

# Minute Masters

**Group Size:** 1-30

**Age Group:** preK-6<sup>th</sup>+ grades

**Length of Activity:** 10 minutes

**Developmental Goal:** To build endurance and develop an understanding of the importance of having a healthy heart.

**Skills Practiced:** Jogging, jumping, running, dribbling, and following instructions.

**Equipment Needed:** None (Optional: Jump rope, basketball and bench)

**Set Up:** Make four clearly designated stations.

## Before You Start:

- Divide students into four separate groups and have them gather in designated areas.
- Walk through and demonstrate each station as you explain it verbally.

## How to Play:

- The students in station #1 will be asked to jog in place.
- The students in station #2 will be asked to do jumping jacks.
- The students in station #3 will be asked to jog in a large circle.
- The students in station #4 will be asked to walk at a natural pace.
- At the whistle, students do their station's activity for one minute without stopping.
- At the one-minute whistle, students switch stations and begin the next task for one minute without stopping.

## Variation(s):

- For more advanced students include such activities as jumping rope continuously, dribbling a ball while on the move, and stepping up and off a low bench.

pK-6 <sup>th</sup> +	I	N	M	C	Au,Ad,Bl,Cp,De,Ed	L1
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