

Scooter Aerobic Partners

GRADES 3-8

SKILLS/OBJECTIVES: Scooter skills, cardiovascular fitness

NUMBER OF PLAYERS: Unlimited; students are arranged in pairs

EQUIPMENT: One scooter for each pair of students

HOW TO PLAY: This is a great activity to use as part of a fitness lesson, or as a warm-up activity in physical education.

Place four cones on each corner of the gymnasium. Have students choose a partner and stand facing each other along a sideline. The partner on the outside of the circle has a scooter stationed by his or her feet. A chart of various exercises should be visible for everyone to read.

On a starting signal, the partner on the outside of the line sits on the scooter and moves as quickly as possible around the four cones (1 lap). At the same time, their partner begins to perform a designated exercise as shown on a large chart. When the first scooting partner completes his or her lap, the partners change places and repeat the tasks. They continue this routine until each is finished with the alternating scooting/exercise list.

Some sample exercises the students can do include:

- Push-ups
- Jumping Jacks
- Curl-ups
- Mountain Climbers
- Sitting Stretches
- Standing Stretches

