



Squatscalator

Attention Re-Setter

How It Works

The **Squatscalator** (28) from the Game On *Functional Fitness Chart* set provides your students with a “brain boost” —a fun and active opportunity to recharge and help them hit their DPA.

In pairs students (Player 1 + Player 2) will face-off against each other in an active game of Rock-Paper-Scissors. Players stand facing each other and wait for the teacher to countdown from five (or blow a whistle) to indicate when the game begins. Once the first round of traditional Rock-Paper-Scissors takes place, the initial winner assumes a squat. If, for example, Player 1 wins the first round, they immediately drop into a squat and remain squatting as the game continues. If/when Player 1 loses a round, they then return to a standing position, while Player 2 assumes a squat. If a player continues to win rounds then that player remains squatting until they lose.

Remember to place a positive spin on the squat —this is the winners’ reward, they get to become stronger while their opponent doesn’t.

Materials Needed

- The **Squatscalator** (28) from the Game On set of *Functional Fitness Charts*
- Timer/alarm (optional)

Preparation

- Push chairs and desks to the outer edges of the classroom to ensure students have enough space to perform the activity safely (or take your class outside for more space and fresh air!)
- Clearly explain the rules of Rock-Paper-Scissors (where Rock>Scissors>Paper>Rock)
- Allow students to divide into pairs
- Setup a timer to countdown the “brain boost” (we suggest 3-5 minutes)

Suggested Approach

- Run through the **Squatscalator** (28) *Functional Fitness Chart* with your class, ensuring students understand how to properly perform a squat
- Have students count to three before beginning the game
- Set your timer/alarm for the desired amount of time to guarantee students are able to get a complete run of the game.



Grow Your Game of Squatscalator

Improve Student Lunge Pattern

How It Works

Once students have mastered the **Squatscalator** (28) up the ante and improve student lunge patterns using the **Lunge-alator** (35) chart from the Bodyweight *Functional Fitness Chart* set.

Additional Materials Needed

- **Lunge-alator** (35) from the Bodyweight *Functional Fitness Chart* set