

Book 2  
For 9 - 10 yr olds

# Life Fit

**Activities to foster an  
active lifestyle.**



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**Outcome:**

Children make positive contributions in group activities.

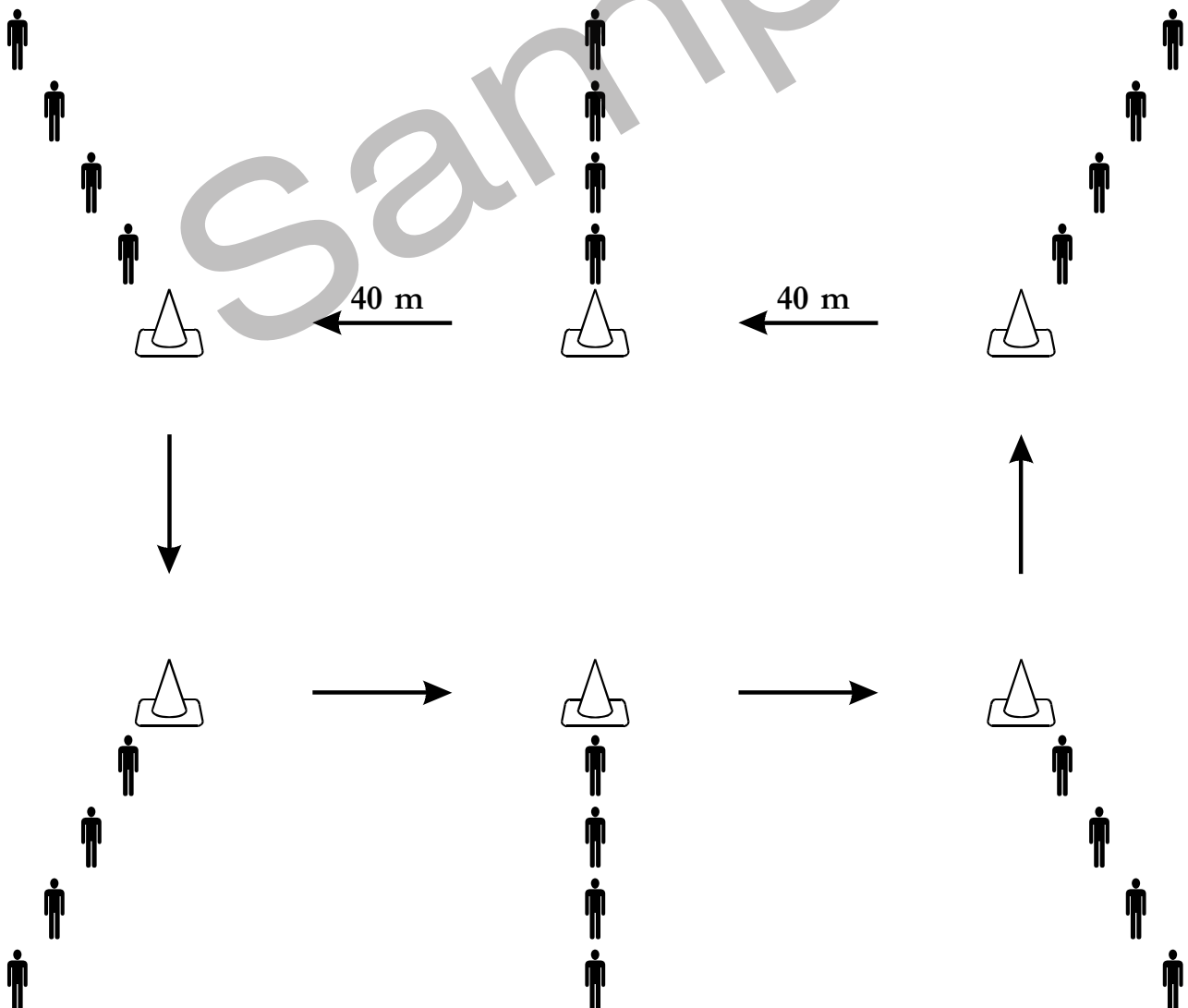
**Equipment:**

6 witches hats set out 40 - 50 m apart to mark the course.

**Activity:**

The class is divided into six groups organised as shown in the diagram. Each group starts at a designated marker and holds hands.

On “go” all groups run around the course aiming to catch the group or groups in front of them. If they catch another team they overtake and continue to chase the team in front. There is a 5-minute time limit for this run. If a group is not caught in the 5 minutes they receive 10 points. If they catch another group they receive 20 bonus points and if they are caught they lose 10 points. The team with the most points is the winner. Teams must hold hands for the entire run.



**Outcome:**

Children work as a team to complete the activity.

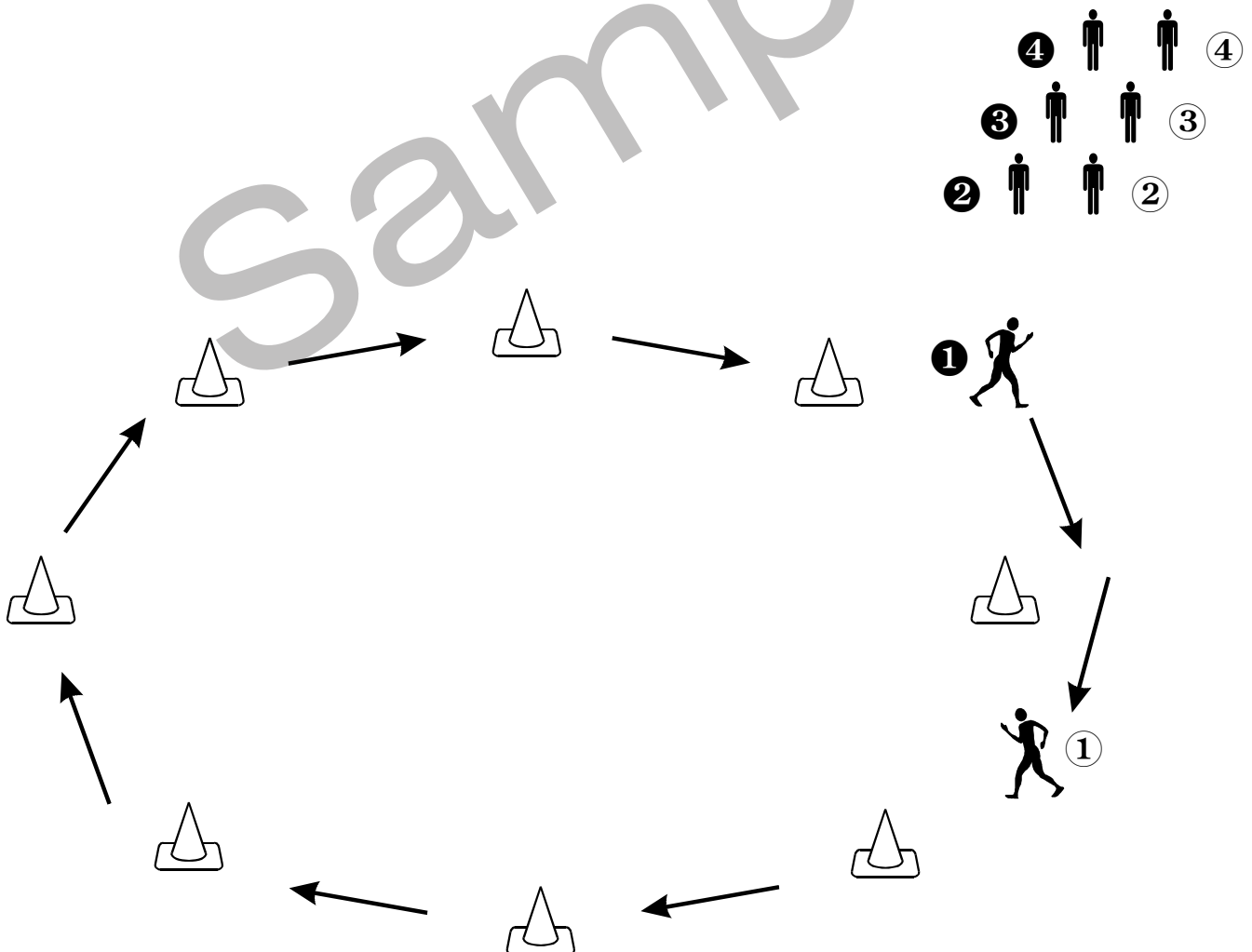
**Equipment:**

Witches hats to mark out a circular course approximately 200 m in length.

**Activity:**

Divide the class into groups of four, organised as shown in the diagram. On “go” runner ① runs one lap of the course. When he/she reaches the start he/she is joined by runner ② for a lap, then runner ③ joins ① and ② for a lap and finally runner ④ joins the other three for a lap.

Once all four runners complete a lap together runner ① drops out while the other three complete a lap, then runner ② drops out while ③ and ④ complete a lap and finally runner ④ completes the last lap on his/her own.



**Outcome:**

Children vary running patterns to cater for a variety of movements.

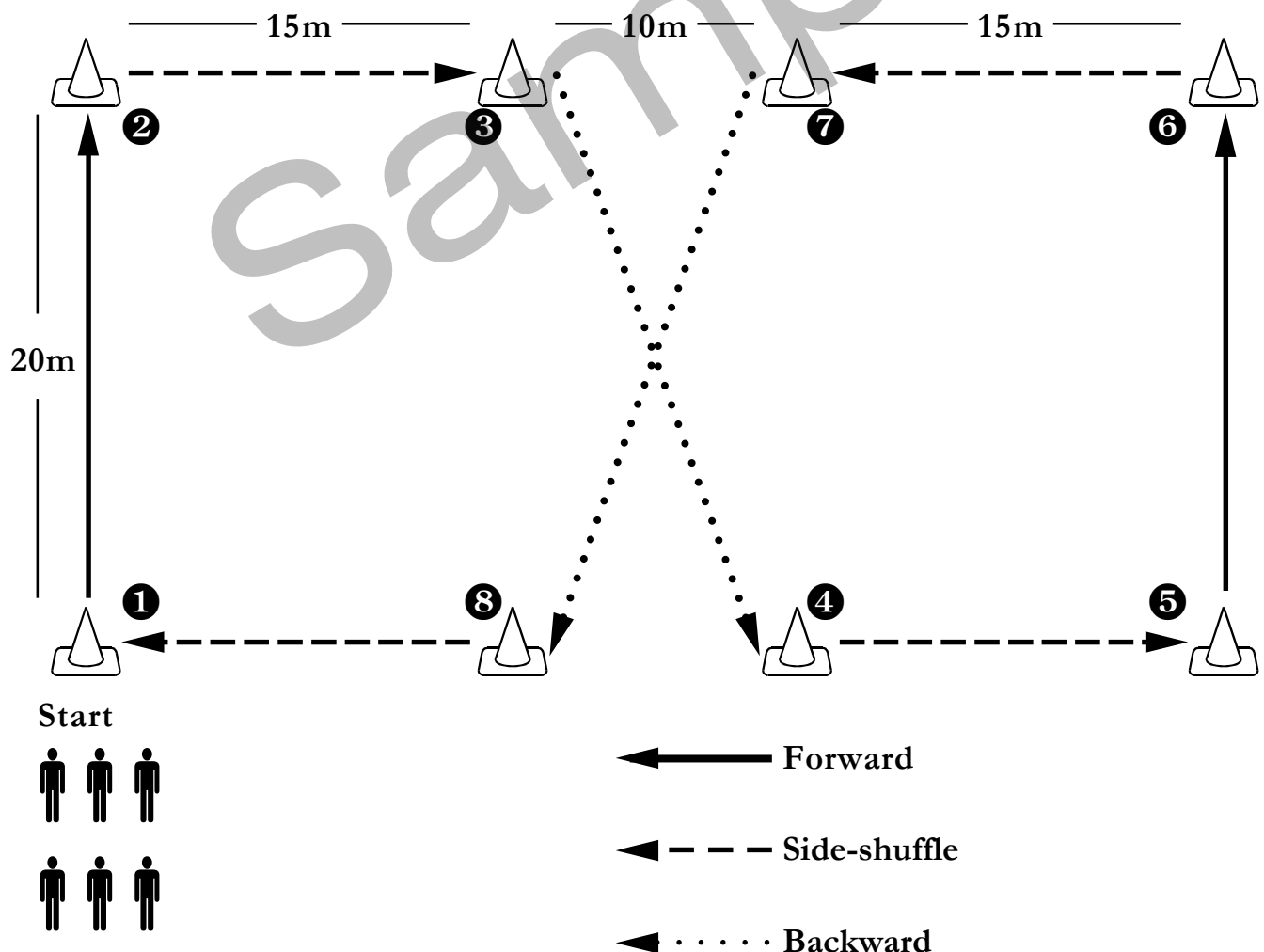
**Equipment:**

8 witches hats to mark out course.

**Activity:**

The children run at their own pace while working in a group. On “go” they run forward to hat ②, side-shuffle to hat ③, run backwards to hat ④, side-shuffle to hat ⑤, run forward to hat ⑥, side-shuffle to hat ⑦, run backwards to hat ⑧ and side-shuffle back to the start.

Continue this circuit for 5 minutes with the children aiming to complete as many circuits as possible.



**Outcome:**

Children develop an awareness of aerobics endurance.

**Equipment:**

8 witches hats to mark out course.

**Activity:**

The children run at their own pace while working in a group. They start from hat ①, run around hats ②, ③ and ④, back past hats ①, ② and ③, around hats ⑤ and ⑥, back past hats ④, ① and ②, down around hats ⑦ and ⑧ and back to hat ① to finish. Children can perform 1, 2 or 3 circuits, depending on fitness levels.

Alternatively, challenge children to see how many “blocks” they can complete in 7 minutes.

