

# SCOUTStrong™ Healthy Unit Patch – “Move More” Activities

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## Movement Break

- Zero In

## Games

- 2x2 fitness card
- Triangle Tag (if small space – demo with one group of 4)
- Aerobic Rock Paper Scissors
- Aerobic Tic Tac Toe

## Equipment

- Handout with CATCH Kids Club Physical Activity / Tic-Tac-Toe board (back to back)
- Paper with a Number on it for “Zero In”
- 2x2 fitness card

## Zero-In

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*Equipment:* Sheets of paper with “secret” numbers

*Organization:* Participants are in a scattered, safe area to perform physical activity.

*Description:*

1. One person is selected to stand in front of the room while facing the class.
2. The class is given the directions that they are going to help this guesser “zero in” on a secret number between 0 – 1,000 (or it can be a math problem with smaller numbers).
3. A “secret” number is held up behind the person.
4. The guesser will call out a first number. If the person needs to guess higher, the class will jump up and down. If the person needs to guess lower, the class will squat down and up.
5. The class will continue to give cues until the guesser guesses the secret number.
6. Another person is chosen to come up and guess another number.

## 2x2 Fitness

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*Equipment:* a 2x2 fitness card per person

*Organization:* Participants pair up into groups of 2

*Description:*

1. Pass out a 2x2 fitness card for each participant.
  2. Ask participants to pair up with a partner.
  3. Instruct the participants to complete the fitness card (in no particular order).
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## Triangle Tag

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*Equipment:* a playing area

*Organization:* Participants are in groups of 4

*Description:*

1. Students are divided into teams of 4.
2. Three teammates hold each other's hands to form a triangle.
3. One of the members of the triangle is the target.
4. The fourth teammate is it.
5. It must try to tag the target without going through the triangle.
6. The triangle tries to protect the target by moving around in a circle.
7. When It tags the target, or after 45 seconds of trying to do so, the target becomes It and a new target player is chosen.



*Safety:* Participants must use soft tags and should not pull forcefully on each other's arms.

## Aerobic Tic-Tac-Toe

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*Equipment:* 1 tic-tac-toe board per team, pen/pencil

*Organization:* Participants pair up into groups of 2. Each has a tic-tac-toe board

*Description:*

1. Place students into partners as they enter the activity space.
2. Give each set of partners a tic-tac-toe board.
3. Partners determine who will go first by playing Aerobic Rock Paper Scissors (See description).
4. Players will play a game of tic-tac-toe:
  - a. Player 1 chooses which square they want to cross out and performs the activity listed in that square. Once completed, cross it off.
  - b. Player 2 continues by performing an activity in another square and crossing it off as well.
5. Play continues until one player gets 3 in a row, or no more moves can be made.

## Aerobic Rock Paper Scissors

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*Equipment:* Participants

*Organization:* Students are playing this game in pairs

*Description:*

1. Demonstrate the sequence for participants by showing them how to move their bodies for "rock" "paper" "scissors":
  - a. Rock: crouch down into a ball
  - b. Paper: arms and legs out wide – body could fit between 2 panes of glass
  - c. Scissors: one arm forward, other back, one leg forward, other back – like running but with straight arms and legs.
2. Jump up and down four times together while saying "Rock, Paper, Scissors, Shoot!"
3. On "Shoot" players pick their movement.
4. Best two out of three wins.

## Two-X-Two Fitness Sheet

**Directions: Find a different partner for each of the activities. You do not have to do the activities in the order they are presented.**

You and somebody:

1. Do 5 wall push-ups
2. Have an arm wrestle
3. Doe-Si-Doe around a partner while howling like a wolf
4. Touch seven different colors
5. Do a 30 second Elvis dance
6. Do 5 jumping jacks
7. Touch something square, yellow, soft, and happy
8. High five your Scout leader!

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# CATCH Kids Club Physical Activity

## Activity Demonstration Summaries

ACTIVITY	MATERIALS	DESCRIPTION
2x2 Fitness (template)	2x2 Fitness Sheets	Students follow the directions on the 2x2 fitness sheets and complete as directed by teacher.
Mingle, Mingle (#156)	NONE	Students walk around the activity area while trying to avoid other students. Students can travel using different locomotor skills. The teacher will call out a number, and the students quickly get into groups with the designated number.
Glue and Stretch (#167)	NONE	Students are in groups of two. They take turns leading and following. The follower tries to “stick like glue” to the leader as they move around the activity area. Teacher stops groups, and the leader leads their partner in a stretch. Switch out roles.
Dragon’s Tail (#16)	Scarves, flags or bandanas	Every student has a “tail” (scarf), and every student is “it”. Students try to pull off other student’s tails while trying to not have their tail taken. If a student’s tail is taken, they perform a re-entry task and can come back in the game.
Triangle Tag (CATCH Middle School Box)	Cones	Students are in teams of 4. Three teammates hold each other’s hands to form a triangle. One of the members of the triangle is the target. The fourth teammate is It. It must try to tag the target without going through the triangle. The triangle tries to protect the target by moving around in a circle. When It tags the target, the target becomes It and a new target player is chosen.
Bean Bag Bucket Brigade (#133) *variation	Balls, Bean Bags, or Chickens	Students are in lines of four to eight. They start at the “fire station” on one end, and take “water” (equipment) to the “fire” on the opposite end of the relay line. The students pass the equipment (one at a time) to the person behind them, and then move to the end of the line. This progression continues until they the group has “put the fire out” (placed all the pieces of equipment on the fire end).
Snake Trail (#392)	NONE	Students are in lines of four to eight. The student in the front of line is the leader, and the rest of the groups follow the leader as he/she “snakes” around the activity area. The teachers can call out different categories to “act out” (i.e. sports, recreation activities, or chores, then all tasks together!) and switch out the leaders.

For more information, visit CATCH on the web:

[www.CATCHInfo.org](http://www.CATCHInfo.org)



Balance on  
1 foot with  
eyes closed for  
♀ 10 seconds

Dance like you  
drank a whole  
bottle of HOT SAUCE  
for 20 seconds  
♀ HOT SAUCE

Complete  
10 Wall Push-ups  
♀

Jump up and  
pretend to  
shoot 10 baskets  
♀

Jog in  
place for  
30 seconds  
♀

Do 10  
Squats  
♀

Do 10  
Jumping  
Jacks  
♀

Walk on your  
tip toes around  
the tic-tac-toe  
board 3 times

Act like  
a NINJA  
for 20 seconds  
off