

The Big Tie

Grades 2–5

BENEFIT

Vigorous aerobic exercise

LOCATION

Grass, blacktop

EQUIPMENT

None

Tip

Encourage your students to jog slowly so that everyone can keep the same pace.

- 1 Have your students line up, side by side, at one end of the playground. Pick a faraway destination on the playground—a large backstop would be perfect.
- 2 The students must jog to that destination side by side. The goal is for all the students to arrive at exactly the same time.



Students jog together, side by side, toward a specified destination (here a cement walkway). Their goal is to arrive simultaneously.