

World Race Activity (Health & Physical Education/Social Studies/Language Arts)

Materials Needed: Stopwatch

Place the 7 printed photos around your space (gymnasium preferably) in somewhat of a globe shape. The order would be Angel Falls, CN Tower, Statue of Liberty, Eiffel Tower, Leaning Tower of Pisa, Pyramids at Giza, and Great Wall of China. This activity functions as a fitness circuit.

Activity: Travel the circuit with your class by walking through it first, and explaining each movement as you get there. Ask for students to volunteer to show how to do any of the movements. Example: Jumping Jack.

- Students will be asked to start at Angel Falls.
- On your “go” students will do the activity written below the image (Example: 5 Jumping Jacks).
- When students have all completed, you will call out a locomotor movement (Jump, Skip, Gallop etc.) to get to the next station.
- On your “go” students will do the activity written below the image.
- When students have all completed, you will call out a locomotor movement (Hop, Run, Walk, etc.) to get to the next station.
- When all stations are complete you will end up at Angel Falls.

Discussion: Ask students if they have ever heard of any of these locations before. Briefly explain all 7 locations. Have students pick any 1 of the 7 locations they would like to go to if they could. In their groups, have students brainstorm what they would need to take if they were traveling to any of these locations or specific locations. (Food, Water, Hat, etc.)

GREAT WALL OF CHINA



5 LUNGES

PYRAMIDS AT GIZA



**CRAB WALK FOR 30
SECONDS**

EIFFEL TOWER



5 “REACH TO THE SKY”

LEANING TOWER OF PISA



**BALANCE ON 1 FOOT FOR
30 SECONDS**

STATUE OF LIBERTY



FREESTYLE DANCE
FOR
30 SECONDS

CN TOWER



5 WALL PUSHES

ANGEL FALLS



**MOVE FROM SIDE TO
SIDE FOR 30 SECONDS**