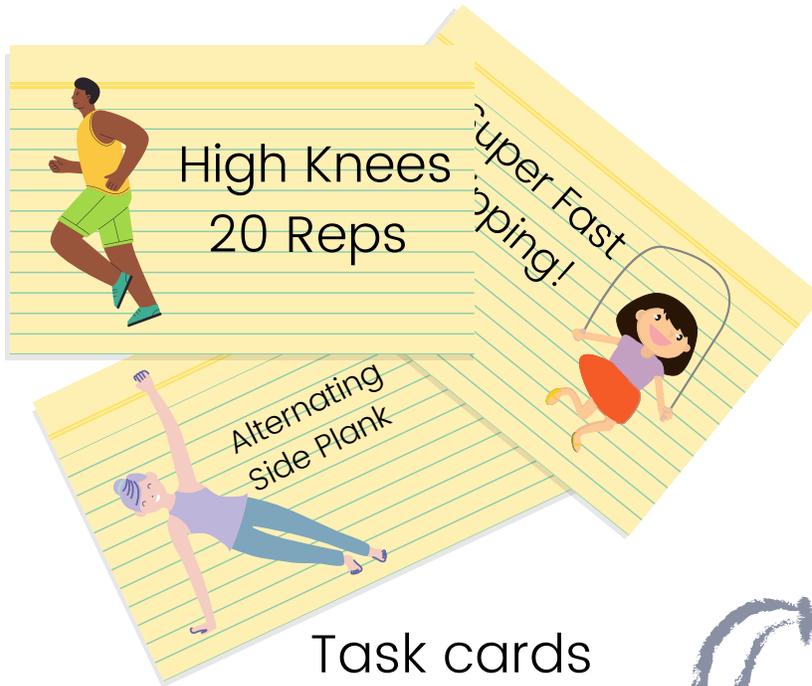




# Buddy Pace

INTERACTIVITY IN A SNAP SHOT



Task cards



Timer



A Group to Connect through Movement With



# Buddy Pace

InterActive4Life

## FITNESS INTERACTIVITIES

### Student Targets



#### Movement Competence

Develop cardiovascular fitness through the performance of multiple cardio and High Intensity Interval Training (HIIT) exercises to increase physical literacy. Develop teamwork skills by not only reading and responding to another person but assuming a role as one unit -- a team.



#### SEL

Students will learn positive motivation and perseverance skills as well as self-awareness and self-confidence as they tune into their needs and the needs of others while learning to handle stress on their bodies.



#### Relationship

Moving in unison, partners will learn to overcome challenges of physical stress and avoid exhaustion by acting and reacting as well as embracing moments of surprise to maintain a synchronous connection.



#### Physical Distance

This InterActivity can be performed at a 2 meter distance.



#### Close Proximity

This game can be restricted to doing exercises that must be done in combination with someone in the participant's social bubble (i.e., a partner squat, leg press, push-up).



#### Online

This game can be played online using visual educational technology.



## FITNESS INTERACTIVITIES

### Activity Overview

Students will work in groups to determine what it is like to maintain a pace as pairs for different durations of time. Students learn to work together and adopt the mentality: my strength is your strength, and your challenge is also my challenge.

### Getting Started:

With a Friends, Siblings, Parents, Guardians or Classmates:

- In their groups, participants will determine what it is like to maintain a pace in pairs for different durations of time. They will learn what it's like to support and accept challenges together – what it truly means for there to be “no I in team”.
- Given “times” by a teacher/ parent or by the draw of a hat, a pair or team will cooperatively set a pace or difficulty level for doing a specific cardio/ HIIT exercise (i.e., participants will run on the spot, perform burpees, high knees, jump squats, etc. and must decide on an appropriate pace to avoid burnout).
- The goal of this InterActivity is that participants determine a pace that will not only best suit themselves, but those in their pair/group. This requires that they consider each other's needs and learn to push themselves and others, but not to the point of burnout. The goal is also to act and react to the leader to stay connected to their rhythm.

### Modifications to the Game:

- **Use of a manipulative:** Introduce a manipulative that must be used to perform the exercises (i.e., ball or rope) or have students perform some exercises with small weights.
- **Locomotor movement:** Have the option to assign exercises to target a certain part of the body (i.e., chest, back, hamstrings, core, etc). Assign exercises that can only be performed on a certain level (i.e., on a chair or on the ground).

### Adaptations to Rules of the Game:

- **Cooperative Rally:** Count how many different exercises you and your partners can perform at a synchronous pace and at varying speeds while maintaining synchronicity.
- **Competitive Score:** In pairs, see if you and your buddy can maintain a synchronous pace, performing an exercise longer than another pair.



## FITNESS INTERACTIVITIES

### InterActive Function2Flow Assessment:

<p><b>InterActive Function</b> (Connecting Postures)</p>	<ul style="list-style-type: none"><li>• Are both partners able to identify their partners' readiness to move and align their posture to indicate the start of movement?</li></ul>
<p><b>InterActive Form</b> (Connecting Positions)</p>	<ul style="list-style-type: none"><li>• What are the movement expression signs/tells that you or your partner is becoming out of sync/falling behind or is not being challenged enough?</li></ul>
<p><b>InterActive Feeling</b> (Connecting Sensations of Timing &amp; Force)</p>	<ul style="list-style-type: none"><li>• As a group, are you both able to get a feel for how the timing and force (pace) of your movements influences the ability of each of you to perform the exercise at your determined pace?</li></ul>
<p><b>InterActive Flow</b> (Connecting Energies)</p>	<ul style="list-style-type: none"><li>• Is the whole group/both partners performing the exercise in synchronous configuration with ease? Does your energy feel connected based on what is being communicated through posture, position &amp; gestures?</li></ul>