Fitness

Jenga



Materials: 1 Jenga set (each block labeled with an exercise)

Game Play:

* Divide students into 2 teams (i.e. A team/B team)
* Decide on which team draws first
* One student from A team draws a block
* That student can read the block aloud
  + or QR code - link to video, project onto screen for everyone can see?
* Players on B team must complete exercise
  + A team can count for B team (ie. 15 sec plank or 10 jumping jacks)
* One student from B team draws a block
* Continue until Jenga tower topples

Rules:

* May only use one hand at a time to pull a block
* May only pull one block at a time
* May not pull block from very top
* May not interfere with a player who is drawing a block

Toppling the Tower

* Team that topples the tower has to jog in place until teacher rebuilds tower
  + Speed of rebuild depends on effort of students