



# Quick Feet

InterActive4Life

## INTERACTIVITY IN A SNAP SHOT



**Resting position:  
Quick Feet**



**Hit the deck: Burpee**



**Stormy Sea:  
Flutter Kicks/  
Swimmers**



**Reach for the Sky: Jump High**



**Put Out the Fire: Get Down and Roll**



**Person Overboard:  
Creative Side  
Movement**



**Walk the Plank: Plank**



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## FITNESS INTERACTIVITIES

### Student Targets



#### Movement Competence

Develop health and skill related fitness components to increase physical literacy by attending to gestures and expressions.



#### SEL

Practice interpersonal skills such as communication, relationship, and social skills while attending to InterActive feelings as they intuit and respond to where the partner moves (based on timing, expressions, and gestures).



#### Relationship

Match, follow, lead, mirror, and move in unison to connect with a partner through space and openly accept moments of surprise.



#### Physical Distance

This InterActivity can be performed at a 2 meter distance.



#### Online

This game can be played online using visual educational technology.



[CLICK \*\*HERE\*\* to watch this InterActivity in action!](#)

### Activity Overview

Students will work in synchronous and asynchronous ways and explore different methods of communication while exercising in a fast-paced, fun, themed interactivity.



### Getting Started:

With a Partner, Sibling, Parent, or Guardian find a safe, open space with physical distancing measures in mind or meet online through visual educational technology (i.e., Google Classroom or Zoom).

- In pairs, students will determine who will be the leader and who will be the follower.
- Through combined verbal-coded messages and actions, the leader will call out a fitness move. The example below is Ocean themed, but this game could be adapted to other themes as well.
  - Resting position: quick feet
  - Hit the deck: burpee
  - Reach for the sky: jump high
  - Put out the fire: get down and roll
  - Walk the plank: plank
  - Person Overboard: cartwheel or creative side movement
  - Stormy sea: flutter kicks/ swimmers
- Can you do this without speaking and only attending to bodily cues?
- Switch roles.

### Modifications to the Game:

- **Locomotor movement:** Partners can play opposites (directionally speaking), i.e., when the leader calls out "hit the deck", the follower calls out "reach for the sky" or when the leader calls out "put the fire out" the follower calls out "person overboard".
- **Size of Group:** Have students perform as a class with the teacher. Students can take turns calling out one command at a time. Or call out commands slower.

### Adaptations to Rules of the Game:

- **Cooperative Rally:** See how long the follower can react to the leaders commands successfully while both partners perform the exercise synchronously.
- **Competitive Score:** The leader scores a point every time they are able to complete the exercise before their partner. The follower scores a point if they react to and complete the exercise before the leader.
- **Theme of game:** Come up with new fitness exercises and new themes (i.e., in the zoo, in the mall, outerspace, in nature, etc.).



### InterActive Function2Flow Assessment:

#### **InterActive Function**

(Connecting Postures)

- Is the leader able to identify their partner's readiness to move and align their posture to indicate the call of their next coded message?

#### **InterActive Form**

(Connecting Positions)

- Is the leader able to use gestures (i.e., subtle movement of the eyes, head, shoulders, torso, hips or legs) to indicate the action of the next coded message?

#### **InterActive Feeling**

(Connecting Sensations  
of Timing & Force)

- Is the leader/follower able to get a feeling of the timing and force required to perform each coded message action in a synchronous fashion with their partner?

#### **InterActive Flow**

(Connecting Energies)

- Is the leader and follower interaction sustained with ease?