

HIIT is a Hit in the Middle

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The goal of these activities are to help students improve in the areas of muscular strength, muscular endurance, cardiorespiratory endurance, coordination, speed, agility, balance, and power. All of the National Standards 1, 2, 3, 4, and 5 can apply to these activities.

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

1. Warm-up: RACETRACK FITNESS: Team Laps

XXXXXX 1 person from group at a time runs around the cones. Could color code pinnies/team.

XXXXXX Could keep track of laps, but don't have to.

XXXXXX Sometimes, I do this for the full period after dynamic warm ups and then add a strength or core at the end.

2. TIGER TEAMS: For time 2 minutes, groups of 6, or whatever!

- **Medicine Ball Core situps up and back, reverse.**
- **Over and unders standing up, using medicine ball.**
- **Overhead throw and sprint: xxx** xxx, retrieve and hand off, other person throws and sprints to opposite line
- **Jump rope running XXXX**
- **2 burpees each**

- 5 sit-ups each
- Squat jumps
- Mountain climbers
- Push ups
- Leapfrog
- Mat push, carry, or flip

3. Recording circuit:

1 min on, 30 sec transition. 4 per station. Goal is to get same # of reps or more each round. Pick up ½ sheet and pencil. 4 in a group, but independently working.

Wall Balls (choose your size) Sit ups, lunges, jump rope, burpees, push-ups, kb swings, farm carries with kb.

4. Teams: groups of 4's or 2s, SPLIT: 200 sit-ups, 15 jogging laps, 50 burpees, 100 squats, etc.

Tabata Shuttle run: 8 rounds of 20 seconds work: 10 seconds rest

AMRAP 9: 9 push ups, sprint, 9 squats, 9 sit ups= 1 round.

5. Cleveland Shuffle Dance:

Song: "Cleveland Shuffle," by 71 North

Counts

1-2 Touch right toe to right side, step right next to left

3-4 Touch left toe to left side, step left next to right

5-8 Repeat above

1-2 Turn, ¼ turn to right, step on right, hitch left knee up

3-4 ¼ turn right while stepping on left, hitch right knee up

5-6 Turning ¼ turn to left, step on right, hitch left knee up

7-8 Turning ¼ turn to left, step on left, hitch right knee up while turning

1-2 Cross rt over left, step back on left

3&4 Step rt next to left, heel split out, in

5-6 Cross step lt over rt, step back on right

7&8 Step left next to right, heel split out, in

1&2& Kick right forward, step on rt, kick left forward, step on lt

3-4 Backward "C" sweep with right foot

5&6& Weight on left foot paddle or gallop turn to the left

Start dance from the beginning!!!!