

Strength-Exercise Surprise Cards

Grades K-5



BENEFIT

Muscular strength and endurance

LOCATION

Grass, blacktop, multipurpose room, classroom

EQUIPMENT

10 activity cards, container for cards

Students love the element of surprise. This fun, strength-building activity offers a touch of suspense as students choose exercises randomly, sight unseen. You'll need a set of 10 exercise cards, which are included in this file. Each card depicts an exercise, describes how to perform it, and lists its benefits.

Preparing the Exercise Cards

- 1 Print pages 2-6 of this PDF file on 8.5-by-11-inch paper or card stock.
- 2 Each page contains a pair of exercise cards, separated by a dotted line. Cut each page in half along the dotted line to create 10 cards.
- 3 Laminate the cards for durability.

Conducting the Activity

- 1 Put the 10 exercise cards into a bag or a box so they cannot be seen.
- 2 Call for a volunteer to select a card without looking into the container. The card determines the exercise that the class will perform.
- 3 Ask the volunteer to read the card to the class and demonstrate the exercise.
- 4 Have the class perform the exercise for 20 to 30 seconds.
- 5 Call for another volunteer to select the next card and repeat the process.

Build a Bridge



Place your hands on the ground, below your chest, slightly wider than shoulder-width apart. Extend your arms completely and keep your body straight, feet together.

BENEFIT ▶ Strengthens the muscles of the arms, shoulders, chest, and abdominals.

Triceps Push-Ups



Sit on the ground with your knees up, feet flat, toes forward; place your hands on the ground behind you. Using your arms, push your body up until your backside rises off the ground and your arms straighten, then lower yourself back to the ground.

BENEFIT ▶ Strengthens the triceps muscles in the rear portion of the upper arms.

Shoulder Slaps



Begin the exercise in the push-up position. Raise the right hand and reach across your body to slap the left shoulder, while balancing on the left hand. Return to the starting position. Repeat the movements using the left hand to slap the right shoulder.

BENEFIT ▶ Strengthens the muscles of the arms, shoulders, and chest.

Camelback Position



Bend forward and place both hands on the ground in front of you, palms flat, fingers facing forward. Balancing on your hands and feet, elevate your hips to look like the back of a camel.

BENEFIT ▶ Strengthens the muscles of the arms and shoulders.

Bicycles



Lie on your back; extend your legs and raise your feet a few inches off the ground. Simulate the motion of pedaling a bicycle.

BENEFIT ▶ Strengthens the abdominal muscles.

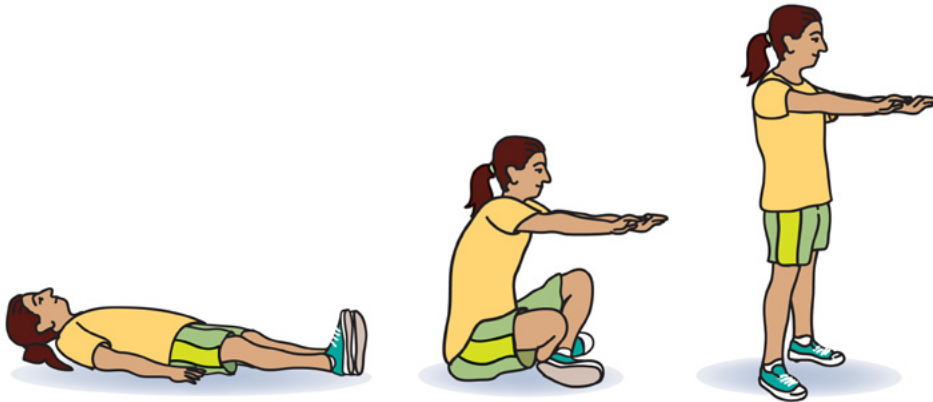
Curl-Ups



Lie on your back with your knees up and your feet on the ground. Put your hands on the middle of your thighs. Slide your hands up to your knees as you elevate your head and shoulders while contracting your abdominal muscles. Hold the elevated position for one whole second at the top. Slowly return to the starting position.

BENEFIT ▶ Strengthens the abdominal muscles.

Lie, Sit, Stand



Lie on your back. Sit up and stand up without using your hands and arms.

BENEFIT ▶ Strengthens the abdominal muscles (while sitting up) and the leg muscles (while standing up).

Lunges



Stand with your feet together. Step forward with one leg and lower your back knee nearly to the ground. Push up from the ground with the forward leg, returning to the starting position. Repeat the exercise, this time stepping forward with the other leg.

BENEFIT ▶ Strengthens the thigh muscles (hamstrings, quadriceps, and groin).

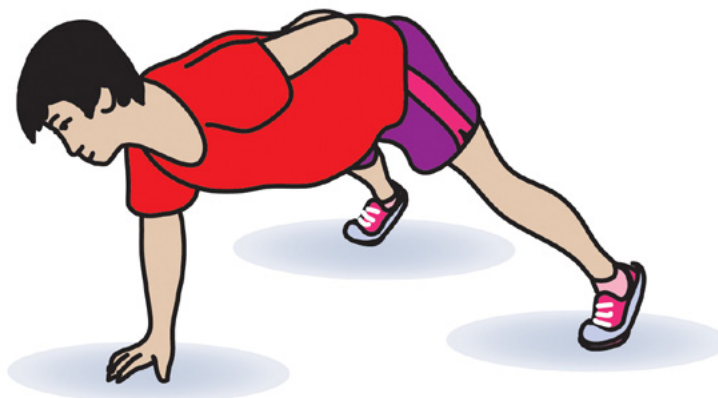
Squats



Lower yourself slowly into the squat position. Return to the starting position by straightening the legs.

BENEFIT ▶ Strengthens the muscles of the thighs (hamstrings, quadriceps, and groin).

Tripod Position



Spread your feet apart. Lean forward, balancing on one hand and both feet. Switch hands half-way through the exercise.

BENEFIT ▶ Strengthens the muscles of the arms, shoulders, and chest.