

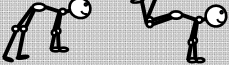
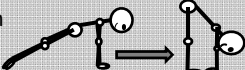





2 By 2

Game Description and Rules:

The objective of this game is to be the first person to have every space filled with student initials. To begin, each student finds a partner. The teacher will tell the students how many or for how long they will be performing each movement (i.e. 5 repetitions or 5seconds). The partners decide which activity they will complete, and then they move outside of the square to complete the activity. AFTER the activity has been completed, each partner will initial the other partners 2 by 2 card in the space adjacent to the activity. The partners jog back into the square and find another partner. The same student can NOT initial twice on the same card. (The goal is to have different initials in every space.) The activity concludes when one student has initials in every space. Below is an example of a 2 by 2 student card.

Two by Two Fun Stunts

You and		Complete Heel Slap 
You and		Complete Crab Walk 
You and		Complete Mule Kick 
You and		Jog and Touch 3 walls
You and		Complete Inchworm 
You and		Complete Seal Walk 
You and		Complete Bear Walk 
You and		Jog around the outside of the cones 

Equipment:

1. Four cones positioned in a square.
2. 2 by 2 cards, a pencil, and music.
3. Equipment associated with the 2 by 2 card content.

Playing Space and Set-Up:



Game Modifications:

Version #1: There are different health-related fitness 2 by 2 cards (i.e. BOSU, core fitness, dynamic flexibility, muscular fitness, fun stunts, jump rope, medicine balls, push-up variety, stability ball, yoga balance, yoga forward bends, yoga backbends, and yoga standing poses). If you are using a 2 by 2 card that requires equipment, make sure the equipment is evenly spaced around the outside of the square.

Version #2: The blank card can be used for students to create health-related fitness activities. Have the students in small groups (4-5). The groups would come up with activities to write on their cards. The groups then play the activity within their small group using the activities they created. A teacher can also give the students a theme for the activities. For example, all of the activities must be related to flexibility and the students write activities related to flexibility on their cards. The cards can be collected and used as a cognitive assessment.

Version #3: The blank card be used for a teacher to create a 2 by 2 card to match the content of a unit. For example: if the unit is basketball, the activities on the 2 by 2 card could be skills related to basketball (i.e. dribbling, shooting).