



Over & Under

Lesson Focus: to perform the fitness tasks in the allotted time.

What you'll need

- Music and music player are optional.

Skills to review and demonstrate

The two positions used to play the game:

- The bridge position.
- The crab position.

Safely going over the crab and under the bridge.

Getting started

Pair students up and scatter around the space. An extra student can play solo. Pairs decide who will be first on the floor in position and who will be traveling the room going over and under (Rock, Paper, Scissors technique can be employed to make the decision).

Student performance objectives

Psychomotor: Students will demonstrate correct body position when performing the exercises 80% of the time. Students will safely go under or over their classmates and move safely in general space 80% of the time.

Cognitive: Students can define muscular endurance, strength and cardio/respiratory fitness. Students will describe specific areas of the body that benefit from the strength and endurance exercises.



[▶ Watch the Video](#)

Small space activity
for grades

2-5

Begin the action

When the music starts or on the signal students begin the tasks.

When the music stops they are asked how many “over and under” they accomplished or how many times they switched from an over or under position.

Partners switch positions and begin again to see if they can increase their numbers.

Helpful hints

Teacher should time the activity.

Students cannot go over or under the same person twice.

Recap

What muscle groups were you using to.....?



National standards

Standards 1&2 : Spatial awareness; Body awareness.

Standard 3: Cardio vascular endurance; Upper body strength.

Standard 4&5: Participates responsibly with respect for differences;
Accepts personal challenges.