SUPERBOWL SHUFFLE

BY ROBIN OLBERDING
HEARTLAND AEA APE CONSULTANT

This is a fun fitness activity that can be done right before the Superbowl.

To begin, you will need 4 squads (who will each have a designated corner of the
gym to perform their activities- squad 1 will be in corner 1...). Designate two
squads to be for one Pro-Team and the other two squads for their opponent.

GAME PLAY:

Students begin in their squads in their home corner of the gym. When the music
plays they are to jog around the outside of the gym. When the music stops, they
quickly move to their home corner and perform the task given to them. Have
students jog for 1 minute and then they have 1 minute to perform the activity.
They are to return the equipment to the box and record their score before
jogging. I recommend playing any of the Jock Rocks tapes.

FITNESS ACTIVITIES:

1. **NACHO PASS** - Each student has a bean bag and they must toss their
"nacho" onto a plate, which is a polyspot. Record the number of nacho's
that successfully land on the plate in 1 minute.

2. **END ZONE SHUFFLE**- Each student does the grapevine step down a
line and yells "Hey" at the end. Record how many times the line is able to
grapevine down and back.

3. **FOOTBALL TOSS**- One person tosses the football to each member of
the squad. Record the number of successful tosses and returns.

4. **CARBONATED BEVERAGE FIZZ**- Either have each person perform a
snake movement from one spot to another or perform "Head, Shoulders,
Knees and Toes". Record how many snakes successfully completed the
task or how many times "Head, Shoulders, Knees and Toes" was completed.

5. **SUPER BOWL**- Give each team the same number of pins and 2-3 balls. Record the number of total pins they knock down in 1 minute. Give them a pin spot and a spot to roll from.

6. **ULTIMATE HERO SANDWICH**- Each student is given an object to create a sandwich with (beanbags, polyspots, small cones...) . One at a time, they are to run to a spot and place their sandwich ingredient on top of each other. If the sandwich falls, they are to begin again. Record the number of ingredients that have been stacked at the end of the minute.

*This could also be done as a scooter board activity.

7. **COUCH POTATO BUSTER**- Perform group sit-ups. Record the number completed.

8. **CHIP/DIP**- Toss and catch using scoops and yarn balls. Record the number of successful catches.

Feel free to add your own activities- these are suggestions. The Couch Potato can reign over this event. I have created mine by stuffing a burlap sack and giving him some fun features.

When the activity is completed, a cool-down is needed. Have each squad perform a group cheer for their SuperBowl team. In order to determine the Superbowl Champ- have the two squads who are cheering for the same team add their scores. The Champ will be the team with the most combined points.

**EQUIPMENT NEEDED**-

- Box for each squad’s equipment
- beanbags (1 per person)
- bowling pins and 2 balls
- equipment for the sandwich
- 2-3 polyspots
- scoops and yarnballs
- football
- scooterboard
- boom box/music
- scorecard/pencil
SUPERBOWL SHUFFLE SCORECARD

RECORD YOUR GROUP SCORE BELOW.

1. NACHO PASS

2. END ZONE SHUFFLE

3. FOOTBALL TOSS

4. CARBONATED BEVERAGE FIZZ

5. SUPER BOWL

6. ULTIMATE HERO SANDWICH

7. COUCH POTATO BUSTER

8. CHIP/DIP
Another Superbowl activity is a variation of Builders/Bulldozers. Half of the class will be one Pro-team and the other half will be the opponent. Using bowling pins or 1/2 tennis balls, have one team knock them over and one set them up. At the conclusion, have each team count their score to determine the winner.