

TEXAS RANGERS



KIDS' CARDIOVASCULAR FITNESS WITH RANGERS CAPTAIN & MCA

Play is naturally the “work” of children. Unfortunately, with modern conveniences and the fast pace of our society, children are often limited in their physical play. Physical educators are faced with an increased responsibility in teaching inactive kids to be active while keeping it fun.

It is important to remember that children do not dissipate heat as well as adults and they must drink plenty of water with exercise. (ACE)

THE BENEFITS

As with all topics covered in this program, you are aware of the benefits. Children often do not grasp the long term physiological benefits of running for 10 minutes right now. Frequently, if children experience some success at any activity, they are more open to trying it again. Their hearts, lungs, muscles, body compositions and self esteems will thank you later.

The biggest challenge with children and running for a longer period of time can be teaching them to pace themselves. They all want to take off and race their friends and are soon out of steam. Competitions to encourage consistent pace may be helpful. It is also important to teach them to relax their upper body, swinging arms smoothly and run with light feet.

ACTIVITY

STAR WARS

OBJECTIVE

Cardiovascular, Teamwork, Throwing

EQUIPMENT

Large quantity of balls soft enough to hit children and not hurt.

Lines on the floor

GAME GUIDELINES

Divide class into two teams. One team is the rebel fort and the other is the imperial fort. Teams cannot cross middle line. Choose two Jedis for each team without the other team knowing whom you have chosen. On your signal, the teams begin throwing balls at each other. If a player is hit, they must sit down. The Jedis on their team can tag the hit (and sitting) players and they may re-enter the game. If a ball is caught, the person throwing the ball must sit. Each team is trying to figure out who are the other team's Jedis. Once a Jedi is hit or even touches a ball, he loses his powers and has to sit on the side for one minute. He may re-enter as a normal player (cannot revive others). The object of the game is to make the other teams' Jedis lose their powers and hit every player on the other team. Once all of the players on one team are down, the game is over.

