

Physical Education Fitness BLAST

Herd Mentality

1. Buffalo Run

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power
☐ Cardiorespiratory ☐ Flexibility ☐ Anaerobic ☐ Strength ☐ Endurance

2. Herd Up

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power
☐ Cardiorespiratory ☐ Flexibility ☐ Anaerobic ☐ Strength ☐ Endurance

3. Leader of the Herd

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power
☐ Cardiorespiratory ☐ Flexibility ☐ Anaerobic ☐ Strength ☐ Endurance

Buffalo Run

Students find a partner and sit back to back outside of the volleyball court. Mark corners of court with cones for reference. When music starts the students stand up and run outside the volleyball court in the direction they are facing. When the music stops the student must continue to run in the direction they are facing and find their partner and sit down back to back. Give the last group down a little extra something to do like 3 jumping jacks. The teacher controls the music and can ensure that the same two people are never last by when they stop the music.

Herd Up

Can do this activity as a class or in smaller groupings and make into a competition. Students form a circle and on teachers command one person does a designated number of exercises (pushups, curlups, jacks, etc) and then next student must do the same. ie: student #1 does 3 pushups and then #2, and then #3 and so on. You could do multiple exercises throughout or change every round.

Leader of the Herd

Ideal to have music with random stops already built in (stop every 25-35 seconds). First leader moves around the using whatever means of locomotion he/she wants and everybody follows. When music stops the student at back of line runs to front and performs a different means of locomotion.

ie: crawling, hopping, rolling, jumping, hopping, dance moves, zigzag, bear walk, crab walk, seal walk