

### Tips for COVID-modified Implementation of the Fit Kids Program

**Students should wear masks and wash or sanitize hands before, during and after class.**

#### GAME PLAY

- Games should only be played if Coach is able to determine COVID-modified play in compliance with COVID-19 health guidelines.

#### EQUIPMENT

- Equipment items should be sanitized after each individual use. If you are not able to sanitize each item after use, find a replacement fitness movement on the Fitness Video Library List page that does not require equipment.

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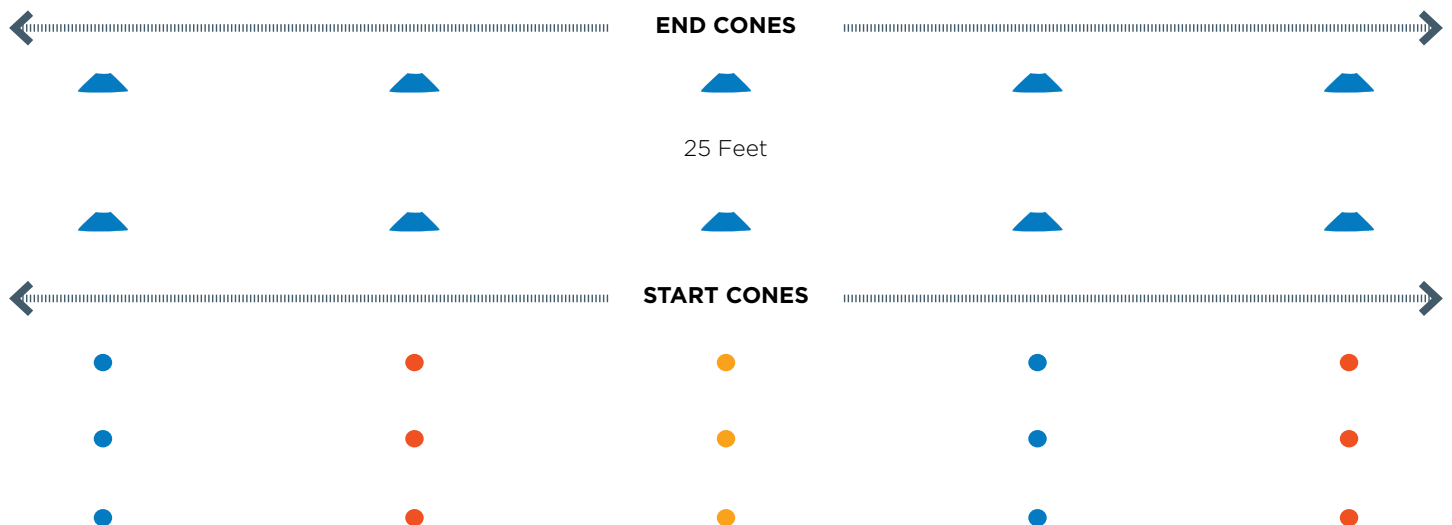
### Equipment List

- (36) Bean Bags       (36) Short Cones       (24) Poly Spots       (1) Measuring Tape 

### Set Up and Instructions

Divide players into teams of 2-3 players and give each player a bean bag. Set up a start cone for each team in a single row 6 feet apart. Set up an end cone 25 feet away from each start cone. Place poly spots, 6 feet apart, behind each start cone for each player to stand on.

- When the Coach says, "Go" or blows the whistle the first player from each team balances the bean bag on the body part called out by the Coach while walking to their end cone and back.
- Any player who drops a bean bag must stop and complete 5 jumping jacks before picking up the bean bag and continuing the race.
- When players return to the start cone, they should get in the back of the line and all players in line should move up to the next poly spot.
- The team to have each player back in line first wins.



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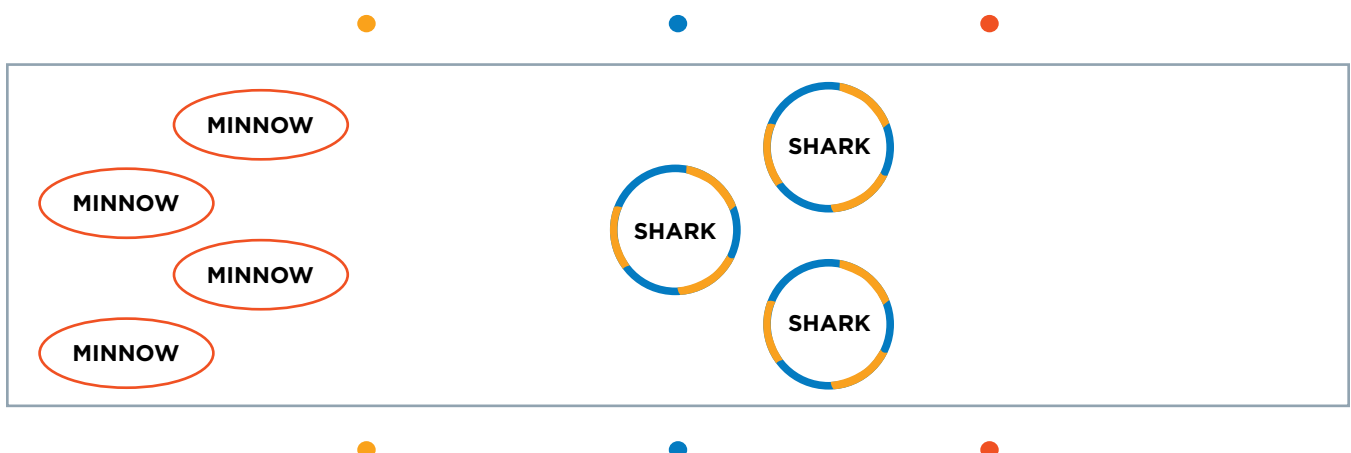
#### Equipment List

(9) Hula Hoops  (24) Poly Spots  (36) Short Cones  (1) Measuring Tape 

#### Set Up and Instructions

Choose 1-4 players to start off as “sharks.” Give each shark a hula hoop. Set up a field of play, using cones to mark off boundaries, if necessary. Place poly spots 6 feet apart, on opposite sides of the field of play.

- The sharks stand in the middle of the field of play.
- All other players are the “minnows,” who stand at one end of the field.
- When the Coach or the sharks call out “Swim,” the minnows try to run across the field to the other side, while the sharks try to tag the minnows using a hula hoop.
- If minnows make it to the other side without getting tagged, they are safe.
- Minnows who get tagged must run to a poly spot, do 5 push-ups, grab a hoop, then join the other sharks.
- Play until all minnows or hula hoops are out, then start a new round.
- Game Variation:** Instead of using hula hoops use dodgeballs.
- Game Tip:** If the game runs long, end it even if a couple of minnows are left.



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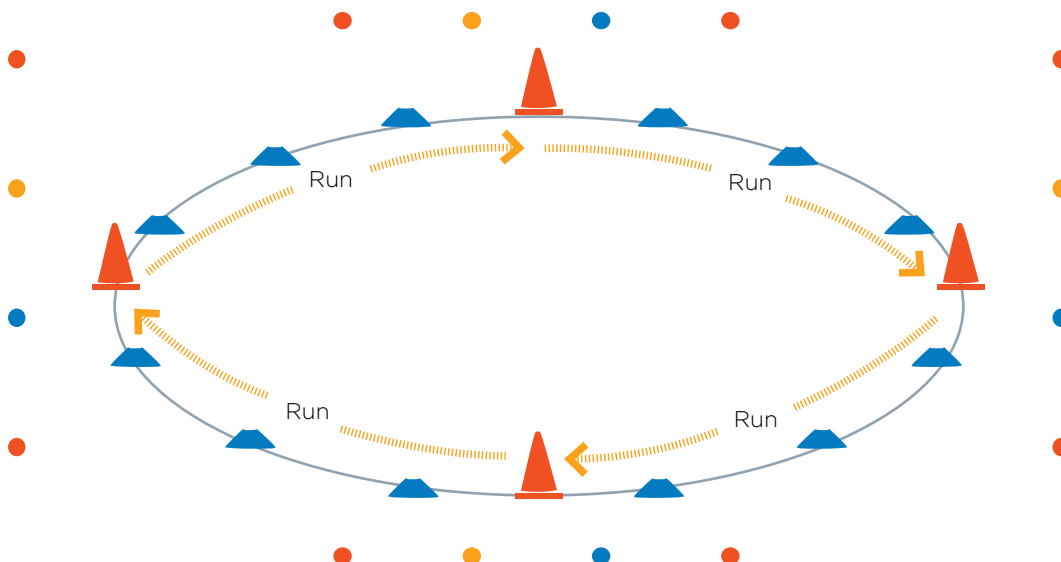
**Equipment List**

- (36) Short Cones  (24) Poly Spots  (4) Tall Cones 

**Set Up and Instructions**

Use short cones to create a circle or oval racetrack. Spread out the 4 tall cones equidistantly on the perimeter of the race track. Place poly spots 6 feet apart behind each tall cone. Divide players into 4 teams, and have each player sit on a poly spot facing the track.

- Choose a direction for the players to run their laps.
- The first player from each team stands inside the race track.
- When the Coach says, “Go” players sprint around the inside of the track to get back around to their team.
- When players get back to their team, they call out the name of the next player from their team and that player starts their lap. Players who have completed their lap should return to their spot.
- Game continues until all players have run a lap.
- Game Variation:** Instead of running, players can speed walk, skip, hop, side step, gallop, etc.



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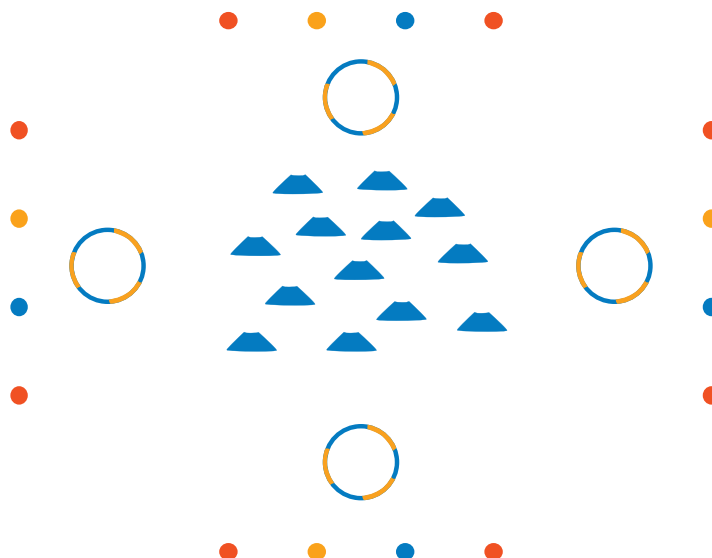
**Equipment List**

- (24) Poly Spots  (13) Short Cones  (4) Hula Hoops 

**Set Up and Instructions**

Spread out 13 short cones in the middle of the field of play. Place 4 hula hoops around the short cones, approximately 25 feet away. Place poly spots 6 feet apart behind each hula hoop. Divide players into 4 teams, and have each team stand in a line behind a hula hoop, with each player on their own poly spot.

- When the Coach says “Go”, the first player from each team grabs a cone from the pile and brings it back to their team’s hoop.
- Players who place a cone in the team’s hoop return to their spot and the next player on each team runs to grab a cone and place it in their team’s hula hoop.
- Play continues until there are no cones left in the middle of the field.
- The team with the most cones in their hoop wins.
- Game Variation:** Cones in the middle can vary (9, 17, 21, 25, 29 or 33).



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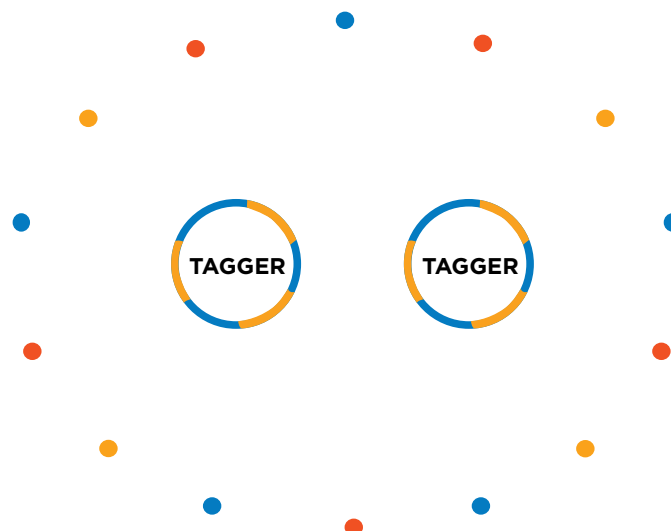
### Equipment List

(24) Poly Spots  (2) Hula Hoops 

### Set Up and Instructions

Select 1-2 players to start off as taggers. Taggers should stand in the middle of the circle and use hula hoops to tag running players. Create a large circle using poly spots, 6 feet apart, and have each player that is not a tagger stand on a spot. The Coach should assign a fruit name (i.e., apple, cherry, etc.) to each player standing on a spot, no more than 4-5 fruit names total, so that an equal number of players have each fruit name (i.e., 4 apples, 4 cherries, etc.).

- When a tagger calls out a fruit name, all the players who are that fruit try to run across the circle to an open poly spot while evading taggers.
- If tagged, the player must find an open poly spot, complete 5 jumping jacks, then sit until the game is over.
- Game continues until all players are sitting.
- Game Variation:** Taggers can call out 2 fruits at the same time.
- Game Tip:** Taggers may only tag other players using a hula hoop.



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**Equipment List**

(36) Short Cones 

(36) Bean Bags 

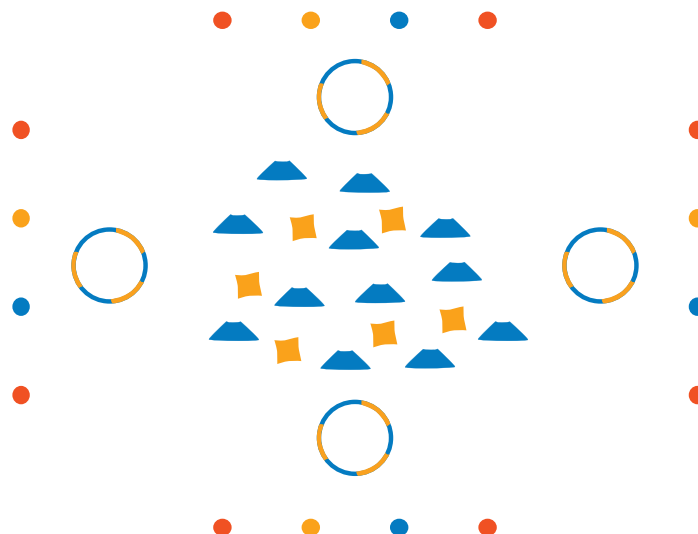
(24) Poly Spots 

(4) Hula Hoops 

**Set Up and Instructions**

Spread out bean bags and short cones in the middle of the field of play. Place 4 hula hoops around the pile of items, approximately 25 feet away. Place poly spots 6 feet apart behind each hula hoop for each player to stand on. Divide players into 4 teams, and have each team stand in a line behind a hula hoop, with each player standing on a poly spot.

- When the Coach says “Go”, the first player from each team grabs 1 item from the pile and brings it back to their team’s hoop.
- Players who place their item in the team’s hoop return to their spot and each team’s next player runs to grab an item and bring it back to their team’s hoop.
- Play continues until all the items in the middle are gone.
- The team with the most items in their hoop wins.
- Game Variation:** Items can be worth points. For example, short cones are worth 2 points and bean bags are worth 1 point. Points could be based on color. Players could be told about the different point values before the start of the game or after.



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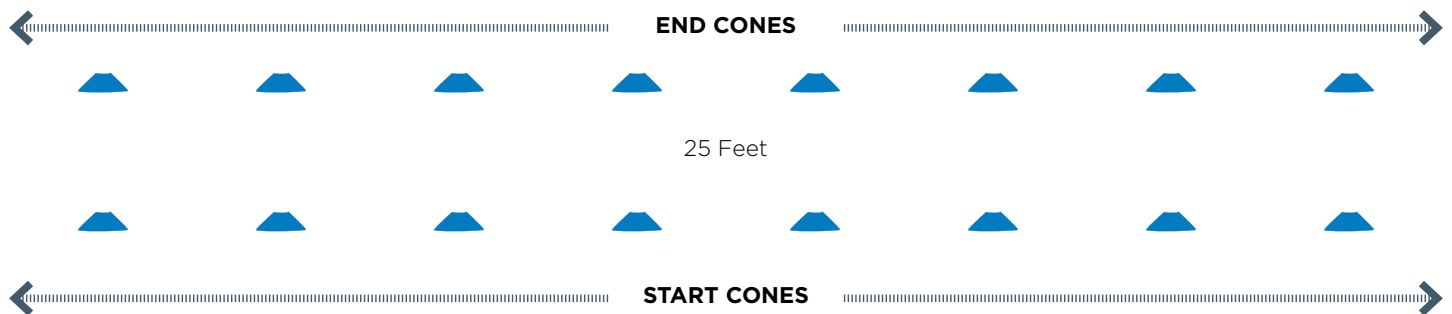
**Equipment List**

- (36) Short Cones 
- (36) Bean Bags 

**Set Up and Instructions**

Set up a start line, using short cones placed 6 feet apart. Set up an end line, using short cones 25 feet away from each start cone. Give each player a bean bag and have the player stand at a start cone.

- When the Coach says “Throw,” all players throw their bean bag in the air at least five feet above their heads, and then try to catch it.
- Players who catch their bean bag may take 1 step toward their end cone.
- Players who do not catch their bean bag must complete 5 seal jacks and stay in place for their next attempt to catch their bean bag.
- Repeat until all players have reached their end cone.
- Game Variation:** Coach can call out different movements (push-ups, jumping jacks, toe touches, etc.) that player has to complete before catching the bean bag.



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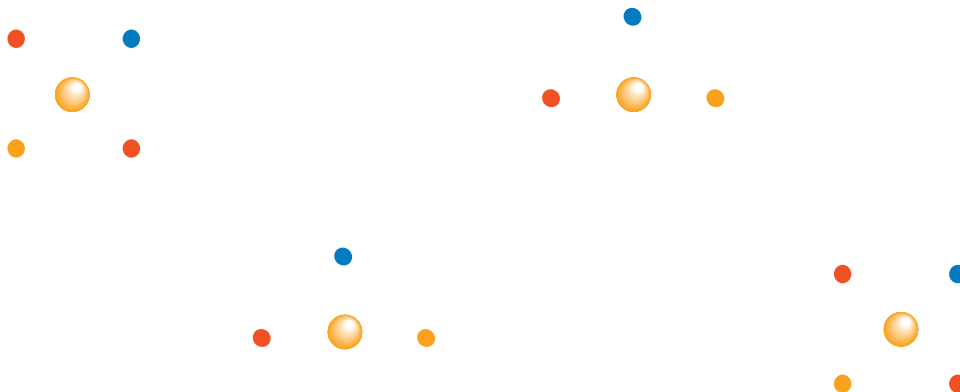
Equipment List

(24) Poly Spots  (18) Dodge Balls 

Set Up and Instructions

Divide players into teams of 3 or 4. Assign each team to a group of poly spots, one per player, placed 6 feet apart. Leave about 10 feet between each group of poly spots. Give each team a dodgeball.

- When the Coach says “Go,” players work as a team to keep their ball in the air by striking it with any body part necessary. Players should count each hit.
- When a team’s ball hits the ground, that team must restart its count.
- Game continues for as long as Coach allows.
- Game Variations:** 1) Game can be played for points. Whichever team has the most hits when Coach calls time wins the round. 2) Coach can set a time limit in advance and teams count all hits within that time limit. 3) Coach can let a team continue to accrue points in a round by letting them continue as long as possible after all other teams have let their ball hit the ground.
- Game Tip:** Players should stay standing on their spot when hitting the ball unless the ball rolls away from the team.





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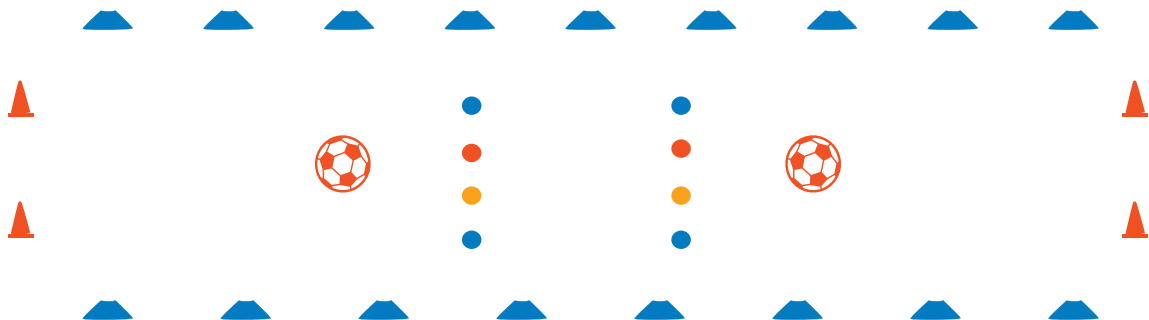
**Equipment List**

(36) Short Cones  (24) Poly Spots  (4) Tall Cones  (2) Soccer Balls  (1) Measuring Tape 

**Set Up and Instructions**

If necessary, create a soccer field using short cones. Use 2 tall cones to set up up goals on each end of the field. Use poly spots, 6 feet apart, to create 2 lines on each side of the field in front of the goal. Divide the players into 2 groups. Choose 1 player from each group to be the goalie. Have the rest of the players stand on the poly spots facing the goal on their side of the field.

- Each player will have a chance to kick the soccer ball into the goal.
- Players who make a goal return to their spot. Players who do not make a goal must complete a high plank for 10 seconds before returning to their spot.
- After all players have kicked, pick another player to be the goalie.
- Game Variation:** For a large group, create multiple teams and goals to keep lines short and give players more chances to kick.



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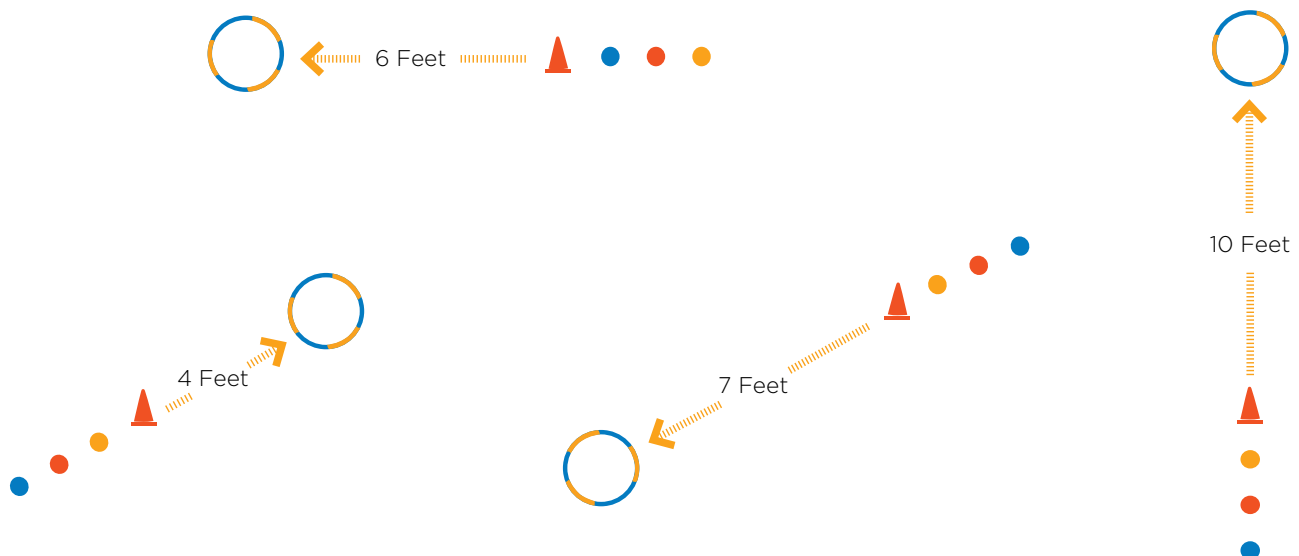
### Equipment List

(36) Bean Bags  (24) Poly Spots  (8) Hula Hoops  (8) Tall Cones  (1) Measuring Tape 

### Set Up and Instructions

In a large space, spread out the hula hoops. Hoops should be set up at different distances and near obstacles like trees, benches and a play structure. Place tall cones at different distances away from each hoop. Behind each tall cone, place 3 poly spots 6 feet apart. Give each player a bean bag. Divide players into 8 groups and place each group at a tall cone, with players standing on their own poly spots while they wait their turn.

- Similar to golf, players try to throw their bean bag into the hula hoop, which is the “hole.”
- At each cone, players take turns throwing their bean bag toward the hula hoop. Players who succeed pick up their bean bag and move on to the next tall cone. Players who miss must complete 5 jumping jacks before trying again. Players who miss a second time then move on to the next tall cone.
- The game ends when all players have completed all 8 holes.



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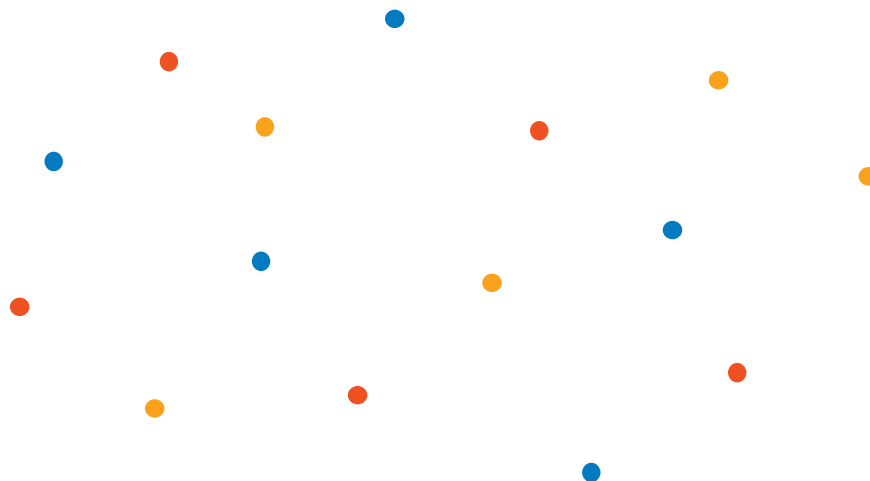
### Equipment List

(1) Dodge Ball  Poly Spots (1 per Player)  (1) Measuring Tape 

### Set Up and Instructions

Scatter poly spots 6 feet apart and place each player on a spot.

- One player starts with the ball. When the Coach counts down “3, 2, 1, silent,” the player with the ball throws it to another player.
- If the player catches the ball it counts as 1 point.
- If a player drops the ball, makes a bad pass, or makes a noise, the game restarts.
- Game continues for as long as Coach allows or until players reach a certain number of points.
- Game Variations:** 1) Can be played with 2 balls or limiting time to throw. 2) For older players, increase the distance between spots or use bean bags.



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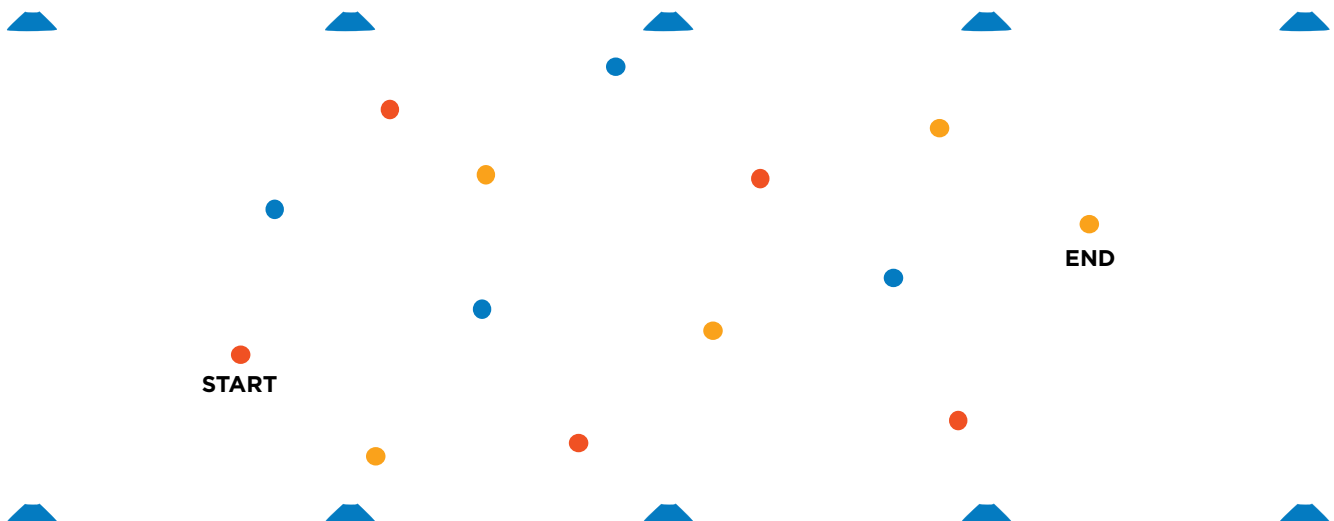
### Equipment List

Short Cones (Half the Class)      (1) Dodge Ball       Poly Spots (1 per Player)       (1) Measuring Tape 

### Set Up and Instructions

Divide the players into 2 equal teams. Scatter poly spots 6 feet apart and place each player from one team on a spot. Have players from the other team stand at a short cone while they wait their turn to play.

- Each team gets an opportunity to pass the ball from one end to another.
- One player starts with the ball at the start cone. When the Coach counts down “3, 2, 1, silent,” the player with the ball throws it to another player in the direction of the end cone.
- If a player drops the ball, makes a bad pass, or makes a noise, the game ends and the next team takes their turn.
- Teams get 1 point each time they get the ball from start to end without dropping the ball, making a bad pass, or make a noise.
- Game Variations:** 1) Can be played with 2 balls or limiting time to throw. 2) For older players, increase the distance between spots or use bean bags. 3) Coach can time each team and the team that takes the least time to pass the ball to the end cone wins.



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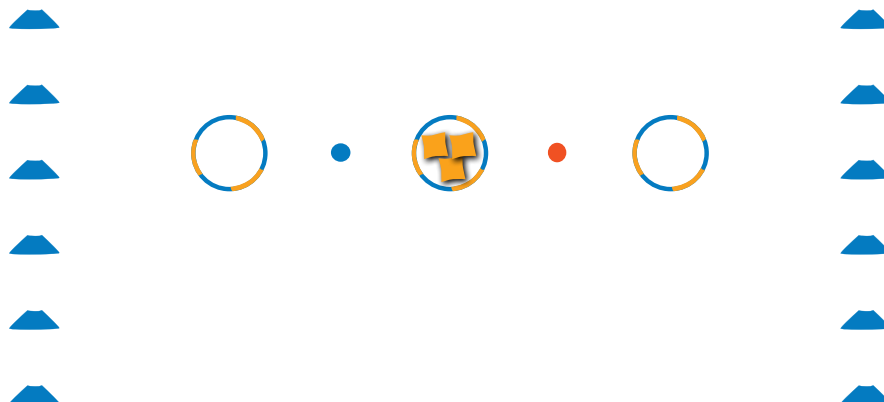
#### Equipment List

(36) Short Cones  (36) Bean Bags  (3) Hula Hoops  (24) Poly Spots  (1) Measuring Tape 

#### Set Up and Instructions

Use short cones placed 6 feet apart to create 2 lines 25 feet apart. Divide players into 2 teams and place each team on one end of the field of play. Each player should stand behind a cone. Place a hula hoop in front of each team. Place 2 poly spots 8 feet apart in the open space between the lines. Place a hula hoop and the bean bags between the poly spots.

- The Coach should give each player a number.
- At the start of each round, the Coach will call out a different number from each team (Example: Team A #4 vs. Team B #10).
- When the Coach says, “Go,” players whose numbers were called run to their team’s poly spot.
- When both players are on their team’s spot they immediately play “rock, paper, scissors” with their hands. Whoever wins “rock, paper, scissors” picks up a bean bag and takes it back to their team. The player who loses “rock, paper, scissors” must complete 5 seal jacks before returning to their cone.
- Continue the game until all players have had a chance to play and all bean bags are gone from the center pile.
- Game Tips:** 1) Rock beats scissors, scissors beats paper, paper beats rock. 2) Coach should keep track of which numbers are called to ensure all players are called to play.



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Equipment List

(24) Poly Spots 

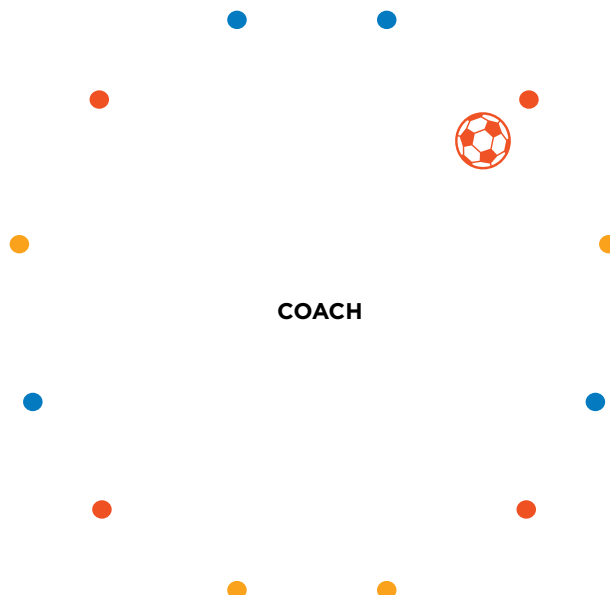
(1) Soccer Ball 

(1) Measuring Tape 

Set Up and Instructions

Create a large circle using poly spots, one for each player, placed 6 feet apart. Each player stands on a poly spot, and the Coach stands inside of the circle. Place a soccer ball in front of one player.

- When the Coach says “Go,” players gently kick the ball to each other around the circle.
- When the Coach says “Stop,” the player with the soccer ball performs 5 push-ups.
- Continue game until all players have completed 5 push-ups.
- Game Variations:** 1) Instead of Coach saying stop and go, Coach can play music. When music plays, players pass the soccer ball around. When music stops, the player with the soccer ball completes push-ups. 2) Place 2 soccer balls in the circle.



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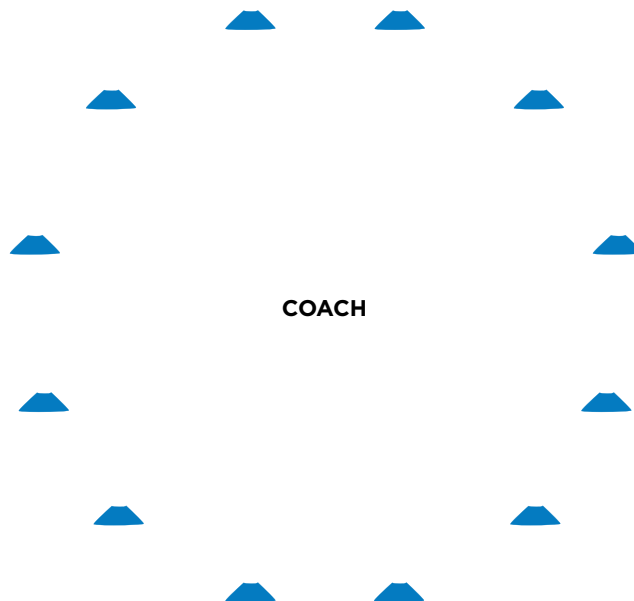
Short Cones (1 per player) 

(1) Measuring Tape 

### Set Up and Instructions

Create a large circle using short cones that are placed 6 feet apart. Have each player stand behind a short cone facing the inside of the circle. The Coach stands in the center of the circle.

- When the Coach calls out, “Head” “Shoulders” “Knees” or “Toes” in any order, players should touch whichever part of their body the Coach calls out.
- When the Coach calls out, “Cone!”, players should quickly touch their cone.
- If a player touches a body part instead of the cone, they must do a Coach-chosen exercise 5 times.



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Poly Spots (1 per Player) 

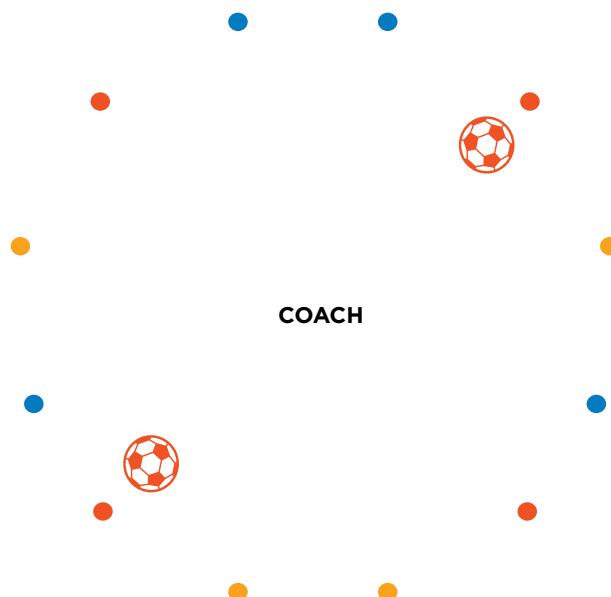
(2) Soccer Balls 

(1) Measuring Tape 

### Set Up and Instructions

Create a large circle using poly spots placed 6 feet apart. Place each soccer ball in front of players on opposite sides of the circle.

- When Coach says “Go,” players with a soccer ball complete a burpee, then kick the ball to the player on their right. A burpee is done by placing hands on the floor, jumping feet back into a push-up position, jumping feet back in, then jumping up.
- Repeat this until the soccer balls make it back to where they started.
- Game Variation:** Coach can time the group and try for a faster time each round.





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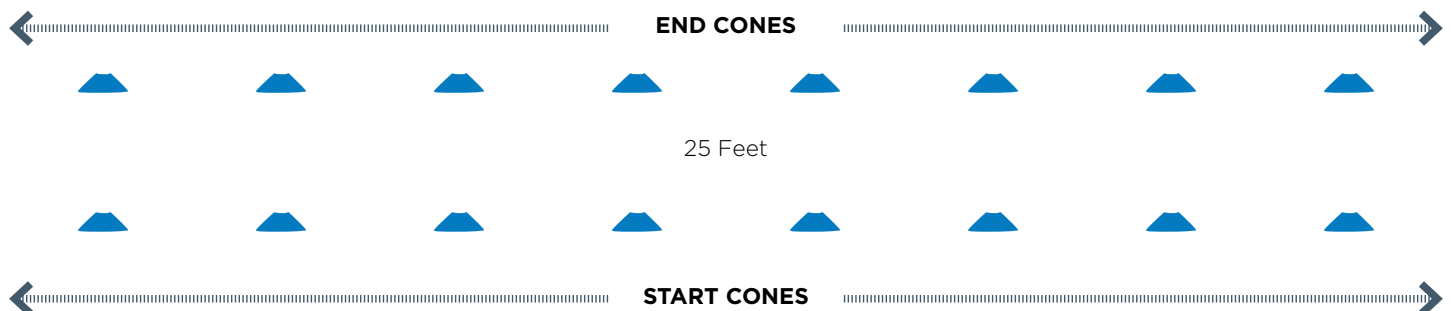
(36) Short Cones 

(1) Measuring Tape 

### Set Up and Instructions

Set up a start cone for each player in a single row 6 feet apart. Set up an end cone 25 feet away from each start cone.

- Simple rules of Red Light, Green Light apply
- Teacher stands in front of all players and calls out instructions:
  - Green Light - players move quickly toward their end cone. Coach calls out how players should move: skip, hop, jog, side shuffle, high knees, etc.
  - Yellow Light - players move slowly toward their end cone. Coach calls out how players should move: walk, lunges, crab walk, etc.
  - Red Light - players stop in place.
- Players who move when Coach calls Red Light must do an extra movement: 5 burpees, 5 pushups, 10 jumping jacks, etc.
- Game ends when all players have reached their end cone.
- Game Variation:** Players can pick the movement for the different colored lights.



Tips for COVID-modified Implementation of the Fit Kids Program

**Students should wear masks and wash or sanitize hands before, during and after class.**

**GAME PLAY**


- Games should only be played if Coach is able to determine COVID-modified play in compliance with COVID-19 health guidelines.

**EQUIPMENT**

- Equipment items should be sanitized after each individual use. If you are not able to sanitize each item after use, find a replacement fitness movement on the Fitness Video Library List page that does not require equipment.

**DISCLAIMER:** These tips and recommendations do not guarantee COVID safety and are not comprehensive. Stay updated on the latest guidelines from the CDC or trusted health professionals to increase safety.

**Equipment List**

- (1) Hula Hoop 
- (36) Short Cones 
- (1) Measuring Tape 

**Set Up and Instructions**

Use short cones placed 6 feet apart to create 2 lines 25 feet apart.

- Choose 1 player to start off as Mr. Fox. Mr. Fox stands near one end of the field of play. All other players stand together at their assigned cones at the other end.
- The first player calls out “What time is it, Mr. Fox?” the Coach or Mr. Fox responds with a time, ex: “6 o’clock.”
- The player who asked the time takes 6 steps toward Mr. Fox. (time = number of steps)
- Each additional player takes turn calling out “What time is it, Mr. Fox?”. Let each player call out to Mr. Fox, at least 2-3 times.
- When players call out “What time is it, Mr. Fox?” teacher or Mr. Fox can respond with “Lunchtime,” and players must run back to their start cones without being tagged by Mr. Fox.
- Mr. Fox should tag players using a hula hoop. Players who are tagged should sit where they are tagged until the end of the round.
- Game continues until all players are caught.
- Game Variation:** Game may start with more than one Mr. Fox.

