**Title: 12 days of Christmas-fitness**  
  
**Type: fitness**  
  
**Lesson Goal: Getting fit in the days before Christmas while doing fun exercises.**



|  |  |  |
| --- | --- | --- |
| **Instruction** | **Differentiation options** | **Extra info** |
| Print out the cards and put them down next to the exercise. There’s a PDF file included with all the cards.  You say/sing:   1. On the 1st day of fitness my true love sent to me…. 1 running lap 2. On the 2nd day of fitness my true love sent to me…. 2 partner turns 3. On the 3rd day of fitness my true love sent to me….. 3 present walks 4. On the 4th day of fitness my true love sent to me……. 4 Half Jump turns 5. On the 5th day of fitness my true love sent to me….. 5 Reindeer Runs 6. On the 6th day of fitness my true love sent to me………. 6 line jumps 7. On the 7th day of fitness my true love sent to me………… 7 Bench Jumps 8. On the 8th day of fitness my true love sent to me………. 8 mountain Climbers 9. On the 9th day of fitness my true love sent to me………. 9 High knees 10. On the 10th day of fitness my true love sent to me………. 10 Jumping Jacks 11. On the 11th day of fitness my true love sent to me….. 11 Hoppy Hops 12. On the 12th day of fitness my true love sent to me……. 12 Bench bunny Hops | Pif differentiation: the students need to tell the teacher whether it’s 1st, 2nd or 3rd (which letters do you use with which number?)  Make them do all the exercises after each other like the song |  |
| **Field set-up:** | | |
| **Link to support/assessment document:** <https://www.thepeshed.com/thank-you-page/6da7bb3d-898b-46c0-97f9-69da156b9f50> | | |

**Additional pages if necessary:**

**There is a PDF attachment with all the cards.**