

Push-up Tic Tac Toe & Plank Hockey

I've included two outdoor/indoor activities for you this week! One activity works on muscular strength and the other works on muscular endurance. Can you determine which is which?

Push-up Tic-Tac-Toe

Instructions

- Divide into two teams (one person per team).
- Each person needs 5 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 person are different so it is easy to tell whose is whose.
- Create a tic-tac-toe grid. Your grid can be made out of:
 - Chalk on the sidewalk, large circles cut out of cardboard, long pieces of rope or string, etc. Get creative!
- Each person sits behind one side of the tic tac toe grid with their 4 objects in easy reach.
- Decide who will place the first object (play 1 game of rock-paper-scissors).
- In order to place an object on the board, you must do 1 push-up.
 - After you have done a push-up and placed your object you can rest in a seated position.
- Take turns (push-up, then place an object) until someone has 3 in a row (vertical, horizontal, or diagonal). They then win the game!
 - If 9 objects have been placed, and no one got 3 in a row, it is a tie.
- Play 3 games.

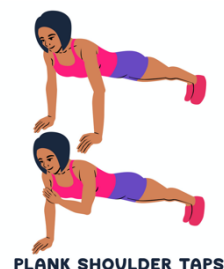
Modifications

Less Challenging







- Instead of completing a push-up, do 2 plank shoulder taps to place your object OR perform a push-up from your knees

More Challenging

- After you have done your push-up and placed an object, keep holding the plank position while your partner completes their turn.



Picture Examples --- you might recognize Ms. H in these photos!

<ul style="list-style-type: none">• Each person needs 5 objects of the same color. We used balled up socks and pot holders.• Create a tic-tac-toe grid. We used rebar to create our grid.	
<ul style="list-style-type: none">• In order to place an object on the board, you must do 1 push-up.• After you have done a push-up and placed your object you can rest in a seated position.	
<ul style="list-style-type: none">• Take turns (push-up, then place an object) until someone has 3 in a row (vertical, horizontal, or diagonal). They then win the game!	 
<p><i>Less Challenging</i></p> <ul style="list-style-type: none">• <i>Instead of completing a push-up, do 2 plank shoulder taps to place your object OR perform a push-up from your knees</i>	
<p><i>More Challenging</i></p> <ul style="list-style-type: none">• <i>After you have done your push-up and placed an object, keep holding the plank position while your partner completes their turn.</i>	

Plank Hockey

Instructions

- Divide into two teams (one person per team).
- You will need one object that can be rolled or is able to slide on the ground.
 - Tennis ball, balled up sock, crushed can, crumpled paper, etc. Be creative!
- Both players face each other, staying about 4 feet apart.
- One player begins with the object. Play 1 game of rock-paper-scissors to determine who starts.
- Both players count down “3, 2, 1, go!”. On “go” both players lift up into plank position.
 - Make sure there is a long line from neck to toes, and your hands are underneath your shoulders.
- The player with the object tries to score a point by sliding or rolling the object in between the hands of the other player.
- The other player can stop the object using their hands.
- Once a point is scored, both players can put their knees on the ground and re-start for the next round.
- The person who was scored on starts the next round with the object.
- Play until 1 person has scored 5 points.

Modifications

Less Challenging

- Allow the game to be played with players holding a plank from their knees.
- Allow players to drop down to a knee-plank at any point during the game.




More Challenging

- Institute a “penalty” for players that do not keep their hands shoulder width apart during defense (unless they are moving to block the object).
 - The other team is allowed a free shot (point-scoring opportunity) from a distance of 8ft away.
- Institute a “penalty” for players who let their knee touch the ground during the game.
 - The other team is allowed a free shot (point-scoring opportunity) from a distance of 8ft away.

Video Examples

- <https://www.youtube.com/watch?v=lhVZzMC9xl8>

Picture Examples

<ul style="list-style-type: none">• Both players face each other, staying about 4 feet apart.• One player begins with the object. Play 1 game of rock-paper-scissors to determine who starts.	
<ul style="list-style-type: none">• Both players count down "3, 2, 1, go!". On "go" both players lift up into plank position.	
<ul style="list-style-type: none">• The player with the object tries to score a point by sliding or rolling the object in between the hands of the other player.• The other player can stop the object using their hands.	
<ul style="list-style-type: none">• Once a point is scored, both players can put their knees on the ground and re-start for the next round.• The <u>person who was scored on</u> starts the next round with the object.	