

Perfect Timing

Grades 2–5

BENEFIT

Vigorous aerobic exercise

LOCATION

Grass, blacktop

EQUIPMENT

Cones (as needed)

Tip

If students return to their spot early, encourage them to jog in small circles nearby, returning to their spot only as the countdown reaches zero.

Tip

For variety, have your students skip, gallop, or slide around the area instead of jogging.

Students jog freely around the yard, then return to their spots in line when the countdown reaches zero.

- 1** Establish boundaries for a large playing area, perhaps the entire grass field and/or blacktop. Use permanent playground features (such as trees and backstops), and cones if needed, to mark the boundaries. Have your students form a line, standing side by side. Tell them to remember exactly where they're standing in line.
- 2** Tell them to jog freely around the area and back to their starting spots in exactly 10 seconds. As they jog, call out the countdown: "Ten, nine, eight, seven, six, five, four, three, two, one, zero!"
- 3** Repeat the activity above, but increase the time to 20 seconds. When only 10 seconds remain, call out the countdown.
- 4** Keep increasing the length of the activity by 10 seconds each round, up to two minutes; always call out the countdown for the last 10 seconds.

