



Time: 20 Minute Activity



Grouping: Two Groups



Focus: Cardio Strength, Core, Flexibility



Playing Area: Open Activity Space



Activity Level: Moderate to Vigorous



Materials: Kickball



Pedometer Friendly

Activity Description

Divide the class into two teams. Have the first group stand in a single file line facing forward with the kickball. This team is the Inchworm. The second group of students must assemble themselves into a tight bunch. This team is the Apple. The Apple team must pick one player to be the runner.

The activity begins when the teacher says, "Inchworm". The Inchworm team passes the kickball down the line from beginning to end. The ball must go over the first player's head to the second player. The second player must pass the ball between his/her legs to the third player. The third player must pass the ball over his/her head to the fourth player...and so on down the line. Meanwhile the runner from the Apple team runs around his/her teammates as quickly as possible. Each lap completed scores one point for his team. The team should count aloud and the teacher will keep track.

As soon as the last player in the Inchworm touches the ball s/he yells, "Apple". This will signal the runner from the Apple team to stop running. When s/he yells, "Apple," s/he will throw the kickball in any direction. The Apple will need to un-bunch and run to where the kickball lands. The Apple team must then form a line and become the Inchworm and the Inchworm team must become the Apple. The activity resumes as described above with the teams switching roles.

Variations

Use a medicine ball instead of a kickball.

