

Name of Activity: **The 12 Days of Fitness**
Grade Level: 3-5
Formation: Standing at desks
Equipment: Use the holiday tune, "The 12 Days of Christmas"

Rules/Directions:

1. Students will act out the following fitness song.
2. "On the first day of fitness, my trainer gave to me"
 - 12 jumping jacks
 - 11 raise the roofs
 - 10 knee lifts
 - 9 side stretches
 - 8 jogs in place
 - 7 jabs/punches
 - 6 kicks to the front
 - 5 hula hoops
 - 4 jumping ropes (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)

Variations:

1. Write the activities on the board or poster board to make them easier for children to follow and to sing along.
2. Fitness activities can be sung straight through as written for a shorter activity or repeated as in the original song.

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