



Gym Harmony

1. Support Tag

Agility Coordination Balance Speed Reaction Time Power

2. Superman, Spider Man and the Karate Kid

Agility Coordination Balance Speed Reaction Time Power

3. Friendly Combat

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1. Support Tag

Pick one or more students to be “it.” Their objective is to tag the entire class. When a student is tagged they must go into a front support position and remain in that position until another student slides underneath them and then they are free.

2. Superman, Spiderman and the Karate Kid

Hold various poses to work on balance and proprioception of the ankles.

Superman: leaning forward on one foot with arms out

Spiderman: leaning sideways on one foot with arms extended

Karate Kid: we all saw the movie!

3. Friendly Combat

Old fashioned combative exercises:

- a. Pushup match: opponents face each other in a front support position. Try to hit each other's hands away. Do not let them hit from the outside of the arm.
- b. Support tag tug a war: opponents face each other in a front support position and grab hands.
- c. Line Fight: same as activity above only students stand with both feet on a line on the gym floor.
Variation: stand on one foot
- d. Straddle Fight: Opponents stand facing each other, legs spread apart. Arms are bent so that the palms touch at eye level. By pressing, each opponent tries to force the other off balance.