Code Breaker

Overview

Code Breaker is a team circuit game. Students receive cards with the numbers 1 through 6 written in a random order. The numbers correspond the 6 Functional Fitness Charts randomly spread out throughout the playing area. Travelling together in teams, students attempt to 'break their code' by completing the exercises in the order that they appear on their card.

Materials Needed (Example below is based on 32 students)

- Selection of 6 Functional Fitness Charts
- 6 pieces of paper with the number 1 through 6 written in a random order
- Music to play throughout the game and a music player

Preparation

- Select the Functional Fitness Charts you would like to use during the game
- Ensure that your students are familiar with each exercise before starting the game
- Write the number of repetitions for each exercise on each chart
- Write the numbers 1 through 6 in a random order on 6 pieces of paper, or print our Code Breaker cards: http://new.thompsonbooks.com/kto12/h/huddle/resources/

Suggested Approach

- Make 6 teams of students and give each team a Code Breaker card
- Show the students the playing area and describe how the game works
- Place the Functional Fitness Charts face down and spread them randomly around the playing area
- Ensure that the playing area provides students with enough room to move safely
- Have students select a team leader and come up with a game plan
- Begin playing music to signal the start of the game
- The team that wins is the first team to crack their code. When each team finishes they get to do victory laps until all the teams are done.

View All Our Elementary Functional Fitness Chart Videos and Lesson Plans at:
http://new.thompsonbooks.com/kto12/fitness-charts/k-9/videos-lesson-plans-k-9/

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4,3,6,1,5,2

5,4,1,2,3,6

6,3,2,4,5,1

2,4,3,1,6,5

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5,6,3,2,4,1　　3,4,5,1,6,2

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1,6,5,4,2,3　　2,1,5,6,3,4

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4,6,3,5,1,2   1,3,4,2,5,6