

Fitness Skillastics®

The game that gets everyone moving,
learning and having FUN!

Instructional Manual

Created and produced by
Sandy "Spin" Slade, Inc.

Fitness Skillastics[®]

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Sandy "Spin" Slade, Inc.

PO Box 1513

Corona, CA 92878

(951) 279-3476

(888) 842-7746

fax: (951) 279-3957

www.skillastics.com

Patent 6,631,905

Rules and Objectives

Objective:

To achieve a higher level of fitness in a unique and non-competitive environment. This game was designed as a teaching tool to highlight all four fitness components - cardiorespiratory (aerobic) endurance, muscle strength, muscle endurance and flexibility. It was meant to coincide as a motivational supplement to your instruction on health and fitness.

Equipment Included:

- One (1), 5'x7' pvc synthetic leather game mat
- Six (6), 3" assorted colored pvc foam dice
- Six (6), 2.5" assorted colored miniature medicine balls
- Six (6), 20"x27" miniature nylon mats
- Nylon backpack
- Instructional manual

Preparation:

1. Unfold game mat in the middle of the gym floor or outdoor area.
2. Place the same colored miniature medicine ball and colored die on matching colored runner silhouette on the large game mat.
3. Divide the class into six (6) equal teams.
4. Place cones or assorted colored poly spots in various areas in the gym or outdoor area away from the large game mat. Each cone or poly spot represents each team's activity area. Assign an activity area to each team.
5. Distribute a miniature nylon game mat to each team. Have each team keep their miniature game mat in their activity area for reference.



Start Play/Rules:

1. Assign each team a colored miniature medicine ball and die.
2. Have each team member number off and remember his or her number. Number one is first to roll the die. Each child then takes turns in numerical order rolling the die upon completion of each exercise or drill.
3. The instructor assigns the color of the amount of repetitions the class will do for that day. (*On the bottom of each square are three sets of numbers; blue-beginning, red-intermediate and green-advanced. An example would be the teacher would explain that the class would be doing the "blue" repetitions today). The flexibility and balance activities will be counted in seconds (i.e. "1-1000", "2-1000", "3-1000" or "1-Mississippi", "2-Mississippi", "3-Mississippi").
4. Play begins with teacher's instruction or the start of music.
5. The first child from each team jogs to the game mat simultaneously and rolls the die and moves his/her colored miniature medicine ball the amount of squares in the direction of the arrows, while his/her teammates are waiting in their activity area.
6. Each child picks up the die and places it next to the miniature medicine ball for the next child on the team to roll.
7. Each child reads the directions on that square and or remembers the number in the right hand corner of that square. Each child jogs back to his/her team, explaining the activity and the amount of repetitions required, or points it out to his/her teammates on the miniature nylon game mat in their assigned activity area.
8. Everyone on that team does the drill the number of repetitions stated under the color which was assigned by the instructor prior to play. (i.e. blue, red or green).
9. Once everyone on the team completes the repetitions required for a drill, the next child in numerical order from each team goes to the game mat and repeats steps 5-8. (*activities for teammates to do while waiting - see "team activities").
10. The game is completed when a designated stop time is determined.
11. If you choose to make this game a competition, assign a point to each team every time they go completely around the mat and pass their starting point (assigned colored runner silhouette on the mat). For example, every time a team passes their start point, have that player run to you and receive a token of some kind indicating the completion of one time around the mat. The player will then bring that token to their teammates, laying it in their team's activity area. The team with the most tokens in their area after 15 minutes of play - Wins the Game! Make sure you emphasize the importance of completing repetitions required for each drill. If a team is found to be rushing without doing the repetitions required, a point (or token) will be subtracted or taken from their team.

Team Activities:

The goal of Fitness Skillastics® is to have participants active at all times. Therefore, instead of having individuals standing and waiting for the die roller to return with a new drill, short activities have been included to help them stay active.

- **Roundball Keep Away**

Equipment needed: one (1) TuffSKIN or any rubber 6"-8" ball.

- Team members get in a circle with feet touching. Each individual's stance is a little farther than shoulder width apart.
- The ball is in the middle of the circle.
- Everyone bend down and start rolling the ball on the ground from one person to another.
- The feet do not move. Hands are down trying to stop the ball from going between someone's legs.
- The goal is to try to get the ball to roll outside the circle.

- **Reaction Clap**

- One child is chosen as leader.
- This child crosses hands back in forth in front of face.
- Every time the leader's hands cross, the other team members clap their hands.
- The leader can make this game more challenging by varying the speed of the hands, or not crossing at all.

- **Balance Challenge**

- Team members pair off, facing each other with palms touching palms.
- Feet are shoulder width apart.
- Pairs attempt to move their partner off balance, causing them to move their feet by **gentle** pushes on the palms back and forth.

- **Finger Fencing**

- Team members pair off, facing each other with one hand joined with index fingers extended.
- Partners engage in a **friendly** fencing match - fingers dart back and forth as partners struggle to touch the other with the tip of their index finger.

- **Tap-Toe Dancing**

- Team members pair off, face each other and hold both hands.
- Keep hands together at all times.
- Dance around while attempting to **lightly** tap top of partners shoe with own shoe while simultaneously attempting to keep partner from doing the same.
- First person to get three taps wins.

- **Fitness Components**
 - Each team receives a piece of paper and pencil before the game starts.
 - After the team does a drill, write down the number of that drill and determine as a group what component of fitness best describes that drill; cardiovascular/respiratory endurance, muscle strength, muscle endurance or flexibility.

- **Heart Rate Monitoring**
 - When a team lands on numbers 7 (Quick Jumps), 11 (Skipper), 12 (Jumping Jacks), 17 (Bobsled) or 26 (Partner Pound N' Clap), take your pulse for 10 seconds.
 - Mark down the number of that drill and each individuals pulse on a piece of paper provided prior to play.

- **Muscle Group Matching I**
 - A list of each drill and muscle groups are provided on a sheet of paper prior to play. (example provided)
 - After each drill, team members choose the muscles that were used in that particular drill.

- **Muscle Group Matching II -**
 - Each group receives flash cards with the common and proper names of muscle groups (example provided).
 - Match the common name of the muscle with the proper name.
 - Team members can work on this throughout the game.

- **Circle Chaos -**
 - Everyone holds hands in a circle.
 - This activity begins when everyone starts moving, inter-twining themselves while keeping their hands together.
 - Activity ends when hands become disconnected.



Muscle Recognition Activity

Match Muscle Used With Fitness Activity

1) Knee Push-Ups

9) Spider Dance

2) Leg Shuffle

10) Twister

3) Monkey Dance

11) Skipper

4) Partner Clap

12) Jumping Jacks

5) Pelican Stance

13) Tornado

6) Piano Keys

14) Triceps Stretch/
Over Head Reach

7) Quick Jumps

15) Imaginary Jump Rope

8) Seal Walk

16) Ball Twist Exchange

17) Bobsled

18) Butterfly

19) Can-Can Crab

20) Curl Down

21) Bunny Bounce

22) Grasshopper

23) Hand Shuffle

24) Helicopter

25) Hip Flexor/
Seated Straddle

26) Partner Pound N' Clap

Muscle Groups

Shoulders/anterior & medial deltoids

Shoulders/upper trapezius

Chest/pectoralis major

Rear Arms/triceps

Abs or Midsection/rectus abdominus

Lower Back/erector spinae

Thighs (front)/quadriceps

Bottom/gluteus maximus

Waist/external & internal obliques

Shins/anterior tibialis

Calve/gastrocnemius & soleus

Hip Flexors/iliopsoas

Thighs (rear)/hamstrings

Upper Back/latissimus dorsi

Shoulders	anterior deltoids
Shoulders	upper trapezius
Chest	pectoralis major
Rear Arms	triceps
Abs/Midsection	rectus abdominus

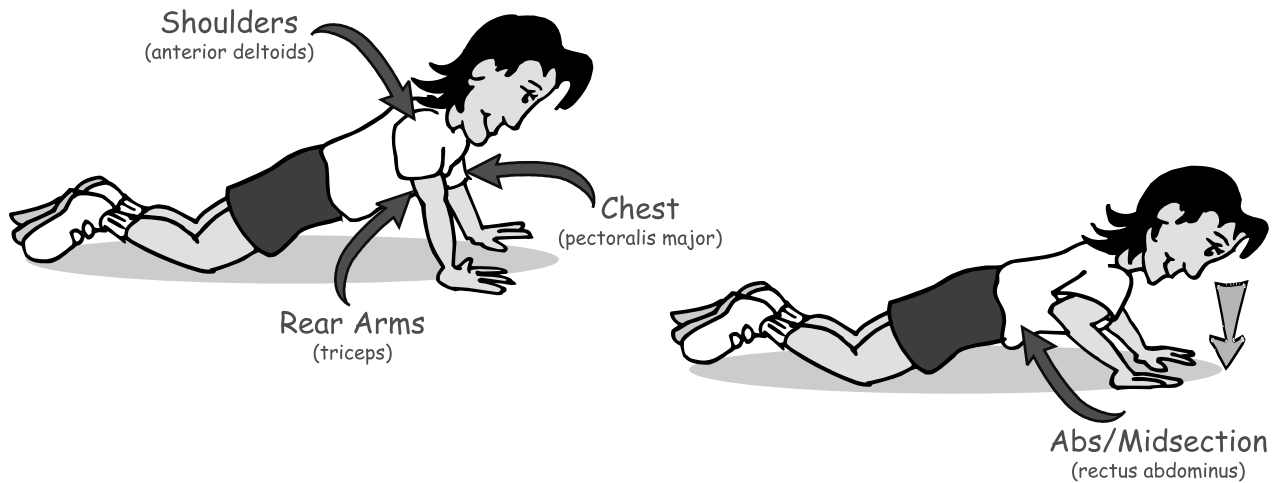
Lower Back	erector spinae
Thighs (front)	quadriceps
Bottom	gluteus maximus
Stomach	external & internal obliques
Shins	anterior tibialis

Calfs	gastrocnemius & soleus
Hip Flexors	iliacus
Thighs (rear)	hamstrings
Upper Back	latissimus dorsi

1

Knee Push-Ups

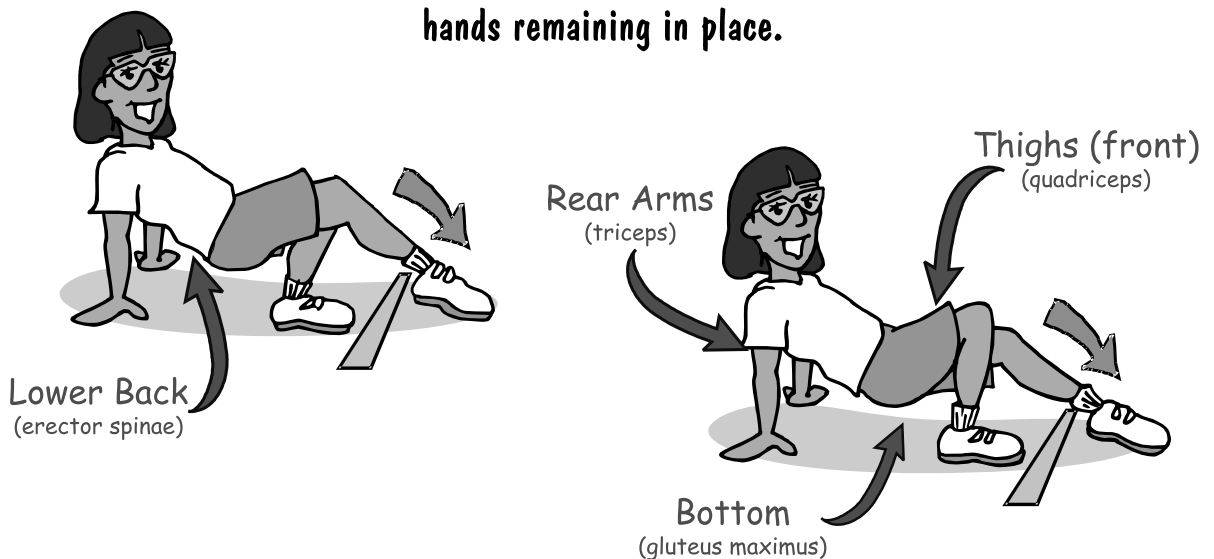
Hold body in a push up position, with knees on the ground. Keep back straight while lowering body until nose almost touches the floor - then raise body. Repeat.



2

Leg Shuffle

Start in Crab Walk position. Use the same concept as hand shuffle (see #23), but move feet back and forth over a line with hands remaining in place.



3

Monkey Dance

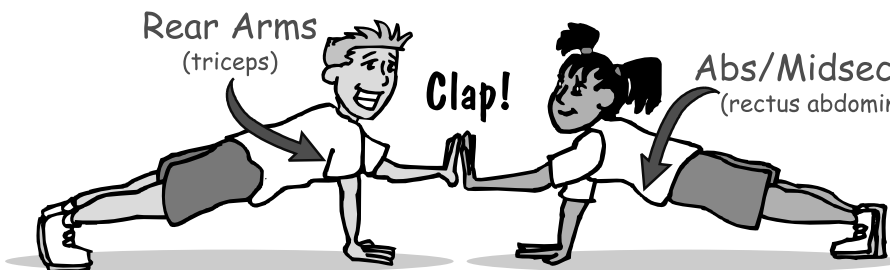
Start in the standing position. Move right elbow toward the left knee while simultaneously bending the left knee toward the right elbow. Drop and then repeat with left elbow and right knee.



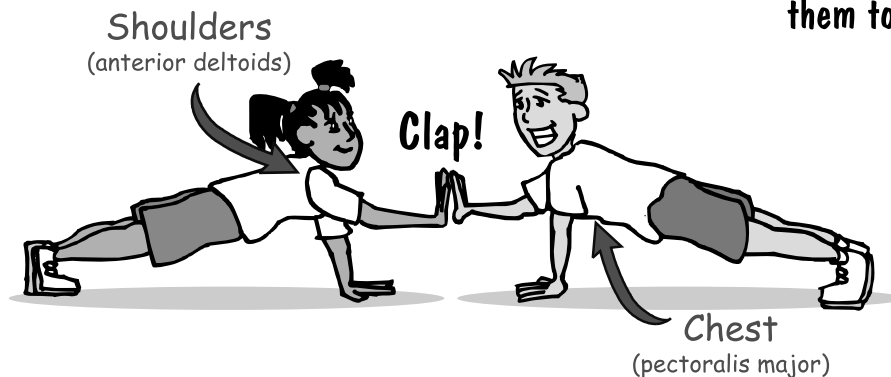
4

Partner Clap

Hold body in a push up position facing partner.



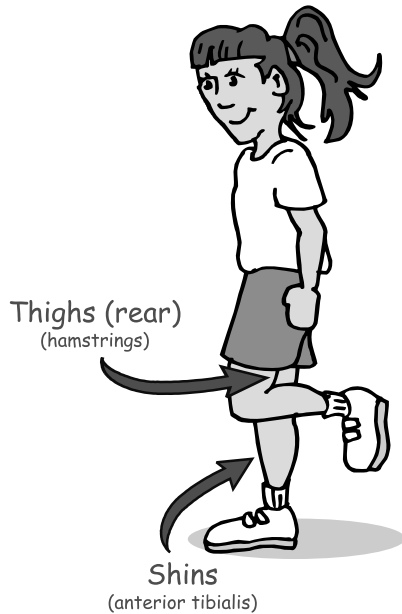
Simultaneously partners lift right hands and clap them together. Drop right hands and then lift left hands simultaneously, clapping them together.



5 Flamingo Stance

Balance on Right Foot only. Hold.

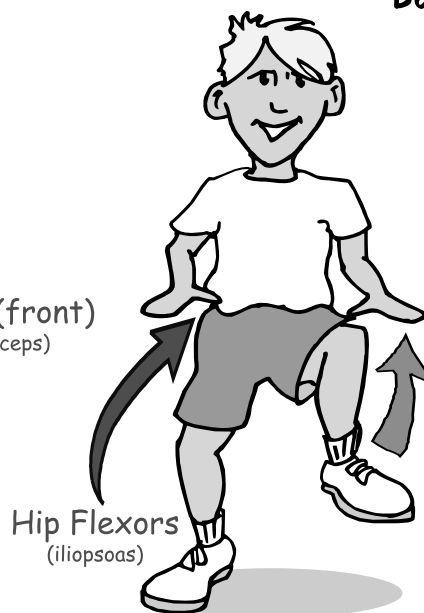
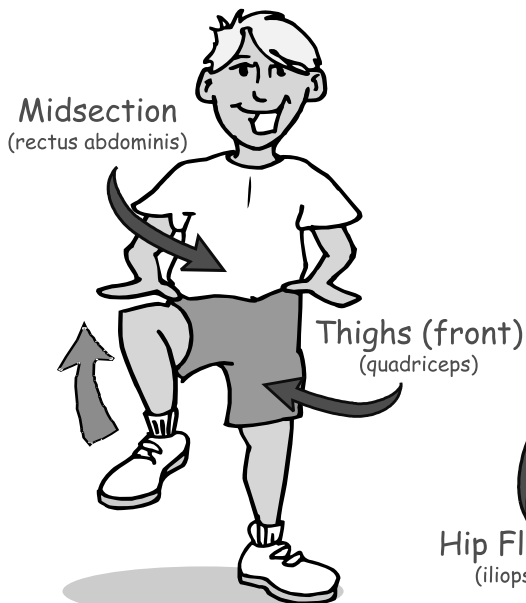
Balance on Left Foot only. Hold.



6 Piano Keys

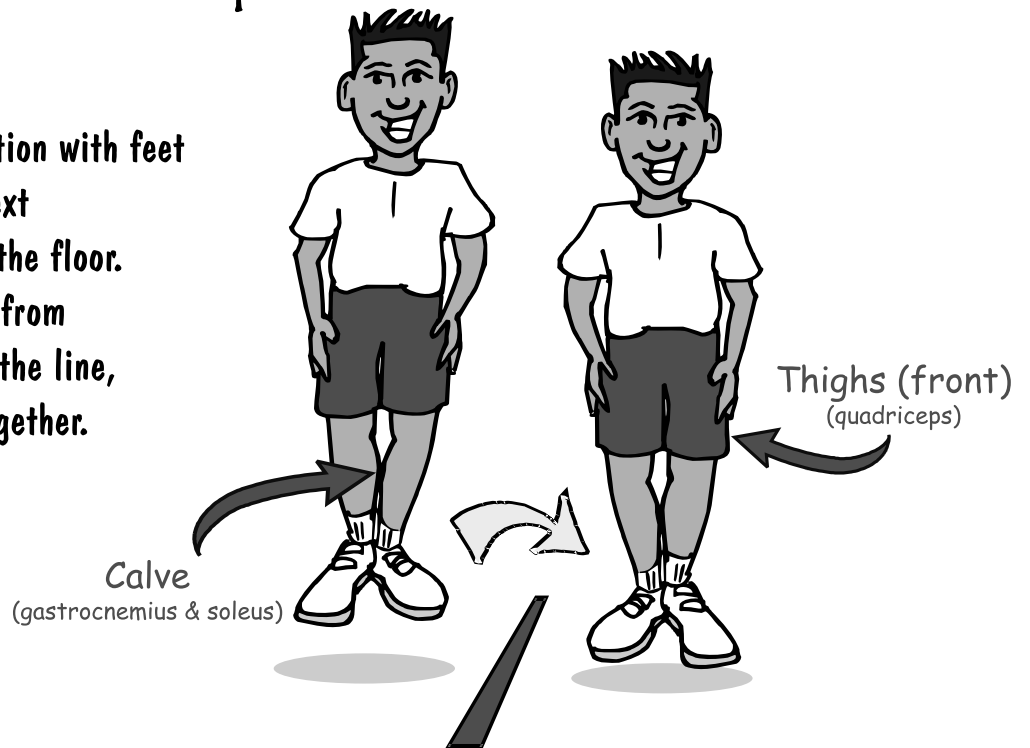
Start in standing position. Elbows are bent, but close to body.

Begin exercise by alternating lifting one knee at a time, touching the palm of the hand.



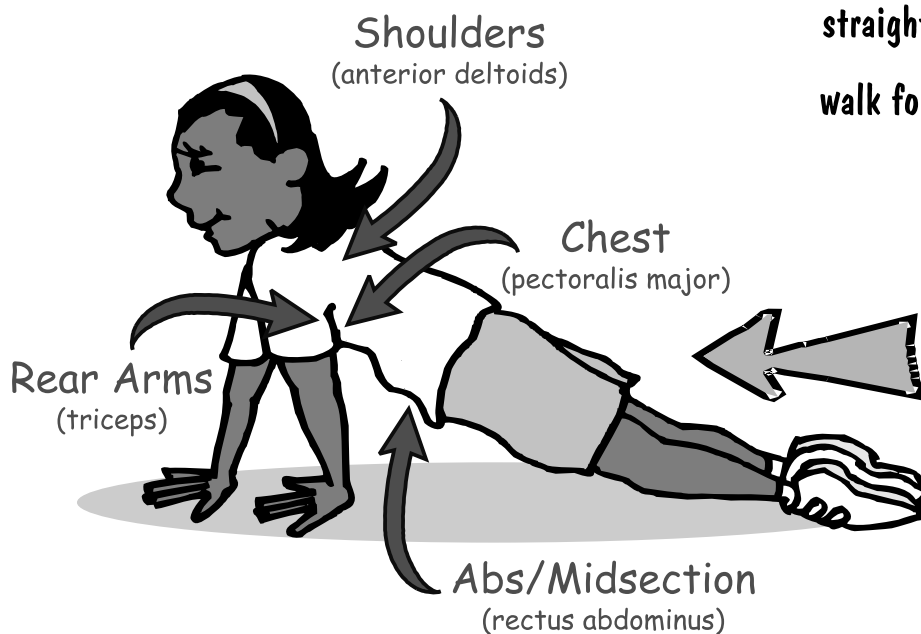
7 Quick Jumps

Start in standing position with feet together next to a line on the floor. Quickly jump from side to side over the line, keeping feet together.



8 Seal Walk

Support the body on both hands with legs on the floor and arms straight, walk forward on the hands, dragging the legs.



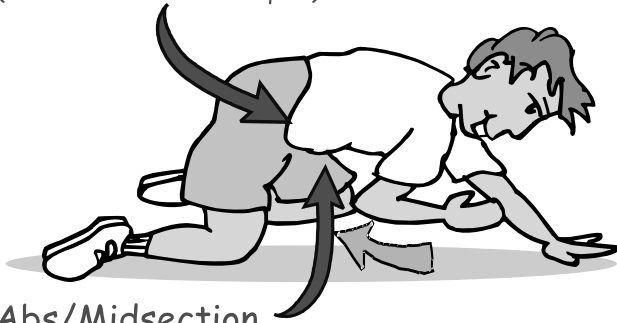
9

Spider Dance

Start in push up position. Move right elbow toward left knee while simultaneously bending the left knee toward the right elbow.

Drop and then repeat with left elbow and right knee.

Waist
(external & internal obliques)



Abs/Midsection
(rectus abdominus)

Shoulders
(anterior & medial deltoids)



Thighs
(quadriceps)

Rear Arms
(triceps)

10

Twister

Start in standing position. Bend knees slightly.

Begin exercise by twisting body from side to side.

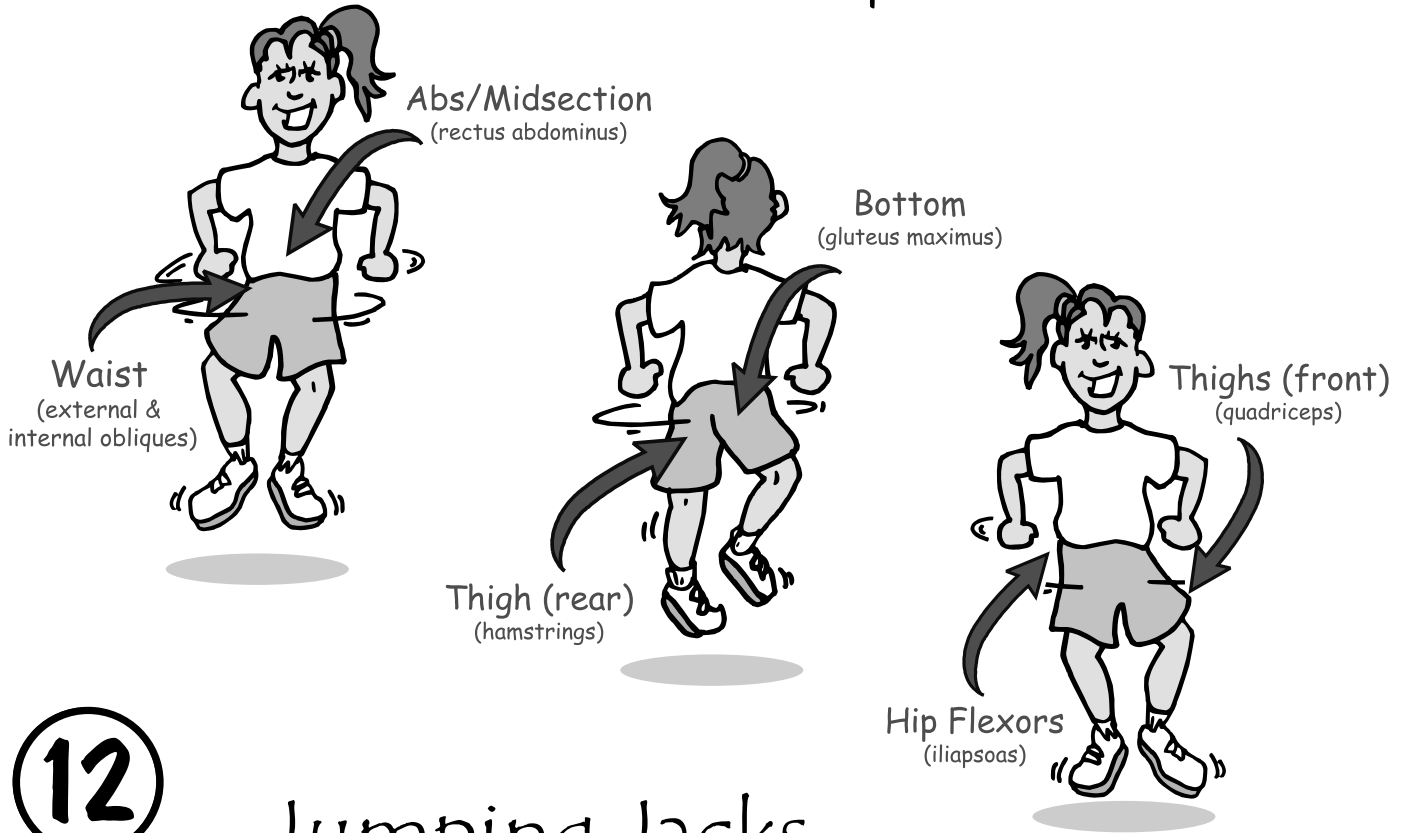
Waist
(external & internal obliques)



11

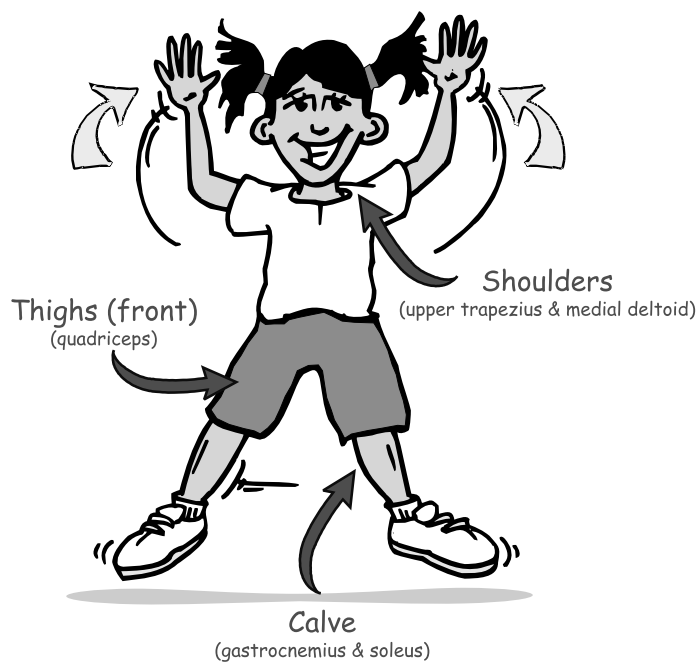
Skipper

Skip in a circle



12

Jumping Jacks



13 Tornado

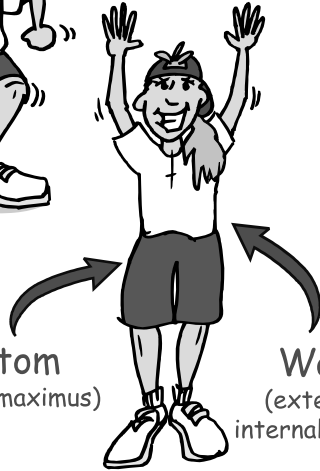
Start in standing position.

Jump while simultaneously making a 360° degree turn.

Thighs (front)
(quadriceps)



Bottom
(gluteus maximus)



Waist
(external & internal obliques)

Thigh (rear)
(hamstrings)



Shoulders
(anterior & medial deltoids/
upper trapezuis)



Calve
(gastrocnemius & soleus)

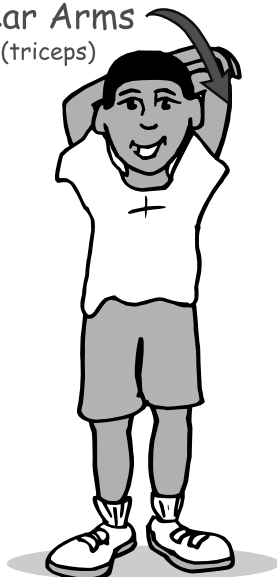
14 Triceps Stretch

Stand erect with feet shoulder-width apart.

Lift one arm overhead,
bending it at the elbow.

Grasp the elbow with the opposite
hand and pull slightly. Hold.
Switch arms and repeat on
the other side.

Rear Arms
(triceps)



Over Head Reach

Upper Back
(latissimus dorsi)



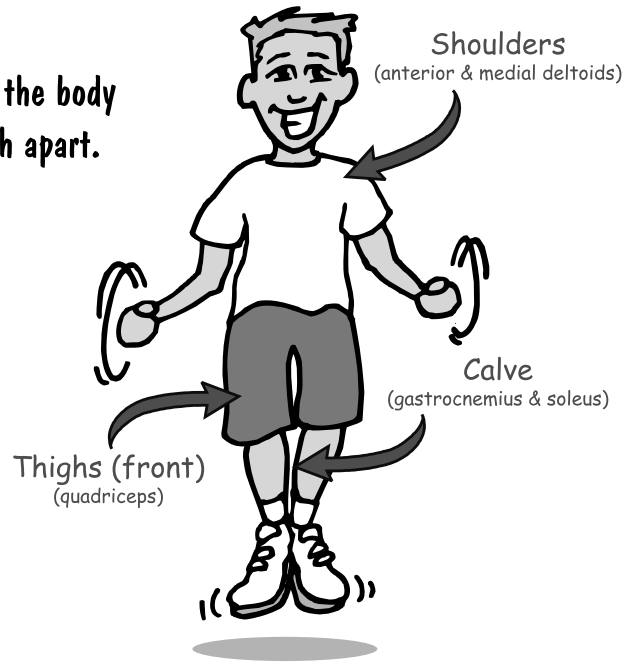
Waist
(external & internal obliques)

Bend sideways stretching
arm above head.
Switch arms.

15

Imaginary Jump Rope

Pretend to jump rope. Arms are on the side of the body and feet are a little closer than shoulder width apart.



16

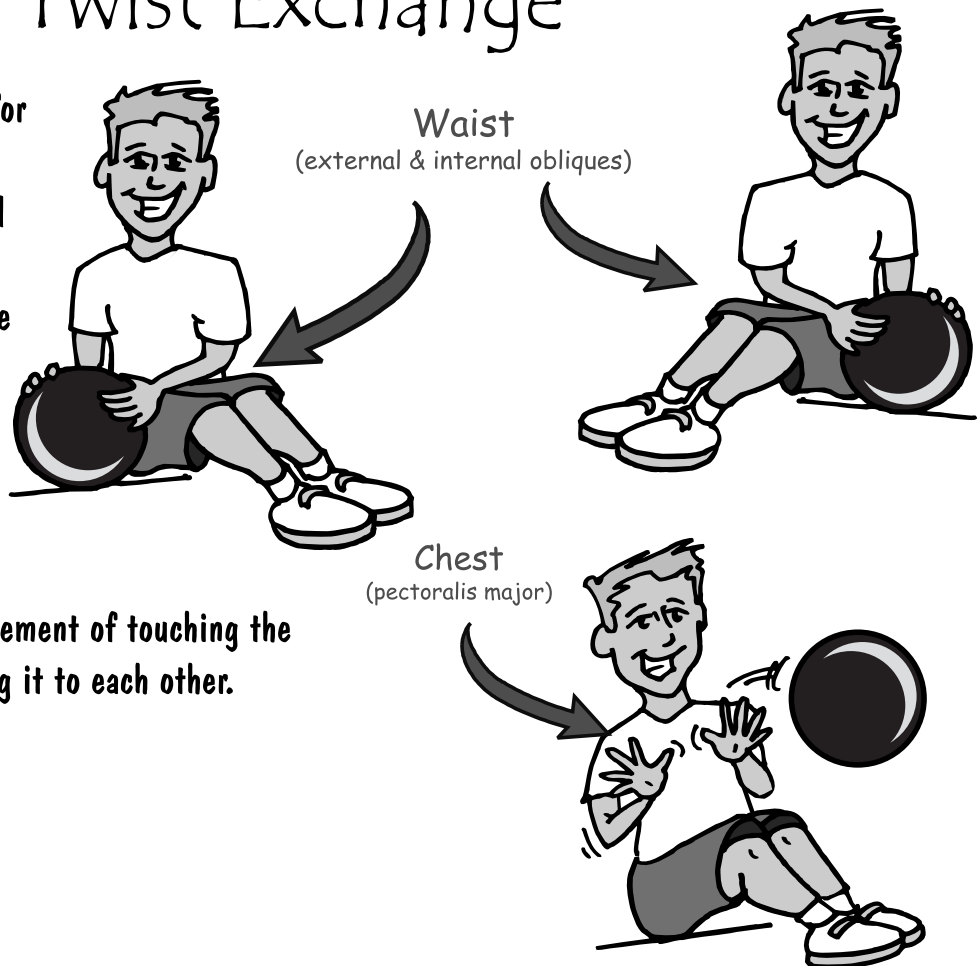
Ball Twist Exchange

Any size ball can be used for this drill.

Players sit in a circle and pass the ball around until every player does the repetitions required.

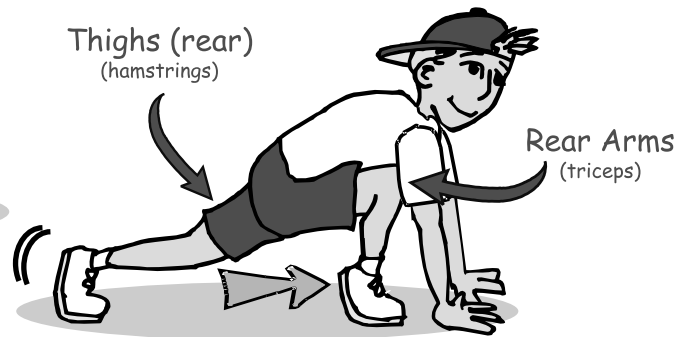
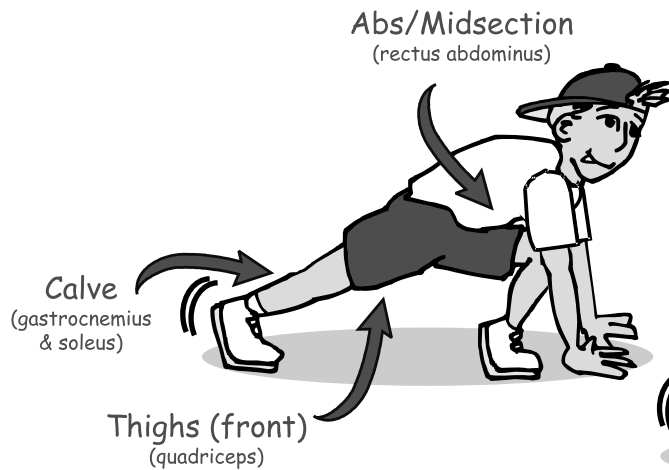
You can also choose not to use a ball at all in this drill.

The players then mimic the movement of touching the ball on the floor and passing it to each other.



17 Bobsled

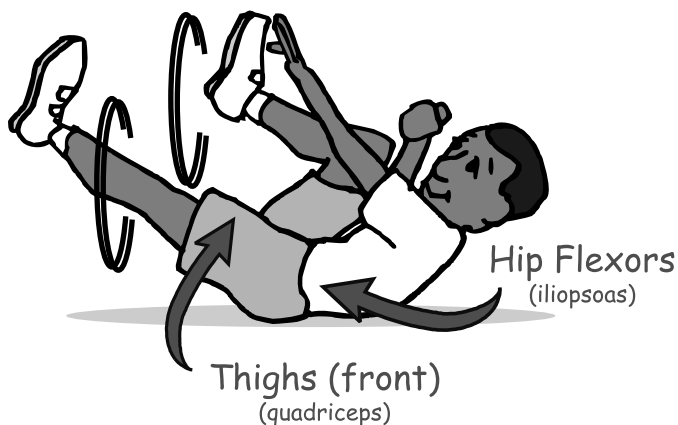
Start in the push up position. Rotate your feet forward and back quickly while your hands are still on the floor.



18 Butterfly

Start in the sit up position, with feet up in the air. Begin by reaching with your right hand toward your left foot, while your left foot is simultaneously moving toward the right hand.

Drop and repeat with left hand toward right foot.

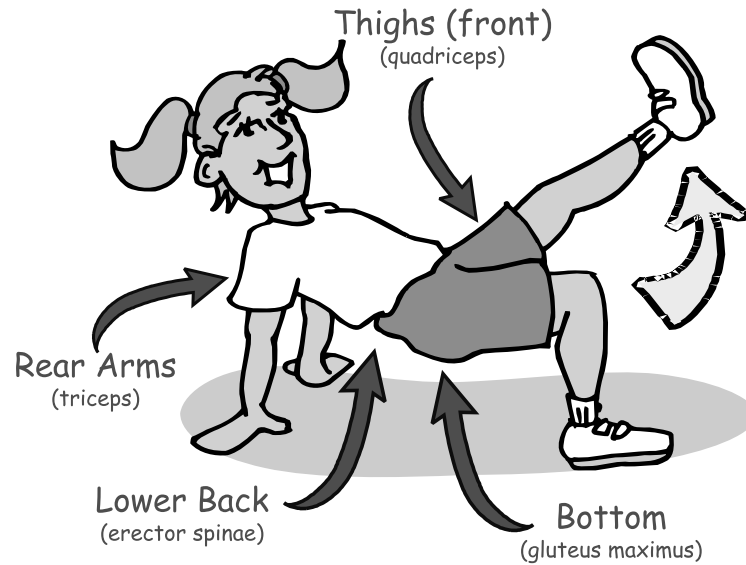


19

Can-Can Crab

Start in crab walk position, with hands and feet balancing body -
Stomach facing the sky.

Kick one leg up at a time, trying to kick as high as you can.

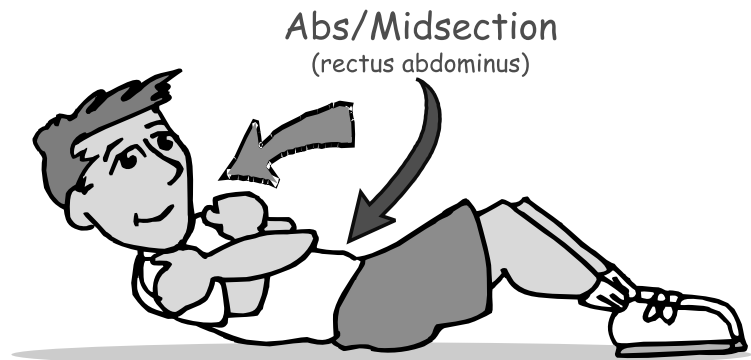
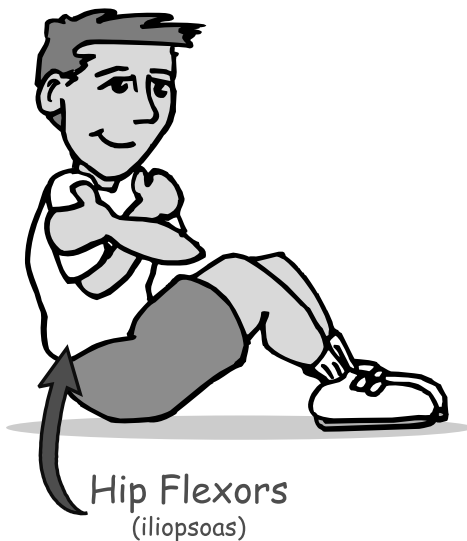


20

Curl Down

Sit with knees bent and arms crossed
on the chest.

Slowly lower your back to the floor.
Return to the starting position.

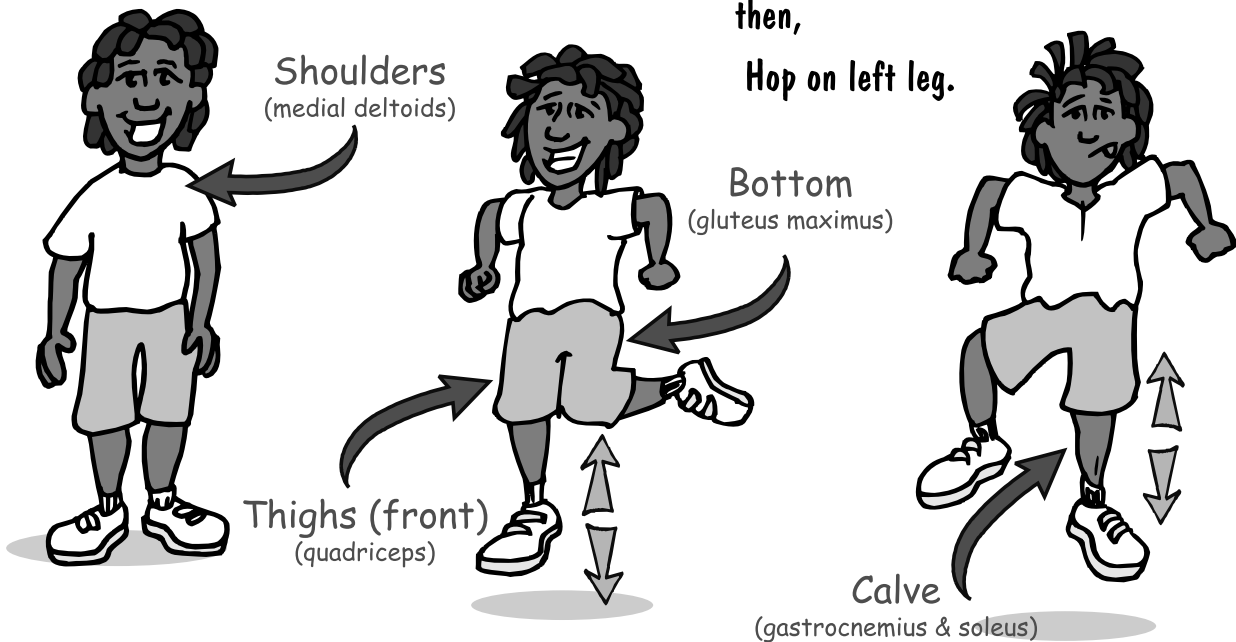


21

Bunny Bounce

Start in the standing position.

Hop on right leg,
then,
Hop on left leg.



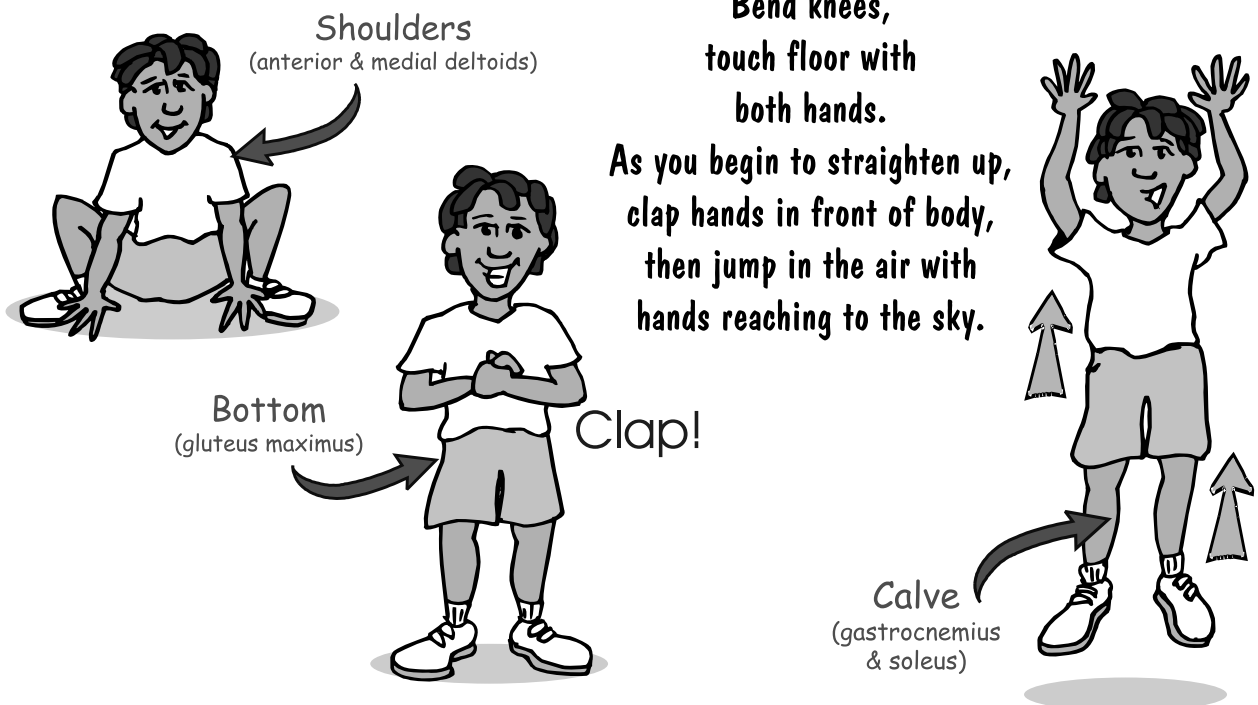
22

GrassHopper

Start in standing position.

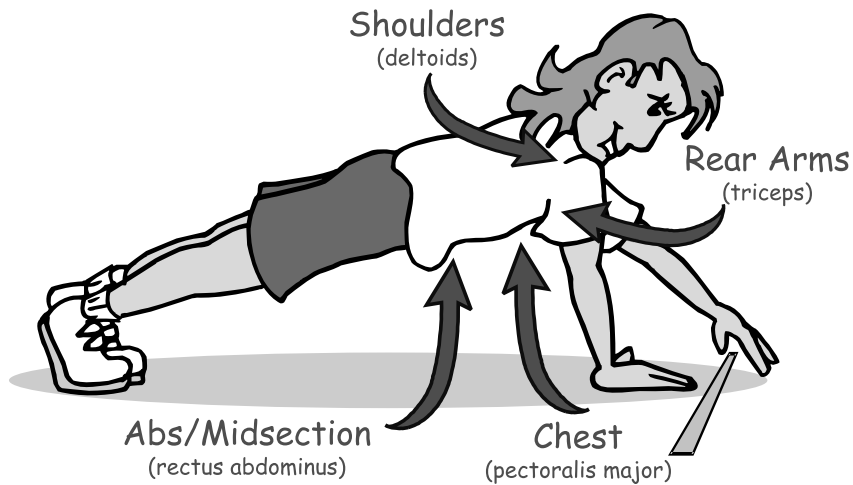
Bend knees,
touch floor with
both hands.

As you begin to straighten up,
clap hands in front of body,
then jump in the air with
hands reaching to the sky.



23 Hand Shuffle

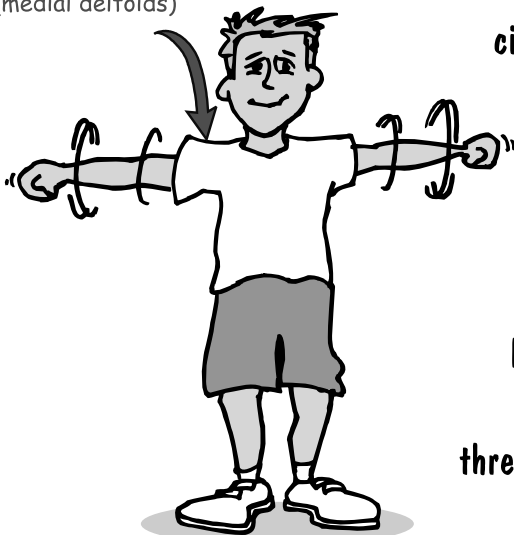
Start in push up position. With feet remaining in place, move one hand at a time back and forth over a line.



24 Helicopter

Start in the standing position.

Shoulders (medial deltoids)

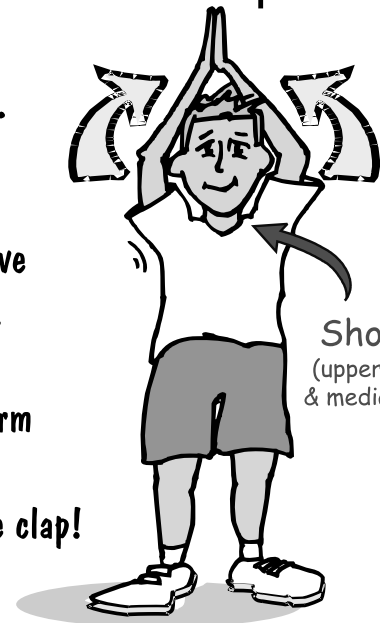


Begin with 3 arm circles with both arms.

Then raise hands above head and clap once.

Repeat, alternating arm circle direction- three arm circles and one clap!

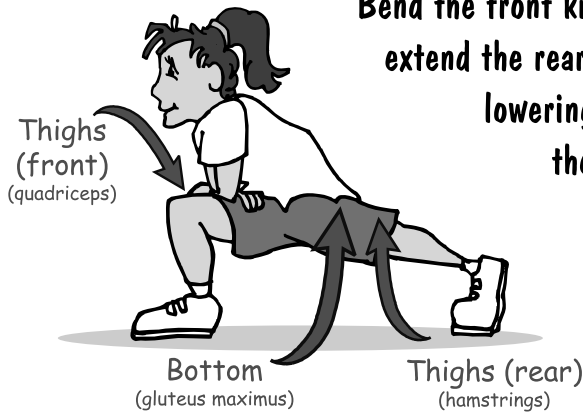
Clap!



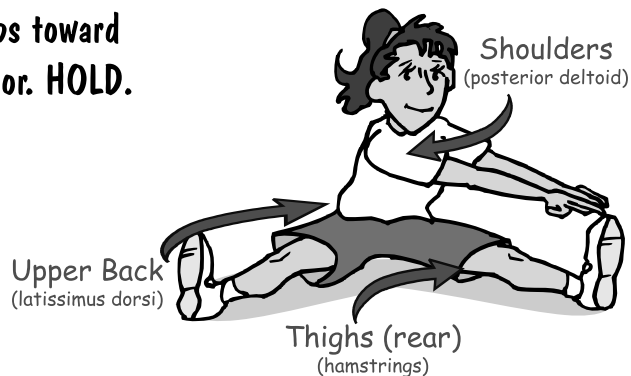
Shoulders (upper trapezius & medial deltoids)

25 Hip Flexor / Seated Straddle

Stand with one foot in front of the other, toes pointed forward. Bend the front knee 90° and extend the rear leg back, lowering hips toward the floor. HOLD.

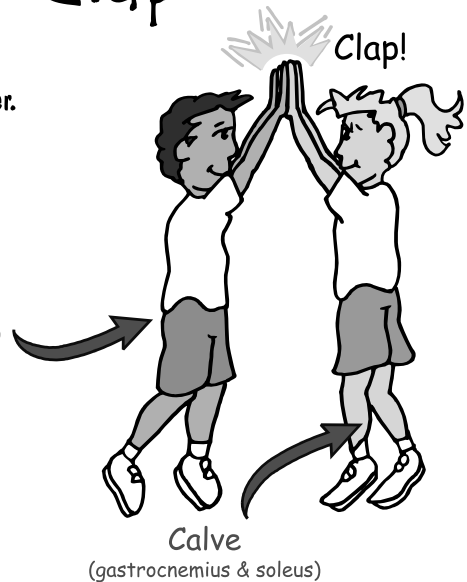
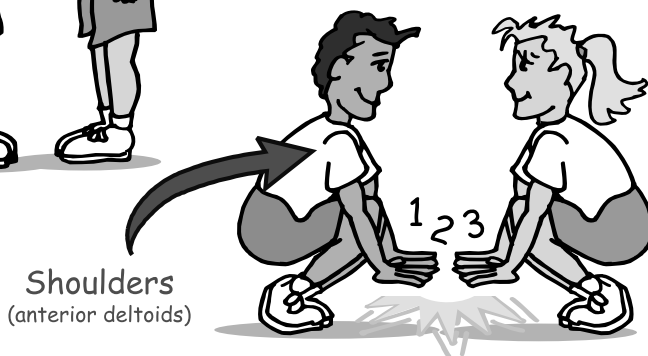
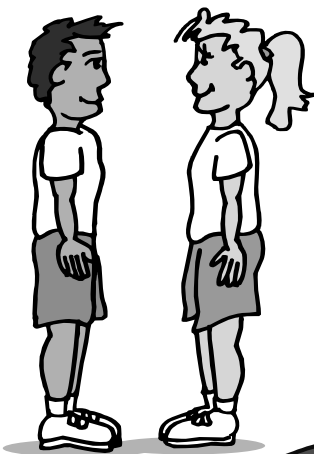


Sit on floor with legs spread. Reach with both hands toward one foot or ankle. HOLD, then reach with both hands toward the other foot or ankle. HOLD.



26 Partner Pound "N" Clap

Start in the standing position, facing partner. Bend down (bending at knees) simultaneously pound on the floor with palms down three times.



Jump up in the air at the same time as partner, clapping both hands with partner above head once. Repeat.

A heartfelt thanks to these individuals Who were consultants on this project –

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Karla Stenzel, Wichita Public Schools Physical Education Specialist/PE Teacher College Hill Elementary,
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