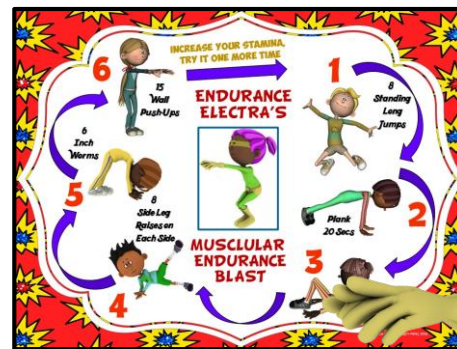


PE SUPER FRIENDS



4 **FREE** **FITNESS BLASTS**

INTRODUCTION

This PE Super Friends; 4 FREE Fitness Blast product is a sample 4 pack from Cap'n Pete's larger PE Super Friends; 27 Fitness Blast Collection. This FREE sample 4 Pack and subsequent 27 Fitness Blast Collection can easily be used by a physical education or classroom teacher to provide their students with a quality fitness-based movement activity or warm up that they will absolutely LOVE!



This resource is made up of 4 distinct MINI-BLAST workouts that provide an energetic, looping movement experience for the students to participate in. There are 2 Component of Fitness-Based Blasts (**Muscular Endurance and Balance**) and 2 Cross-Training Blasts that combine the Components of Fitness in each mini-workout.

The Fitness Blasts can be applied in a number of different ways in a PE lesson or as a great warm-up activity by using them as: **1. Fitness Station Cards, 2. Partner or Small Group Trading Cards, 3. A Power-Point Whole Group Presentation (using a Projector) or 4. Wall Posters.** Classroom teachers can use the Super Friends Fitness Blasts as a Brain Boosting activity during those times of the day when their students just have to move!

Each Fitness Blast comes with 6 different fitness or skill-based exercise/movements that students will perform for a set amount of time. The Fitness blasts provide the names of the exercise and displays an attractive, graphical representation of each movement that will be performed.

COMPONENT-BASED FITNESS BLASTS

**MUSCULAR
ENDURANCE**

BALANCE

BALANCE

INCREASE YOUR STAMINA,
TRY IT ONE MORE TIME

ENDURANCE ELECTRA'S



MUSCULAR ENDURANCE BLAST

6

15
**Wall
Push-Ups**



6
**Inch
Worms**



5

8
**Side Leg
Raises on
Each Side**



4

1

8
**Standing
Long
Jumps**



2

**Plank
20 Secs**



3

15
Curl-ups



**KEEP IT IN BALANCE,
TRY IT ONE MORE TIME**

STABILITY GIRL'S

6



**3 Point
Balance**
30 sec

1



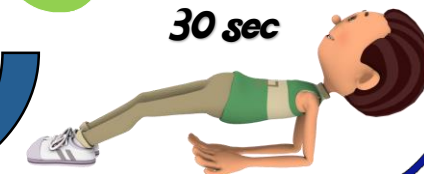
**4 Point
Balance**
30 sec

2



**2 Point
Balance**
30 sec

3



Bridge Hold
30 sec



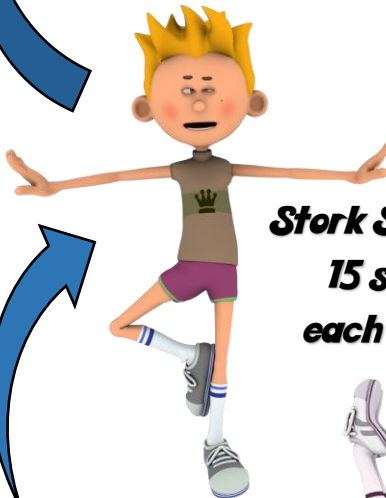
BALANCE BLAST

4



**Shoulder
Stand**
30 sec

5



Stork Stand
15 sec
each Leg

2

CROSS-TRAINING FITNESS BLASTS

COMBINATION OF HEALTH AND SKILL-RELATED COMPONENTS OF FITNESS



**KEEP ON KEEPING ON,
TRY IT ONE MORE TIME**

RAPID ROBIN'S



CROSS-TRAINING BLAST

1

**Butterfly
Stretch**
20 sec



2

**Run Around
a Cone**
15 times



3

**8
Star
Jumps**



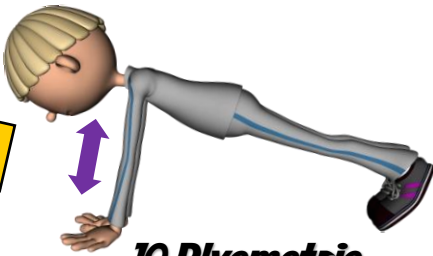
6

**15
Overhead
Ball
Presses**



5

**10 Plyometric
Explosive Pushups**



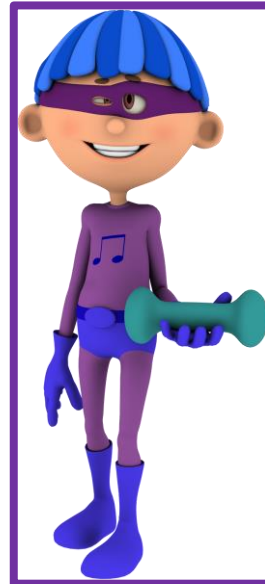
4

**10
Burpees**



**HANG IN THERE,
TRY IT ONE MORE TIME**

SERGEANT STRONG'S



CROSS-TRAINING BLAST

6

**Speed Run
in Place
20 sec**



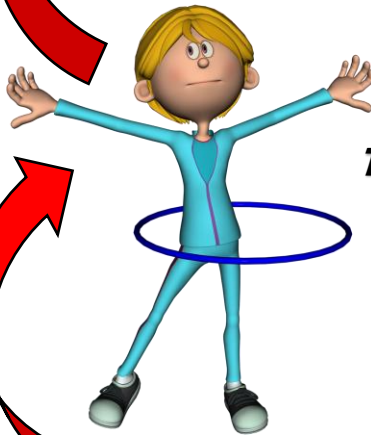
**10 Split
Leaps**

1



5

**Twirl a Hoop
30 sec**



**Hamstring
Stretch
10 sec
per side**

2



4

**"Roll back
then roll
up to feet"**

**8
Rollie
Pollies**



10 Pushups

3



IMAGE/BACKGROUND/FRAME CREDIT

The clip art and frames used in this PE Super Friends Fitness Blast packet was obtained from the following vendors:

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<http://www.teacherspayteachers.com/Store/Awaywiththepixels>



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Please contact me (pete.charrette@gmail.com) if you wish to be granted special permission.

Please check out [Cap'n Pete's Power PE](#) store at Teachers Pay Teachers for other top quality PE, game and movement treasure!.