropriate sport to act out? Share it with the adult activity leader (secretly!) and ask if you can use it when you're the actor.

## Sports List

Archery

Baseball

Basketball

Golf

Hockey

Horseracing

Soccer

Volleyball

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# MOVIE CHARADES

## Game Set-Up

- Designate 1 player to be the actor (the person whose first name starts with a letter closest to H goes first).
- All others are the guessers.
- Stand 10 feet away from the actor, with all guessers at least 6 feet apart.

## Game Instructions

- The object of Movie Charades is for the guessers to call out the movie that the actor is demonstrating.
- Actors cannot speak or make sounds — only movements.
- Choose a movie from the list below. Do not choose a movie that has already been used.
- Be creative! Can you think of a fun and appropriate movie to act out? Share it with the adult activity leader (secretly!) and ask if you can use it when you're the actor.

## Movie List

Coco	Finding Nemo	Frozen	Harry Potter
Spiderman	Lion King	Monsters Inc.	Toy Story



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# INVISIBLE DUMBBELL FITNESS STATIONS

## Notes to instructors:

Help students work on muscular fitness without the heavy lifting! These cards are designed to be set up in station format with small groups of students working at each station. Time each station interval for 30 seconds to 2 minutes. Students perform the exercise on the card and then rotate to the next station.

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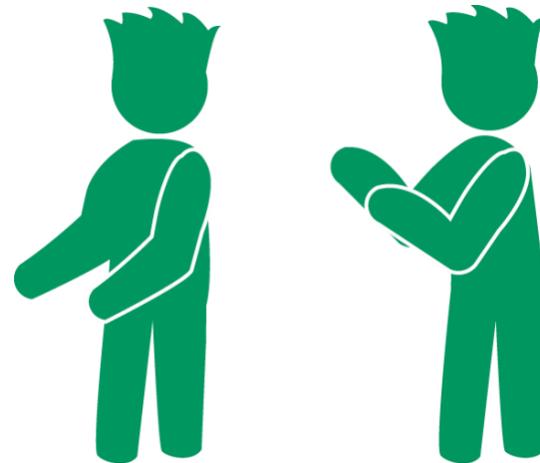
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# INVISIBLE DUMBBELL BICEPS CURL

- Stand tall, feet shoulder-width apart, holding invisible dumbbells at your hips.
- Curl both invisible dumbbells up toward your shoulders.
- Lower your arms and repeat.



*Muscle Focus: Biceps*

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# INVISIBLE DUMBBELL DUMBBELL CRUNCH

- Lay on your back with your knees bent, holding the invisible dumbbell on your chest.
- Slowly curl your head and shoulders up, and then lower back down to the starting position.



*Muscle Focus: Rectus Abdominis*

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# INVISIBLE DUMBBELL DUMBBELL LUNGES

- Stand tall, holding the invisible dumbbells down at your sides.
- Step with your right foot until your right thigh is parallel to the floor (left leg stays in place).
- Push back up into the starting position.
- Repeat with your left leg.



*Hamstrings, Quadriceps*

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# INVISIBLE DUMBBELL DUMBBELL PLANK ROWS

- Start in plank position.
- Shift your weight to your left arm, and then pull an invisible dumbbell up to your shoulder with your right arm.
- Lower back to plank position. Repeat with the other side.
- Count 1 rep every time you complete a row with your left arm.



*Muscle Focus: Pectoralis, Biceps*

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# INVISIBLE DUMBBELL DUMBBELL SQUATS

- Stand tall, feet wider than shoulder-width, holding the invisible dumbbell with both hands at the center of your chest.



- Squat down, keeping your knees above your toes, and then stand back up to the starting position.

*Muscle Focus: Quadriceps, Gluteus Maximus*

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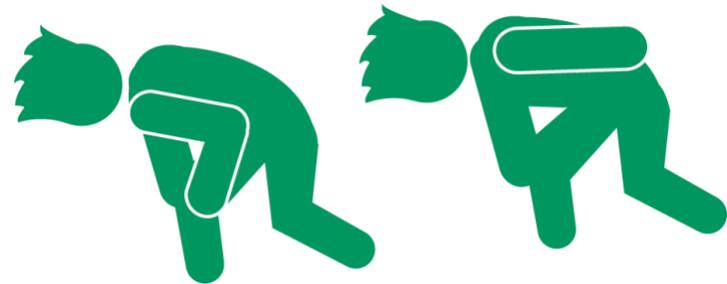
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# INVISIBLE DUMBBELL DUMBBELL TRICEPS PUSH

- Feet shoulder-width apart. Bend forward. Back straight, upper body parallel to floor.
- Invisible dumbbell in your right hand. Elbow close to your body and your arm bent at a right angle.
- Keeping elbow in place, push back. Extend arm until it's straight. Slowly return to starting position.



*Muscle Focus: Triceps*

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# SHADOW BALL STATIONS

## Notes to instructors:

Shadow Ball is an age-old pastime that was made popular by the Harlem Globetrotters. Players pantomimed passing, catching, and shooting an invisible basketball.

The artistry and creativity of the Globetrotters was so convincing and entertaining that fans would arrive early just to watch the Shadow Ball routine. Goose Tatum, a former member of the Harlem Globetrotters basketball team, is credited with the creation of the “Magic Circle” — a trademark ball-handling routine that’s performed at the beginning of all Harlem Globetrotters games.

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# GOOOOALLLL (SOCCER)

## Game Set-up:

- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor to see who goes first.
- Remember, you have a “shadow ball” — you are going to pantomime soccer skills with your partner.

## Bronze Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Do 5 toe taps on top of the ball and then pass the ball to your partner — that’s 1 point!
- Your partner **MUST** trap the ball, do 5 toe taps on top of the ball, and then pass it back — that’s another point!
- You have 60 seconds. Ready, go!

## Silver Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Toss the ball in the air, juggle the ball 3 times with your head, and head the ball to your partner — that’s 1 point!
- Your partner juggles the ball on their head three times, then heads it back to you — that’s another point!
- You have 60 seconds. Ready, go!

## Gold Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Juggle the ball 5 times without using the same body part twice in a row and pass to your partner — that’s 1 point!
- You have 60 seconds. Ready, go!

## For Giggles & Grins:

1. Make up your own GOOOOALLLL challenge using a combination of soccer skills (shooting, dribbling, passing, etc.).
2. Take the game winning penalty kick. Have your partner be the goalkeeper. Hit the game winning penalty kick in slow motion. Celebrate like crazy (while staying 6 feet apart).
3. Once touch group juggle. Get in a group of 4–6, standing 6 feet apart. Call someone’s name and pass the ball to them. They call another person’s name and pass the ball. How many successful call-and-passes can you make in a row?

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# DIG THIS (VOLLEYBALL)

## Game Set-up:

- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor to see who goes first.
- Remember, you have a “shadow ball” — you are going to pantomime volleyball skills with your partner.

## Bronze Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Using a forearm pass (bump), pass the ball back and forth. Score a point each time the ball is passed.
- Variation: Set the ball back and forth.
- You have 60 seconds. Ready, go!

## Silver Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Volley the ball to your partner with a forearm pass, and your partner will set the ball back to you. Score a point each time the ball is forearm-passed.
- After 5 volleys, switch roles.
- You have 60 seconds. Ready, go!

## Gold Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Serve the ball to your partner. Your partner will set or bump the ball back. Then jump up and spike it! Earn a point for every spike.
- Switch roles after every point. You have 60 seconds. Ready, go!

## For Giggles & Grins:

1. Make up your own Dig This challenge using a combination of volleyball skills (bumping, serving, setting spiking, etc.).
2. Serve the final point. In slow motion, jump-serve an ace (a match-winning point) to your partner. Celebrate and blow kisses to your fans.

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# GRAND SLAM (TENNIS)

## Game Set-up:

- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor to see who goes first.
- Remember, you have a “shadow ball” — you are going to pantomime tennis skills with your partner.

## Bronze Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Using a forearm stroke, volley the ball back and forth. (Remember to let the ball hit the ground first.)
- Score a point each time the ball is struck.
- You have 60 seconds. Ready, go!

## Silver Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Serve the ball to your partner and call “forehand” or “backhand.” Your partner will return the ball using the stroke you called. They return and volley the ball back to you, calling the stroke you must use to return it.
- Score a point each time the ball is struck.
- You have 60 seconds. Ready, go!

## Gold Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- You have a ball, and your partner has a racquet. Your partner stands in the middle of a 6-foot zone (divided in half).
- Toss the ball to one side of the 6-foot zone. Your partner will quickly move and volley the ball back.
- Toss another ball to the other side of the zone. Your partner will to quickly move and volley the ball back.
- Repeat 10 times, then switch roles. Score a point for every volley. You have 60 seconds. Ready, go!

## For Giggles & Grins:

1. Make up your own Grand Slam challenge using a combination of tennis skills (serve, forearm, backhand, etc.).
2. Serve the final point. In slow motion, crush a serve (a match winning point) to your partner. Celebrate, throw your racquet in the air, fall to your knees, and ham it up for the cameras.

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# WALK-OFF HOMER (BASEBALL)

## Game Set-up:

- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor to see who goes first.
- Remember, you have a “shadow ball” — you are going to pantomime baseball and softball skills with your partner.

## Bronze Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Throw a ground ball. Your partner will field it and throw it back to you before you count to 3 — that’s 1 point!
- Challenge: Make your partner move 3 feet to the side to field the grounder. Do this 5 times and reverse roles.
- You have 60 seconds. Ready, go!

## Silver Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Hit a pop fly ball. Your partner will catch it and throw it back to you — that’s 1 point!
- Challenge: Make your partner move 3 feet to the side to catch the fly ball. Do this 5 times and reverse roles.
- You have 60 seconds. Ready, go!

## Gold Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- You are the batter, and your partner is the pitcher. Your partner will pitch a ball. Whack it far into the outfield.
- Run around all the bases (set 6 feet apart) and touch home before your partner counts to 5 — that’s 1 point!
- Switch roles after every point. You have 60 seconds. Ready, go!

## For Giggles & Grins:

1. Make up your own Walk-off Homer challenge using a combination of baseball and softball skills (pitching, hitting, fielding, catching, etc.).
2. Hit the walk-off game-winning home run. In slow motion, your partner will pitch. Crush one over the center field fence. Run around the bases triumphantly.

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# DOWN, SET, HUT (FOOTBALL)

## Game Set-up:

- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor to see who goes first.
- Remember, you have a “shadow ball” — you are going to pantomime football skills with your partner.

## Bronze Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Throw a touchdown pass to your partner — that’s 1 point!
- Your partner will catch the ball and throw a touchdown pass back to you — that’s another point!
- You have 60 seconds. Ready, go!

## Silver Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- To score a point: Hike the ball to your partner and run a 6-foot pass route. Your partner will pass the ball to you. Make a move and run back to where you hiked the ball to your partner.
- Repeat 5 times and change roles.
- You have 60 seconds. Ready, go!

## Gold Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Punt the ball into the air to yourself and catch it. While running in place, juke to one side, juke to the other, spin, hurdle a defender, and then lateral the ball to your partner. Your partner punts the ball into the air and repeats.
- Score 1 point for each lateral. You have 60 seconds. Ready, go!

## For Giggles & Grins:

1. Make up your own Down, Set, Hut challenge using a combination of football skills (hiking, catching, passing, etc.).
2. Touchdown Dance Challenge: Have a contest to see who can come up with the best touchdown dance. For extra fun, do all the touchdown dances in slow motion.

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# TABATA FITNESS STATIONS

## Notes to instructors:

Help older students work to improve their health-related fitness and teach them an effective way to stay healthy and fit at home. The exercise routines in this packet are created using Tabata training methodology.

Tabata training was created by a Japanese scientist named Dr. Izumi Tabata. True Tabata workouts combine 20 seconds of vigorous activity with 10 seconds of rest in between each set. People often adjust the timing and intensity of interval workouts, but it's important to understand the history behind the method. Dr. Tabata's research showed that even 4-minute workouts using his timing formula can have positive results on a person's overall fitness.

These cards are designed for students to complete individually. In group settings, we suggest you time the intervals for students and give verbal or audio cues as start and stop signals. Music is a perfect audio cue.

The first 3 cards include exercises categorized by type. The next 3 cards mix these exercises into routines. The last card is blank — use it to create your own routine or have students create routines.

As with any activity resource, it's up to you to assess the needs and abilities of the students under your supervision. Modify routines as needed to meet the requirements of your space, group size, and age ranges.

The pages of this packet are designed to be used as station cards. The instructions can be read and explained by older and more mature students. However, we strongly recommend teaching each exercise to the group before allowing students to work independently.

Every page includes a reminder to practice safe social distancing. All of the exercises in this packet were designed to allow students to remain a minimum of 6 feet apart and *DO NOT* require them to use or share equipment.

Exercises found in Darebee's Video Library: <https://darebee.com/video.html>

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# TABATA JACKS

Set #	Exercise Name	Interval Start
1	<b>Exercise: Jumping Jacks</b> ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	<b>Exercise: Half-Jacks</b> ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	<b>Exercise: Side Jacks</b> ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	<b>Exercise: Step Jacks</b> ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	<b>Exercise: Jumping Jacks</b> ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	<b>Exercise: Split Jacks</b> ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	<b>Exercise: March Jacks</b> ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	<b>Exercise: Jumping Jacks</b> ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



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# TABATA PLANKS

Set #	Exercise Name	Interval Start
1	<b>Exercise: Plank Shoulder Taps</b> ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	<b>Exercise: Plank Arm Raises</b> ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	<b>Exercise: Plank Leg Raises</b> ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	<b>Exercise: Up &amp; Down Planks</b> ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	<b>Exercise: Plank Jacks</b> ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	<b>Exercise: Plank Rolls</b> ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	<b>Exercise: Plank Climbers</b> ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	<b>Exercise: Plank Shoulder Taps</b> ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



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# TABATA LEGS

Set #	Exercise Name	Interval Start
1	<b>Exercise: Squats</b> ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	<b>Exercise: Squat Step-Ups</b> ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	<b>Exercise: Toe-Tap Hops</b> ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	<b>Exercise: Jumps</b> ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	<b>Exercise: Lunges</b> ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	<b>Exercise: Reverse Lunges</b> ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	<b>Exercise: Bounces</b> ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	<b>Exercise: Squats</b> ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



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# TABATA MIX ROUTINE 1

Set #	Exercise Name	Interval Start
1	Exercise: Squats ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	Exercise: Plank Shoulder Taps ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	Exercise: Jumps ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	Exercise: Jumping Jacks ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	Exercise: Squats ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	Exercise: Plank Shoulder Taps ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	Exercise: Jumps ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	Exercise: Jumping Jacks ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



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# TABATA MIX ROUTINE 2

Set #	Exercise Name	Interval Start
1	<b>Exercise: Half-Jacks</b> ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	<b>Exercise: Plank Arm Raises</b> ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	<b>Exercise: Lunges</b> ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	<b>Exercise: Plank Leg Raises</b> ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	<b>Exercise: Half-Jacks</b> ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	<b>Exercise: Plank Arm Raises</b> ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	<b>Exercise: Lunges</b> ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	<b>Exercise: Plank Leg Raises</b> ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



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# TABATA MIX ROUTINE 3

Set #	Exercise Name	Interval Start
1	<b>Exercise: Bounces</b> ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	<b>Exercise: Plank Climbers</b> ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	<b>Exercise: Split Jacks</b> ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	<b>Exercise: Reverse Lunges</b> ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	<b>Exercise: Bounces</b> ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	<b>Exercise: Plank Climbers</b> ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	<b>Exercise: Split Jacks</b> ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	<b>Exercise: Reverse Lunges</b> ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



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# CREATE A ROUTINE

Set #	Exercise Name	Interval Start
1	<b>Exercise:</b>	<b>0:00</b>
	Rest 10 Seconds	
2	<b>Exercise:</b>	<b>0:30</b>
	Rest 10 Seconds	
3	<b>Exercise:</b>	<b>1:00</b>
	Rest 10 Seconds	
4	<b>Exercise:</b>	<b>1:30</b>
	Rest 10 Seconds	
5	<b>Exercise:</b>	<b>2:00</b>
	Rest 10 Seconds	
6	<b>Exercise:</b>	<b>2:30</b>
	Rest 10 Seconds	
7	<b>Exercise:</b>	<b>3:00</b>
	Rest 10 Seconds	
8	<b>Exercise:</b>	<b>3:30</b>
	Rest 10 Seconds	



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