

# May The Fitness Be With You

## Overview

Grab your lightsaber, begin the rigorous and fun training to become a Jedi Master, and dedicate yourself to acts of citizenship and volunteerism.

*"Remember...the Force will be with you, always." - Obi Wan Kenobi*



## Become a Jedi Master

Want to be a Jedi master? As a Padawan (also known as a Jedi youngling), you'll need to learn Force techniques and complete missions with your Master. Prepare for your first mission now!

### Step 1: Grab Your Lightsaber

- Materials: Thin pool noodles, black and silver duct tape, and scissors.
- Instructions: Cut the noodle in half. Using the bottom 4-5 inches of the noodle, use the silver tape to cover the noodle. Then, add in the black duct tape to create a handle pattern of your choice.
- Now, you're ready for the activities!

### Step 2: Choose Your Mission

## Activity 1: Use the Force

- Materials: DIY Lightsabers (1 for each child), balloons and large plastic bins
- Instructions:

- Scatter 20-30 blown-up balloons and 2-4 empty laundry baskets or plastic bins in an open but designated space.
- Instruct students to “Use the Force” (a.k.a. their DIY lightsabers) to move as many balloons as possible into the bins by working together.
- Extension Ideas: Write weekly spelling words or math equations on each balloon. Invite students to spell the word or solve the math problem as they place the balloon into the basket.

## Activity 2: The Fitness Awakens – A Star Wars-Themed Fitness Circuit

Invite students to participate in each Star Wars-inspired movement in general self-space for 20 seconds each. Consider playing the Star Wars theme song.

1. Luke Skywalker Planks: From a standing position, bring both hands down to the floor and ‘walk out’ into a floor plank. Walk hands back toward feet and return to a standing position.
2. Jedi Jumps: Squat down low and jump up high with both hands extended to the sky.
3. Princess Leia Lunges: Alternate lunges going both forward and backward.
4. Chewbacca Chops: Standing with your feet wide, extend both hands over your right shoulder and chop your hands down towards your left foot. Bring your hands back up to start. Be sure to switch sides.
5. BB-8 Rolls: Standing with your feet wide and your hands at your chest, begin to bend your knees and curl into a bowl by bringing your elbows to your knees. Inhale to stand back up and exhale to curl back in.
6. R2-D2 Shakes: Standing with your feet shoulder-width apart and your palms pressed against your sides, rock back and forth by picking up one foot and then the other. Make robot beeps!
7. Rey Runs: Jog in place. Change your speed as if you’re running from the Empire!

8. Darth Vader Jumps: With both feet together, jump to face the 'dark side' (to face the other direction) and then jump back again (facing where you started) to return as a Jedi.
9. Jyn Jabs: Standing with your feet shoulder-width apart and knees slightly bent, curl your hands into fists in front of your face. Then, pretend to be a boxer, alternating arm punches for an upper body workout.
10. Yoda Mindfulness: Close your eyes and stand tall, taking 5-7 deep breathes in through your nose and out through your mouth.

## Acts of Citizenship and Volunteerism

Serve Like a Jedi. Take your mission to the next level by heeding Yoda's advice and harnessing your "power within" to help others.

- Host a toy drive with a Star Wars theme
- Become a [Force for Change](#) – check out this Star Wars-themed community service site where you can:
  - Take the pledge to commit to being a Force for Change.
  - Conduct a fundraising drive to help kids all over the universe.
  - Share your story of helping like Obi-Wan Kenobi (as someone's "only hope").
- Draw inspiration from [others](#) who have served like a Jedi and come up with your own campaign to serve those in need.

## Related Activities

### Passport to the Winter Olympics

Prepare for the Winter Olympic and Paralympic Games just like an

### Summer Back-to-School Olympics

Welcome students, parents and teachers back for another year–

Olympic athlete. Create your travel passport, pick your events, and practice for the big day.

Olympics-style. Get students up and moving by hosting your own School Olympics.