



## Fitness First 15 (FF15) Database

Fitness First 15s are a way to ensure that participants are working hard and getting their heart rates up for at least 15 minutes of their time at the program. These mini-games can be thought of as the kid equivalent of high intensity interval training, with an emphasis on fun!

These FF15s work well as stations. Select three different activities and set them up in your space, assigning a volunteer at each station. Have groups spend five minutes at each station before moving on to the next.

Name of Activity	Materials
Agility Ladders Relays	Agility ladders
Balance Board Simon Says	Balance boards
Ball Drop	Tennis balls
Flip Cone	Disc cones (flat cones)
Give a Ball	Cones/buckets, tennis balls
HIIT RPS (Rock, Paper, Scissors)	None
Hurdle Relays	Hurdles
Knee Tag	None
Lateral Jumps (Skiiers)	None
Lava Tag	Hula hoops/mats
Medicine Balls	Medicine balls or unweighted balls
Rock Paper Scissors (RPS) Jump Battle	Hula hoops
Scooters	Scooters
Sharks and Minnows	None
Snatch	Cones (or balls if using variation)
Sweep JR	Pennies, hula hoop

**Agility Ladders Relays**

Choose a type of movement participants must do while they race the other team to the end of the agility ladder. Structure these are relays. The first team to have all members go wins.

**Easier options:** one foot in each, bunny hop (two feet hop in each square), one-foot hop, hop out-in-out-in, one foot in each sideways

**Harder options:** two feet in each (quick feet!), quick feet side-to-side (both feet LEFT of ladder-both feet IN ladder-both feet RIGHT of ladder-both feet IN ladder-both feet LEFT of ladder), backwards one foot in each

Materials: Agility ladders

**Balance Board Simon Says**

Simon Says (have players rotate being Simon if older group). If a player makes a mistake or loses balance, they must do an exercise (ex: 10 jumping jacks). Examples of instructions: squat down, put one knee down, lean toward toes, lean toward heels, raise hands up, do 3 squats.

Materials: Balance boards

**Ball Drop**

Players divided into pairs. Pairs stand a few feet away from each other and have two balls. One partner holds one ball in each hand and holds arms out in a T. They say "Go!" and drops one of the balls. The other partner must run and catch the ball after one bounce. Try 10x and switch. See which partner can catch the most balls.

Materials: Tennis balls

**Flip Cone**

Scatter cones around playing area, half "up" (like a bowl), half "down" (like the cones are normally used). Split into 2 teams (up team and down team—for kids it's best to refer to this as the team valley and team mountain). Team Valley want to make all cones look like bowls. Team Mountain want all cones to look like mountains. Instructor puts 1 minute on the clock. At the end count cones in each configuration to see who wins.

Materials: Cones

Variations: Make it harder by spreading cones out further. If have a large group, can have players in pairs. One player from each pair plays at a time. They can switch with their partner if they need a rest or when instructor says "switch!"

**Give a Ball**

Arrange buckets in a circle. Put ~ 5 balls in each one. Each player stands behind a bucket. When instructor says go, players give the balls in their bucket to other players' buckets. A player can only carry one ball at a time! First player with no more balls in their cone wins.

Materials: Buckets, tennis balls

Variations: If players are winning too quickly, play game in reverse. Put 45 seconds-1 minute on the clock and see who can accumulate the most balls by stealing balls (one at a time!) from other players. With bigger groups, play with teams. Make 3 lines of buckets a few feet away from each other. All balls start in the middle buckets. On "Go!", players take balls from the center buckets and place it in their team's buckets (while only carrying one ball at a time!). Once there are no more balls in the middle bucket, steal balls from the other team. See what team has the most number of balls after 45 seconds – 1 minute.

**HIIT RPS (Rock, Paper, Scissor)**

Have players pair up. They must do Rock, Paper, Scissors. If they lose, they must do an exercise (of the instructor's choosing or chosen by kids). Then, rotate pairs and repeat.

Materials: None

Variations: Play this tournament style. If a player loses, they must do an exercise and then become the winner's cheering squad. If their champion loses, all members of the cheering squad must do an exercise before joining their new champion.

### **Hurdles**

Choose a type of movement participants must do while they race the other team to the end of the line of hurdles. Structure these are relays. The first team to have all members go wins.

**Easier options:** High knees, bunny hop

**Harder options:** Side facing hops, one foot hops

Materials: Hurdles

### **Knee Tag**

The object of the game is to touch another player's knee without getting your knee tagged. If your knee is tagged, you do an exercise (i.e. 5 jumping jacks, 4 squats, 5 high knees) to get back into the game.

Materials: None

Variations: Instead of doing an exercise when you get tagged, the tagger can get one point for each knee they tag. First player to 10 wins.

### **Lateral Jumps (Skiers)**

Find a line in the gym or pavement. Players jump frontwards/backwards or side-to-side over line. Try different types of jump (hopping feet together, one foot, left foot/right foot forward and left foot/right foot back). See how many they can do in 1 minute and try beating their score from previous rounds.

Materials: None

Variations: Have players pair up. Have players race each other jumping back and forth over the line. Or, if jumping forward and backwards, can have kids give each other high-fives. To make lower intensity, players can step over the line rather than jump.

### **Lava Tag**

Spread hula hoops or mats around playing area. One player is the "Lava Monster". Players must jump from hula hoop/mat to hula hoop/mat to avoid getting tagged by the Lava Monster. If a player gets tagged, they must hop out of the playing area and do an exercise to join back in the game. If a player accidentally touches the floor outside of a hula hoop, they must do an exercise. Rotate Lava Monsters approximately every minute.

Materials: Hula hoops/mats

Variations: If a player gets tagged, they become the new Lava Monster

### **Medicine Balls**

Choose 3-4 exercises for players to do in pairs

**Options:** squat throw, bounce pass (as hard as you can), throw against wall, catch-squat-throw above head-throw to partner, one-handed throws to partner, chest-pass, crunch passes (hold ball above head, do curl-up and hand to partner)

Materials: Medicine balls, non-weighted balls

Variations: Adjust weight of med ball according to strength. Have a few non-weighted balls for smaller children.

**RPS Jump Battle**

Make 2-3 paths with hula hoops (long paths). Split group into teams with one team lining up on each side of each path. If a team gets to the end of the path, they get one point. When instructor says "Go!" the first member of each team starts jumping down the path (jumping with both feet in each hula hoops- like a bunny rabbit). Once they reach another player, they must do rock, paper, scissors. The person who loses must run to the end of their line. The player who won continues down the path while the next person in line on the losing team begins hopping down the path.

Materials: hula hoops

Variations: Use a different form of locomotion (ex: jumping on one foot)

**Scooters**

Relay race with scooters.

**Options:** sitting on scooter- scoot forward or backwards. Belly on scooter- move forward.  
Weave through cones. Feet on scooter in plank.

Materials: Scooters

Variations: See how many times each time complete the course in 1 minute

**Sharks and Minnows**

Have participants line up on one side of open space. Pick a few sharks (number of sharks depends on group size). When someone says "Minnows Across" then the large group runs across the space. If tagged, the minnow becomes a shark. The game is over once everyone is a shark.

Materials: None

**Snatch**

Put cones in a line. Have players in pairs, with one person on either side of the cone. Make sure players are equidistant from cone. Instructor can include other directions such as: jump, fast feet, head (touch head), floor (touch floor), knees (touch knees), etc. When the instructor says "snatch!" players must try to grab the cone before their partner.

Materials: Cones

Variations: Add more commands or more challenging commands. For older kids, you can use balls instead of cones. When instructor says snatch, it becomes one v one (or 2v2) dodgeball, soccer, basketball etc. until someone scores.

**Sweep JR**

Each player has two pinnies, one at each hip. The goal is grab someone else's pinnie and put it in the central hula hoop. Players can only hold one pulled pinner at a time and must return it to the central hula hoop before attempting to grab another. Once both a player's pinnies have been stolen, they must do an exercise to re-enter the game.

Materials: Pinnies (flag football flags can work too), 1 hula hoop