

Meet the Class

Objective: To work together in a cooperative way with different partners and to increase their cardio respiratory endurance.

Equipment: Track or other designated area

How to Play: Students will jog or walk around the area. When the teacher calls out “find a friend,” they are to partner with the closest person to them. They are to discuss different topics each time. When the teacher calls out “find a friend” each student is to pair up with a different partner and discuss a new topic.

Be creative with the topics, some ideas are:

- Favorite movie
- Favorite animal
- Favorite school subject
- Favorite thing to do on the weekend
- Favorite music
- Favorite movie star
- Favorite sport
- Favorite exercise
- What they want to do when they grow up

This Activity is from the Medical College of Georgia FitKid Project Intervention Manual.

Yin, Z., Hanes, J., Jr., Moore, J.B., Humbles, P., Barbeau, P. & Gutin, B. (2005). An After-School Physical Activity Program for Obesity Prevention in Children: The Medical College of Georgia FitKid Project. *Eval Health Prof.* 28(1), 67-89.