

Fitness Friends Everywhere

Grade Three & Four

PLAY

To break the ice, introduce students to each other, and get them moving! Students will learn each other's names and build connections through physical movements like squats, push-ups, and sit-ups. This game promotes cooperation, fitness, and fun.



Learning Intentions

I can learn and remember new people's names through fun physical activities:

Students will practice introducing themselves to new classmates and remembering their names in an engaging and interactive way.

I can build connections with classmates by completing fitness challenges together:

Students will interact with different classmates, forming connections while completing fitness movements in pairs.

I can improve my fitness and coordination through fun, high-energy exercises:

Students will practice various physical movements, including squats, push-ups, and sit-ups, enhancing their fitness while engaging in social interactions.



Success Criteria

Accurate Name Recall:

Students successfully introduce themselves to a new classmate, remembering and saying their names during the activities.

Active Participation in Fitness Movements:

Students demonstrate enthusiasm and coordination as they perform the designated physical activities, staying engaged throughout the game.

Positive Social Interaction:

Students interact respectfully and energetically with different peers, creating a fun and supportive atmosphere as they complete exercises together.



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Objective:

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Players:

Ideal for large groups but can be adapted for smaller groups. Suitable for classrooms or larger settings.

Materials:

No materials are needed, just enough space for the students to move around and complete physical exercises.

Setup:

1. Have the students spread out in the playing area, making sure there is enough space for them to perform physical movements.
2. Explain the game: The objective is to introduce yourself to new people, remember their names, and complete different exercises together.
3. Brief students on the different physical movements they will perform and remind them to say their partner's name while completing the exercises.
4. Encourage students to be brave and move outside of their friendship circles and introduce themselves to new friends.
5. As the facilitator you will need to tell the group when to move onto their next exercise and partner, give approximately 20 seconds for them to find a new partner and another 20 seconds for them to complete the next movement. A quick game is a good game!



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Gameplay:

1. Start with Introductions and Squat Jumps:

- Students go around the room, and introduce themselves to someone new. Once they know each other's name, they complete the first exercise:
 - **Squat Jump:** Squat down and jump up, giving each other a high ten in the air while saying each other's name.

2. Move to the Next Exercise:

- The instructor calls out the next exercise. Students find a new partner and complete the following:
 - **Push-Up:** Face each other and perform a push-up. At the top of the push-up, give a high five while saying each other's name (allow students to be on their knees if required).

3. Next Up – Sit-Ups:

- Students find a new partner and perform:
 - **Sit-Up:** Lock legs with their partner, complete a sit-up, and give a high ten at the top while saying each other's name.

4. Star Jumps:

- Students find a new partner for the next exercise:
 - **Star Jump:** Do a star jump together, saying each other's name in the air as they jump.

5. Special Movement:

- For the final round, students must find a new partner and create a special, unique movement together while saying each other's names. This could be a fun dance move or any physical action they come up with!

Winning the Game:

There are no winners or losers in **Fitness Friends Everywhere**. The goal is to engage with new classmates, remember their names, and complete the physical exercises together. The game ends when students interact with several classmates and perform all the movements.



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Variations for Different Settings:

1. Outdoor Edition:

Play the game outside for more space, allowing students to move more freely. You can increase the challenge with more movement-based exercises like running or jumping.

2. Challenge Edition:

Add more intense physical exercises like burpees, lunges, or mountain climbers after every set to increase the fitness level of the game.

3. Team Building Edition:

Instead of forming pairs, students can form small groups and complete the exercises together. This encourages group work and larger social interaction.

Additional Notes:

Fitness Friends Everywhere is a high-energy, fun icebreaker that helps students get to know each other's names while staying active. It's an excellent way to create connections, build fitness, and foster a positive environment in any group. The game encourages communication, teamwork, and physical activity, making it a great way to start a session or classroom day!

