



Prep

- Quiz Calisthenics Task Card (SPARKfamily.org)

Set

- Scatter students throughout area.

Teach

1. In *Quiz Calisthenics*, you will hear various statements and guess if they are true or false. If you believe a statement is true, you will do push-ups. If you believe it is false, you will do curl-ups.
2. After you decide true or false and do the activity, I will tell you the answer. Score a point for every correct answer. Keep your own score.
3. (*Use the Quiz Calisthenics Task Card to run through a variety of statements. Change exercises every 3-5 statements.*)
4. **Think About...**
 - Which of these activities could you do at home? Which help build upper-body muscular strength? Which build core (abdominal) strength and endurance?

**LIMITED SPACE**

QUIZ CALISTHENICS

EXTENSIONS

Pedometers

(Need 1 pedometer per student.) Which activity promotes the most steps? How many total steps can you take?

Heart Rate Monitors

(Need 1 heart rate monitor per student.) During which activity did you achieve the highest heart rate? The lowest?



STANDARDS ADDRESSED

NASPE

#3, 4 Muscular strength and endurance

#5, 6 Accepting responsibility, accepting challenges

Your State (Write in here)



TEACHING TIPS

- Create your own *Quiz Calisthenics* to assess what your students know and need to learn about specific subject matter. Or, use material from any unit you have taught and wish to review.

NOTES
