

## **UCS Fun Fitness Week**

Welcome to FUN Fitness Week! This week is designed to teach fun and inclusive ways to move our bodies. Each day will be broken down into 3 parts. We will have a warmup, main activities and a cool down for each day! As the week goes along, you can track your points with the BINGO card at the bottom of the document. There is info below on scoring! If an activity is not ideal for your classroom or students, but you do an alternative, please feel free to cross that BINGO box. Finally, each day will have a body break activity. This can be done throughout the day at any point or multiple times!

### **Scoring**

- BINGO Card
  - o Each completed BINGO square = 5 points
  - o Completing all 4 activities in one day = 20 points total
  - o Tally your points daily under the day's theme (e.g., Animal Day Points)
- Bonus Points
  - o Each task will tell you how to earn bonus points
  - o Tally them in their dedicated section
- Completed BINGO Card
  - o Completing the 4 corners of the BINGO card = 10 points
  - o Completing 1 BINGO line (any direction) = 10 points
  - o Completing 2 BINGO lines = 20 points
  - o Completing 3 BINGO lines = 30 points
  - o Completing the entire BINGO card = 40 points
  - o You can still earn the 4 corners bonus even if you complete the whole card

**When your scorecard is complete, please upload it here: [UCS Fun Fitness Bingo Results Folder](#)**

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*Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities.*



## Monday

Welcome to the first day of our FUN Fitness Week! Today's goal is to get everyone used to what the daily structure looks like!

Body Break!
5 Jumping Jacks
10 High knees
5 Arm circles
10 Knee extensors
Scoring:
1 time = 2 points
2 times = 4 points
3 times = 6 points
4+ = 8 points

### Part 1: Warm Up

#### 1. Dance it Out!

- Choose a song that's a class favorite or a suggestion below
  - Can't Stop the Feeling – Justin Timberlake
  - Better When I'm Dancin' - Meghan Trainor
  - Party Rock Anthem – LMFAO
- Using the list of dance moves below, try and incorporate all of them into a dance to that song
- Students can break up into groups, dance independently, it is up to personal preference

Dance Move	Alternative
March in Place	Seated leg march and arm swing
Jumping Jacks	Step out Jacks



Torso Twist	Seated Torso Twist
Disco Hands	Seated Disco hands
Freestyle Dance	Anything comfortable

### Scoring:

- Cross off Dance it Out on your BINGO card!
- Based on the guidelines below, you earn bonus points!
  - o Someone or the class used all 5 moves = 5 points
  - o Someone or the class used 4 moves = 4 points
  - o 3 moves = 3 points
  - o 2 moves = 2 points
  - o 1 move = 1 point

## Part 2: Main Workout

### 1. Workout of the Day

- a. Follow the workout circuit below!
- b. Try and have the whole class do 10 repetitions of each exercise at the same time as each other.
- c. If you are looking for extra points, do the full workout twice!
- d. Below is the workout of the day!

Workout	Explanation	Alternatives
<b>Fast feet x10</b>	Run in place with small, fast steps	Seated: Fast foot taps on floor or running hands as fast as possible
<b>Jump squats x10</b>	Squat down, then jump up with arms in the air	Seated: Push hands up from lap like jumping
<b>Mountain climbers x10</b>		



	Hands down, run knees in and out quickly	Seated: Alternate knee lifts & elbow touches or bring elbows down to the knees
<b>Burpees x10</b>	Jump up, go down to the floor, jump back up	Reach arms to the sky then to the toes or look up and down with a big stretch
<b>Bum Kicks x10</b>	Kick your heels up toward your bum, one at a time	Kick feet under chair or tap shoulders with opposite hands

### Scoring:

- Cross off Workout of the day on the BINGO card
- 10 bonus points for completing this activity!
- 10 more bonus points if your class did the workout twice!

### 2. Obstacle Course Challenge

- a. This game requires a gym or some space in the classroom as well as access to gym equipment such as balls, hoops, beanbags, boards, pylons etc.
- b. Depending on the size of the class, teachers may choose to split class into two groups
- c. Each student will create an obstacle to add the course (after being approved by the teachers)
- d. Once the course has been laid out and approved by teachers, everyone does their best to make it through the course as fast as possible
- e. Teachers make sure to set a timer for extra points



### Scoring:

- Cross off Obstacle Course on the BINGO card
- Depending on how fast everyone is equals bonus points
  - o 3 or less minutes = 10 points
  - o 4 to 6 minutes = 8 points
  - o 7 to 10 minutes = 6 points
  - o 11 or more minutes = 4 points

## Part 3: Cool Down

### 1. Dynamic Stretching: Running Edition

- a. These are dynamic stretches that can be done before or after going for a run or at anytime but each day will highlight a new set of stretches great for a specific activity!
- b. Try and do each stretch for 30 seconds or 15x

Stretch	Alternative
Forward bend to touch toes repeated	From any comfortable position try and reach to the ground
Leg Swings front to back	From a comfortable position swing legs like kicking a ball or swing another body part
Hip Circles – Draw circles with you hips	Do torso circles
Quad Stretch	Balance with the wall while lift one leg and pulling it backward with your hand



Calf Stretch	Use a platform while in a comfortable position
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**Scoring:**

- Cross off Dynamic Stretching: Running Edition on the BINGO card
- Bonus points based on the following criteria
  - All 5 exercises: 5 points
  - 4 exercises = 4 points
  - 3 exercises = 3 points
  - 2 exercises = 2 points
  - 1 exercise = 1 point



## Tuesday

Welcome to the second day of FUN Fitness!

### Body Break!

5 Torso twists

10 Squats

4 Lunges

10 Shoulder raises

### Scoring:

1 time = 2 points

2 times = 4 points

3 times = 6 points

4+ = 8 points

## Part 1: Warm Up

The class has two options for warm-up today. You can choose to do one or both for extra points!

1. Freeze Dance!
  - a. Teachers put on some fun music and have students dance around. When the music stops, students have to freeze!
2. Animal movements



- a. With or without music have everyone think of an animal and how it moves
- b. Then each student will say their animal aloud and demonstrate the movement!
- c. Some examples
  - i. March like a penguin
  - ii. Stretch like a cat
  - iii. Stomp like an elephant
  - iv. Hop like a frog
  - v. Fly like a bird

Scoring:

- Cross off Freeze Dance/Animal Movements on the BINGO card
- 5 bonus points if the class did one of the warmups
- 10 bonus points if the class did two of the warmups

## Part 2: Main Workout

### 1. Workout of the Day!

- a. Follow the workout circuit below!
- b. Try and have the whole class do 10 repetitions of each exercise at the same time as each other.
- c. If you are looking for extra points, do the full workout twice!
- d. Below is the workout of the day!

Workout	Explanation	Alternatives
<b>Arm Circles x10</b>	Big arm circles – 5 forward, 5 backward	Same movement while in a comfortable position – slow, controlled circles
<b>Step Touch Side-to-Side x10</b>	Step out to the side, tap feet together, repeat	Tap feet side-to-side, sway arms gently





<b>Bear Claws (Pull Downs) x10</b>	Pull arms down from overhead like scratching a tree	Same from comfortable position – add growl or sound effect for fun
<b>March &amp; Reach x10</b>	March in place, lift arms up on each step	Seated marching with arms reaching to the sky
<b>Knee Lifts with Clap x10</b>	Lift knee and clap under leg, alternate sides	Lift one knee and clap underneath while seated or clap hands only

#### Scoring:

- Cross off the Workout of the Day on the BINGO card
- 10 bonus points for completing this activity!
- 10 more bonus points if your class did the workout twice!

#### 2. Move and Match

- This game will require a gym, classroom or outside space
- You will need 4-6 color spots, this could look like a piece of paper with red, blue, green, yellow, pink, brown
- On each of those papers write out a action
- Ex.
  - March in place
  - Arm circles
  - Clap and tap
  - Stomp feet
  - Reach up high
  - Twist side to side*(All can be done seated or standing!)*
- A teacher will play music, stop it, then call out a color



- f. Students must go to that color as fast as they can and do the movement for 20-30 seconds
- g. The music will start up again and go until all the colors have happened and keep playing with different orders

Scoring:

- Cross of Move and Match on the BINGO card
- 10 points for doing this activity
- 10 more if everyone had fun!

### Part 3: Cool Down

1. Dynamic Stretching: Biking Edition

- a. These are dynamic stretches that can be done before or after going for a bike or at anytime .
- b. Try and do each stretch for 30 seconds or 15x

Stretch	Alternative
Leg Swings	Straighten one leg, swing gently back and forth
Arm Circles	Same seated — 5 each way
Hip Circles	Seated torso circles in both directions
March & Reach	Lift knees and reach up at same time or just the arms or elbows



Side Torsos Bend	Seated and try to reach the ground

Scoring:

- Cross off Dynamic Stretching: Running Edition on the BINGO card
- Bonus points based on the following criteria
  - o All 5 exercises: 5 points
  - o 4 exercises = 4 points
  - o 3 exercises = 3 points
  - o 2 exercises = 2 points
  - o 1 exercise = 1 point



## Wednesday Welcome to Wednesday!

### Body Break!

5 Toe Touches

10 Sumo Squats

10 sec run on spot

10 Jumping jacks

### Scoring:

1 time = 2 points

2 times = 4 points

3 times = 6 points

4+ = 8 points

## Part 1: Warm Up

### 1. Secret Leader

- One student will be chosen as the detective and will leave the room
- Next a student will be chosen as the Secret leader
- Thier job will be to do movements and switch it up (thumping, clapping, circles)
- The Detective tries to figure out who is the Secret Leader is in 3 guesses or less
- Play as many times as you want and make sure to track how many times to detective figures it out in 3 guesses or less

### Scoring:

- Cross off Secret Leader on the BINGO card



- Based on how many times your Detectives guess the Secret Leader in 3 guesses or less, you earn more points
  - o 1 time = 1 point
  - o 2 times = 2 points
  - o 3 times = 3 points
  - o 4 times = 4 points
  - o 5+ times = 5 points

## Part 2: Main Workout

### 1. Workout of the Day!

- a. Follow the workout circuit below!
- b. Try and have the whole class do 10 repetitions of each exercise at the same time as each other.
- c. If you are looking for extra points, do the full workout twice!
- d. Below is the workout of the day!

Workout	Explanation	Alternatives
<b>Star Jumps x10</b>	Jump out with arms and legs spread like a star, then return to the center	Raise arms and legs out wide at the same time while seated or step side-to-side with arm raises.
<b>High Knees x10 (each leg)</b>	Jog in place while lifting your knees as high as possible	Lift knees one at a time or tap opposite hand to knee



<b>Side Lunges x10</b>	Step one leg out to the side, bend the knee, keep other leg straight, then return to center.	Seated: Reach arms side-to-side or shift upper body left and right.
<b>Toe Touches x10</b>	Stand tall, reach down to touch your toes, then back up	Bend forward to touch toes or ankles while sitting
<b>Twist and High Five x10</b>	Stand with feet apart, push one arm forward while giving an air high-five and while twisting your torso, then switch sides	Sit tall, twist your upper body gently side to side while pushing your arms forward one at a time and giving an air high five.

### Scoring:

- Cross off the Workout of the Day on the BINGO card
- 10 bonus points for completing this activity!
- 10 more bonus points if your class did the workout twice!

## 2. Fireball Frenzy

- a. Choose a Play Area:
  - i. A gym or clearly marked open space works best. Set boundaries so everyone knows where they can move.
- b. Start the Game:
  - i. One student starts as the Fireball Thrower with a soft foam dodgeball.
  - ii. All other students spread out in the play area.



- c. Throwing Rules:
  - i. The thrower can take 3 steps or keep their feet planted while holding the ball.
  - ii. They try to hit other players below the waist only.
  - iii. No head or upper-body hits are allowed.
- d. Getting Hit:
  - i. If a player is hit below the waist, they freeze in place.
  - ii. They must wait to be saved by the designated Healer.
- e. The Healer:
  - i. One student is the Healer who can unfreeze players with a gentle high five or tap.
  - ii. If the Healer gets hit, a loud "Jailbreak!" is called, and all frozen players are free.
- f. Continue the Game:
  - i. After throwing, the ball is up for grabs by anyone.
  - ii. The new thrower follows the same rules (3 steps or planted feet).
  - iii. Keep playing for a set time or until everyone has had a turn as the healer.

#### Scoring:

- Cross off Fireball Frenzy on the BINGO card
- An additional 10 points for playing the game
- 10 more if everyone who wanted, was the healer at least once

### Part 3: Cool Down

- 1. Dynamic Stretching: Swimming Edition
  - a. These are dynamic stretches that can be done before or after going for a swim or at anytime.
  - b. Try and do each stretch for 30 seconds or 15x

Stretch	Alternative



Slow Arm Circles	Seated arm swings — swing arms across your chest like giving a hug, then open wide
Deep Breathing and Shoulder rows	Seated breathing with hand on belly — focus on deep, controlled breath without shoulder movement
Standing Forward Fold	Seated hamstring stretch — sit with legs straight, reach toward toes without bouncing
Chest and Arm Wall Stretch	Seated or standing shoulder clasp — reach both hands behind back and gently pull shoulders together
Cat Cow Stretch	Seated Cat-Cow — place hands on knees, arch and round spine while sitting in a chair or cross-legged

## Scoring

- Cross off Dynamic Stretching: Swimming Edition on the BINGO card
- Bonus points based on the following criteria
  - o All 5 exercises: 5 points





- 4 exercises = 4 points
- 3 exercises = 3 points
- 2 exercises = 2 points
- 1 exercise = 1 point

## Thursday

Welcome to the fourth day of FUN Fitness!

### Body Break!

5 Big arm circles  
10 Small arm circles  
5 Frog jumps  
10 Calf raises

### Scoring:

1 time = 2 points  
2 times = 4 points  
3 times = 6 points  
4+ = 8 points

## Part 1: Warm Up

### 1. Follow the Leader

- a. Choose 1-3 students to guide movements
- b. Each leader takes 30-60 seconds leading movements of their choice
- c. Everyone mirrors the leaders
- d. Switch leaders every round

### Scoring:

- Cross off Follow the Leader on the BINGO card
- 5 bonus points for playing and having fun
- 10 points if more than three students were the leader



## Part 2: Main Workout

### 1. Workout of the Day!

- Follow the workout circuit below!
- Try and have the whole class do 10 repetitions of each exercise at the same time as each other.
- If you are looking for extra points, do the full workout twice!
- Below is the workout of the day!

Workout	Explanation	Alternatives
<b>Plank Reaches x10</b>	In a plank, reach one hand out in front	Reach arms forward, alternating
<b>Standing Balance Swings x10</b>	Stand tall, swing one leg forward/back	Swing lower legs under the chair
<b>Superman Hold x10</b>	Lay on stomach, lift arms and legs	Raise arms and legs together off the ground briefly



<b>Side Taps x10</b>	Step side to side, tap outside foot	Tap each foot outward
<b>Wall Sit x10sec</b>	Lean against wall, knees bent	Hold tight core and press back into chair for 10 sec

#### Scoring:

- Cross off the Workout of the Day on the BINGO card
- 10 bonus points for completing this activity!
- 10 more bonus points if your class did the workout twice!

## 2. Spy Move!

- Choose an open space
- Pick one student to be a spy. They will stand facing away from the group
- The rest of the class lines up on the opposite side of the space
- Step 1: The Spy calls out a movement (e.g., "Jumping Jacks!" or "Squats!").
- Step 2: The group starts moving toward the Spy, using that movement (e.g., jumping forward, lunging, etc.).
- Step 3: At any moment, the Spy can quickly turn around.
- Step 4: If the Spy sees anyone still moving, they must go back to the starting line.
- Step 5: Play continues until someone reaches and taps the Spy.
- Step 6: That player becomes the new Spy, and a new round begins!

## Part 3: Cool Down

### 2. Dynamic Stretching: Soccer Edition

- These are dynamic stretches that can be done before or after playing soccer or at anytime.



b. Try and do each stretch for 30 seconds or 15x

Stretch	Alternative
Quad Stretch	Use a wall for support
Lunge	Use a chair or platform for support
Side to side neck stretch	Gentle and slow
Wrist Stretch	Gentle and slow
Above head triceps stretch	Do it in a comfortable manner

## Scoring

- Cross off Dynamic Stretching: Swimming Edition on the BINGO card
- Bonus points based on the following criteria
  - All 5 exercises: 5 points
  - 4 exercises = 4 points
  - 3 exercises = 3 points
  - 2 exercises = 2 points
  - 1 exercise = 1 point



## BINGO Card

Monday	Tuesday	Wednesday	Thursday
	Completed Freeze		



Completed Dance it Out	Dance/Animal Movements	Completed Secret Leader	Completed Follow the Leader
Completed Work out of the Day	Completed Work out of the Day	Completed Work out of the Day	Completed Work out of the Day
Completed Obstacle Course Challenge	Completed Move and Match	Completed Fireball Frenzy	Completed Spy Move
Completed Dynamic Stretching: Running Edition	Completed Dynamic Stretching: Biking Edition	Completed Dynamic Stretching: Swimming Edition	Completed Dynamic Stretching: Soccer Edition

## Bingo Points

Remember for each completed BINGO square you earn 5 points, so make sure to tally those here too! So if you do ALL the activities in one day that is max 20 points from the BINGO card for ONE day!

Monday	Tuesday	Wednesday	Thursday	Total Points



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### Extra Points!

To keep track of your extra points, tally them here! This is for any bonus points the class earned from the activities and points from the Body Break activity!

Monday	Tuesday	Wednesday	Thursday	Total Points



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### Completed BINGO Card Points!

Finally we need to tally up the EXTRA points you got from completing your BINGO card! Below are how extra points are rewarded. If you fill out the ENTIRE card you can still earn 10 points for completing the four corners

- Completing 4 corners = 10 points
- Completing 1 BINGO line in any direction = 10 points
- Completing 2 BINGO lines in any direction = 20 points
- Completing 3 BINGO lines in any direction = 30 points
- Completing a full BINGO card = 40 points

4 Corners	1 Line	2 Lines	3 Lines	Entire Card!	Total Points!

### Total Points!

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