



## 12 Days of Fitness

**Suggested class group:** Second – sixth class

**Equipment needed:** None

**Number of participants:** Unlimited

**Preparation:** Place chairs and bags under desks remove any other objects from the floor.

**Activity level:** Moderate

**Curriculum links:** Oral language, Recall and Movement

### **How to play:**

- The song to use for this is “the 12 days of Christmas” but changed to fitness and teacher instead.
- The children will act out the activities put at the end of each day.
- Writing the song on the board may make it easier for children to sing along to.
- “On the first day of fitness my teacher gave to me”
  - 12 jumping jacks
  - 11 raise the roofs (arms overhead, palms to the ceiling and push up & down)
  - 10 knee lifts
  - 9 side bends
  - 8 jogs on the spot
  - 7 punches in the air
  - 6 kicks to the front
  - 5 hula hoops (imaginary hula hoops)
  - 4 jumping rope (imaginary rope)
  - 3 muscle poses
  - 2 scissors (feet apart then cross in front, feet apart then cross in back).
  - 1 stork stand (balance on one foot).
- Depending on how much time you have you could do all the activities straight through or repeated like the original song.

*Source: Adapted from Energisers Classroom based physical activities, 3<sup>rd</sup> Edition, July 2006. North Carolina Department of Public Instruction.*