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.