



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. Stand behind desks
Activity level:	Moderate
Curriculum links:	Oral language, Recall and Movement

How to Play:

- The song to use for this is based on “The 12 days of Christmas” but changed to “fitness” and “teacher” instead.
- The children will act out the activities in each line of the song.
- Writing the song on the board may make it easier for children to sing along to it.
- “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 jump ropes (imaginary ropes)
 - 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: (North Carolina Department of Public Instruction, 2006).