

It's Fun 2B Fit on the 100th Day of School!

Objective: To promote physical activity in confined spaces, have fun while doing it and tie in with elementary math. Celebrate the 100th day of school by getting active! This is a great idea for a physical education class to do, or simply push aside desks and tables in your own classroom to make room for the fun!

Time: Variable

Subject areas: Physical education, health or math

- Remind students that there are plenty of things they can do indoors during the winter months to stay active and healthy. As a group, try these:
 - 100 jumping jacks
 - 100 steps in place
 - 100 toe touches
 - 100 stretches
 - 100 jumps from foot to foot
 - Or, do as many of each activity as you can in 100 seconds.

- Set up the gym/classroom in circuit training format, where each of 10 stations is for a different 100th day activity. At each station, pupils do 10 repetitions of one activity (e.g. 10 jumping jacks, 10 toe touches, 10 steps in place, 10 stretches, 10 claps, 10 bounces, 10 wiggles, 10 push-ups, 10 shoulder shrugs, 10 jumps with a jump rope, etc.). At the end, each pupil has done 100 mini-exercises!

- Go for a 100-yard walk (around the school, since it most likely will be snowy outside) as a class – Have the distance marked off so pupils can see how far they walked!

- Count how many sit-ups pupils can do in 100 seconds.

- Count how many steps you can take in 100 seconds.

- Make a list of 100 healthy things to eat (e.g. apple, broccoli, wheat bread)

- Make a list of 100 healthy and fun things to do to keep fit (e.g. taking a walk, riding a bike, playing tag)