

Outdoor Activity: Cardio Tic Tac Toe

Instructions:

- Divide into two teams.
- Each team needs 3 objects of the same color. Your objects could be:
 - Shirts, bean bags, socks, water bottles, colored cardboard shapes, etc. Get creative!
 - Make sure the objects for each team are different so it is easy to tell whose is whose.
- At the other end (choose your own distance) create a tic-tac-toe grid. Your grid can be made out of:
 - Chalk on the side walk, large circles cut out of cardboard, long pieces of rope or string, etc. Get creative!
- Each team lines up behind the starting line.
- The first people of each team count down together, “3, 2, 1, go!”
- One person from each team runs down, places their object in the tic-tac-toe grid, and runs back to the starting line. They either high-five the next teammate in, or if participating alone, grab another object and run down.
- The goal is to be the first team to place your 3 objects in a row on the tic-tac-toe board





Modifications:

- Change the movement players have to do to get to the tic-tac-toe board (skip, crab walk, hop, etc).
- See this video for an example:
https://www.youtube.com/watch?v=SUZ_sh31atI

More Challenging

- If all 3 objects for each team have been placed on the board, but no one has won the game (3 objects in a row), **you can choose to move the objects around the board.** When the teammate runs down they get to move 1 of their team’s objects to a new place on the board. The goal is to move your objects around to create 3 in a row first.
- See this video for an example:
<https://www.youtube.com/watch?v=IRDp5HcZyVA>

Picture Examples:

<ul style="list-style-type: none">• Set up your tic-tac-toe board. In this example they have used hula hoops• Both teams line up behind the starting line	
<ul style="list-style-type: none">• One person from each team runs down and places 1 object for their team on the board	
<ul style="list-style-type: none">• After the object is placed, they run back and high five the next team member	
<ul style="list-style-type: none">• The game continues in relay fashion until each team has placed 3 objects on the board• Your goal is to have your 3 objects in a single line (vertical, horizontal, diagonal)	

Connection to *cardio-respiratory endurance*:

- *K-2. After the activity: What intensity level are you in? How do you know?*
- *3-5. After the activity: Check your heart rate! Are you in the “heart healthy zone” for your age? Why or why not?*