

'This or That' Fitness Activity

Equipment:

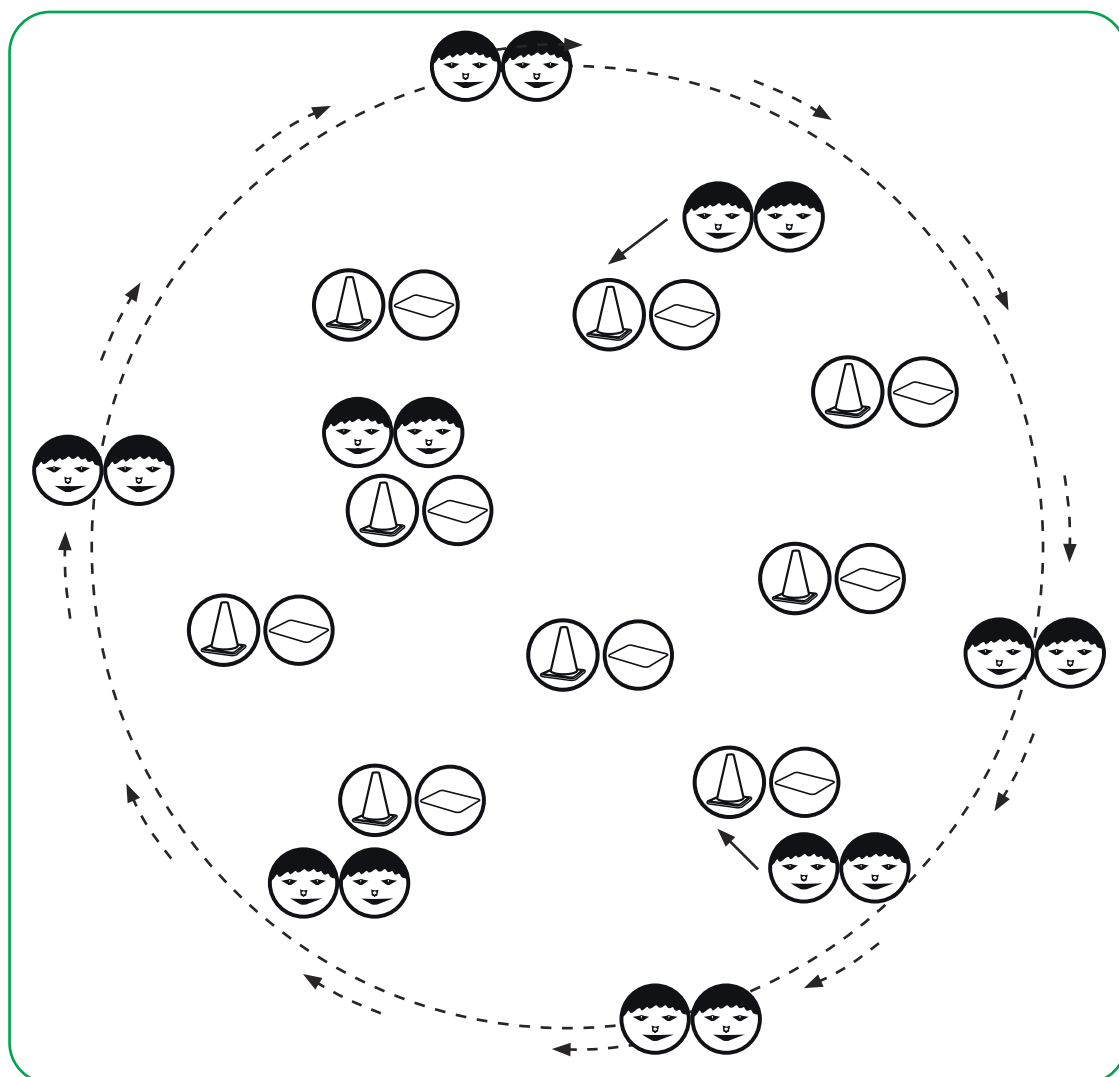
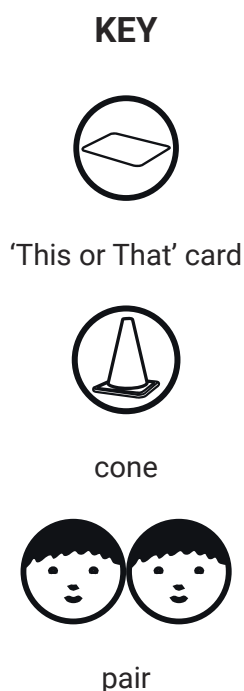
- Cones
- Whistle
- **'This or That' Fitness Cards** resource

Preparation and set-up:

- Spread cones evenly around a playing area. This can be indoors or outdoors – see the example diagram shown and select appropriate cards to use accordingly.
- Print off and cut out the **'This or That' Fitness Cards**. Place one card at each cone.
- Place children into pairs and explain that they will move around the playing area in pairs, carrying out a different activity from the **'This or That' Fitness Cards** at each cone.



NB Ensure that there are enough cones and cards placed around the space so that there is one station per pair of children. This will ensure that the game can continue with each round, for each pair to be able to move to a new cone. You may choose to have some surplus cones to allow for greater flexibility.



What to do:

- Children jog around the playing area with a partner, avoiding the cones on the ground. Explain that on the whistle, children will need to move to the nearest cone in the playing area and stand by it. When all the pairs are standing by a cone, they turn over the fitness card placed next to their cone and, in pairs, decide which fitness activity to carry out on the card.
- Children carry out an activity based on the 'This or That' choice made between the two exercise options on the card. When the children have completed their chosen activity, they place the card back next to the cone and remain seated until all players have finished their challenge. This is a chance for children to rest before the activity continues.
- The teacher waits until all players have completed their fitness activity and are seated, before blowing the whistle to start the activity again.
- The game then continues with children jogging around the space in pairs until the whistle is blown, then children choose a new cone to stand next to, going on to complete the 'This or That' activity of their choice once again.
- Continue playing until all the cards have been visited by each pair, or until time allows.

Differentiation and variations:

- Increase or decrease the amount of repetitions required for each activity, depending on the ability level of the children.
- Add or remove exercises in the fitness circuit.
- As an alternative version, each child in a pair completes their own exercise chosen from the card.
- If a pair revisit the same station, they must do the other exercise on the card that they haven't already done.

Rules:

- Pairs stand by a new cone at each round.
- Children remain seated by their cone until all of the children have completed their fitness challenge.
- Ensure there is enough space between each set of cones for children to complete each activity safely.

