

Your Mission Is . . .

Grades 2–5

BENEFIT

Vigorous aerobic exercise

LOCATION

Grass, blacktop

EQUIPMENT

None



Students line up and listen as their teacher describes a mission (A). The mission might include jumping jacks (B) or bench push-ups (C).

- 1 Have your students form a line, standing side by side.
- 2 Give your students a mission. Each mission should call for your students to move around the playground, touch certain objects, and perform certain tasks before returning to the starting line. Here are some sample missions.

- Jog around and touch every basketball pole, then return to the starting line.
- Jog around and touch every backstop, then return to the starting line.
- Jog to the far fence, do 10 jumping jacks, then jog back to the starting line.
- Skip to the far benches, do 10 bench push-ups, then skip back to the starting line.
- Fly like a bird to a specified wall, pat the wall 15 times, then hop like a kangaroo all the way back to the starting line.
- Jog to the foursquare courts, jump sideways over a blacktop line 10 times, then jog back to the starting line.
- Jog side by side with a partner to the far fence. When you get to the fence, give each other 14 high-fives; then pretend you're driving cars all the way back to the starting line.
- Skip as far away from the line as you can. When you hear the whistle, freeze, get down and do 10 push-ups, then skip back to the starting line.
- Jog through the basketball courts. Do five jumping jacks on every free-throw line, then return to the starting line.
- Jog through the basketball courts. Pretend to shoot three jump shots toward each basket from each free-throw line, then return to the line.