

Physical Education Fitness BLAST

Fun To Say

1. Parlaufs

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

2. Fartleks

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

3. El Baile de los Pajaritos

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

Pharleufs

Students work in pairs. One student runs around the gym/track and the other walks or jogs. When the first student catches up to his/her partner then the partners starts to run and the first student walks or jogs. Use a length of a song to time. As students get stronger then find longer songs!

Fartleks

Is Swedish for “speed play.” Basically is interval training. Play music for 60-80 seconds in which the students run briskly. Have music stop for equal or less time at which time the students jog or walk. Many variables can be used. Less time running and greater time recovering.

El Baile de los Pajaritos

Find a copy of the “Bird Dance” and have fun!