

# FLAG FITNESS

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GRADES: 2-6

FORMATION: Standing in their own personal space

EQUIPMENT: Cards (provided with activity)

LEARNING OUTCOMES: Social Studies: Learn flags and facts of different countries

SAFETY CONSIDERATIONS: Remind participants to be cautious when moving and to be aware of the personal space of others. Check that the participants have enough space to perform the activities safely.

RULES/DIRECTIONS:

Print and cut out the flags listed below or use any of your own that you may be learning. This activity involves having flags of countries printed off and then mixing all the flags up and handing them out with each student receiving one flag. Start by having first student in row hold up his/her flag and the rest of the class (person who is holding up flag cannot guess) would try and name it. If correct, then the class would do so many reps of a certain exercise. Move onto the next student with a new flag. If a student cannot name the correct country, then go on to a new student and have him/ her start to name the flags from the very beginning. Do this until the flag is named correctly and the exercise is done again. You could also have the entire class jogging on the spot as they do the flags.

Suggestions:

When doing this activity it works well if you give the students easier to name flags depending on the grade level. Also remind students that these are just a small numbers of the counties in the world. Also this activity provides a good time to discuss some of the facts about different countries.

Sample Exercises-

Toe touches, Bicep Curls, Knee Lifts, Jumping Jacks, Sit Ups, Push Ups, Heel Jacks, Skipping, Knee Touches, Bicep Curls/Heel Jacks, Squats, Lunges, Shoulder Presses, Jumps to the Sky, Twist, Calf Raises, Run On The Spot, Kicks, Squat Jumps



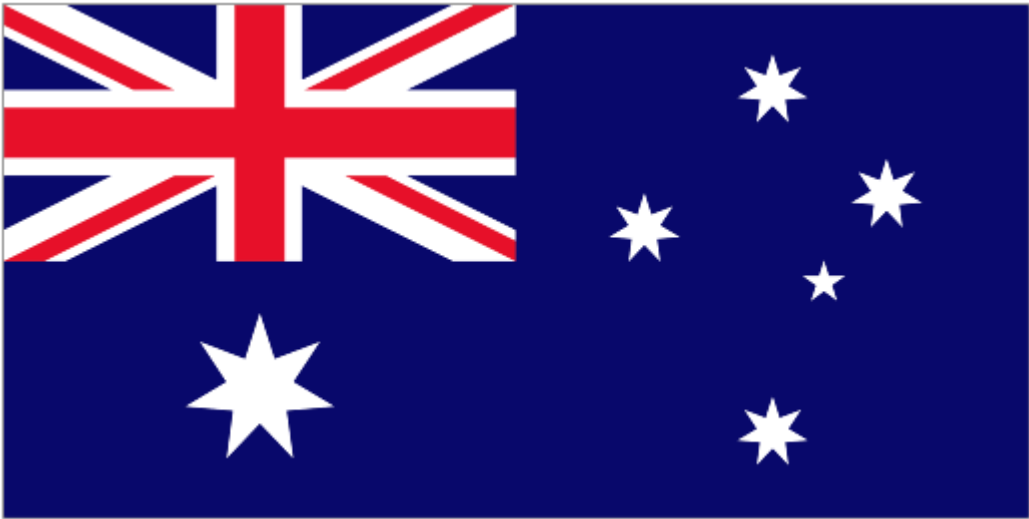
AFGHANISTAN



BELGIUM



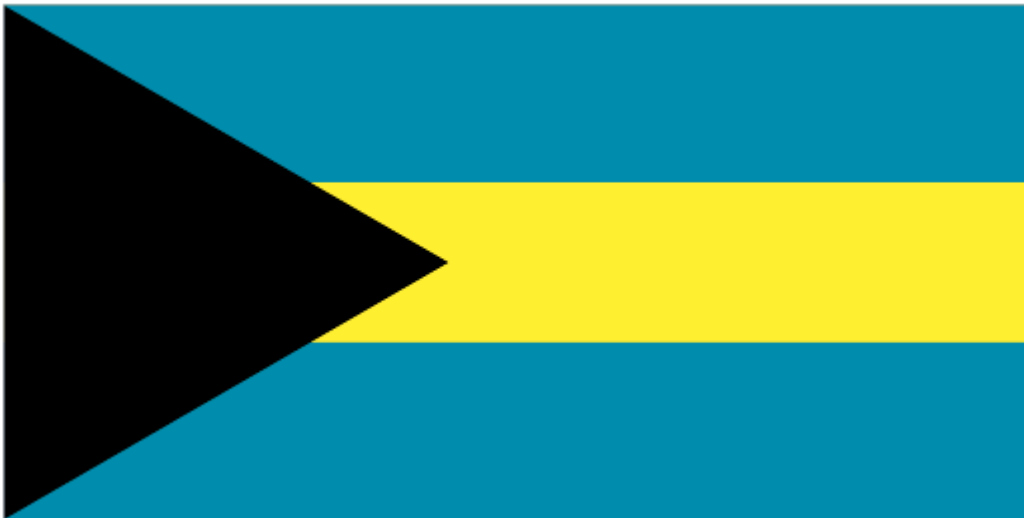
CHINA



AUSTRALIA



BRAZIL



BAHAMAS



CANADA



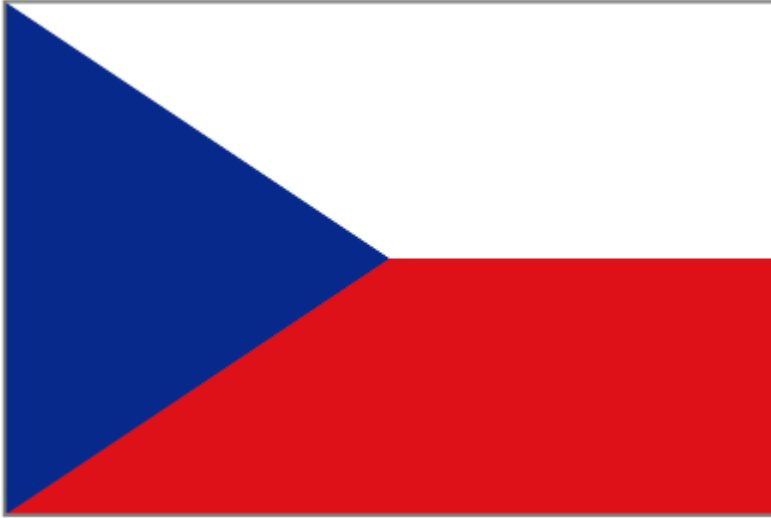
CHINA



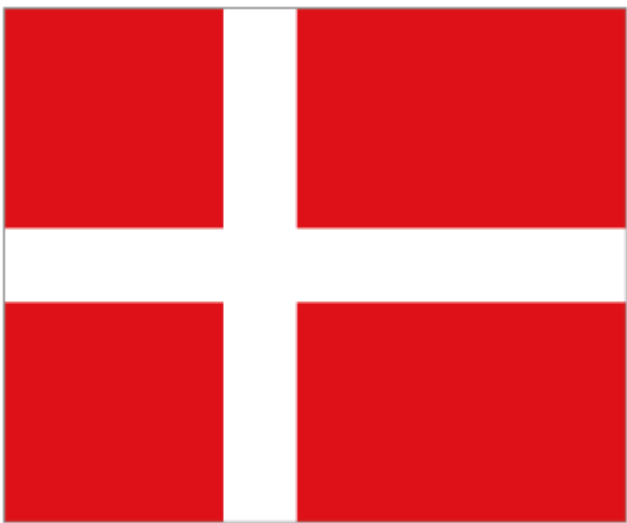
CHILE



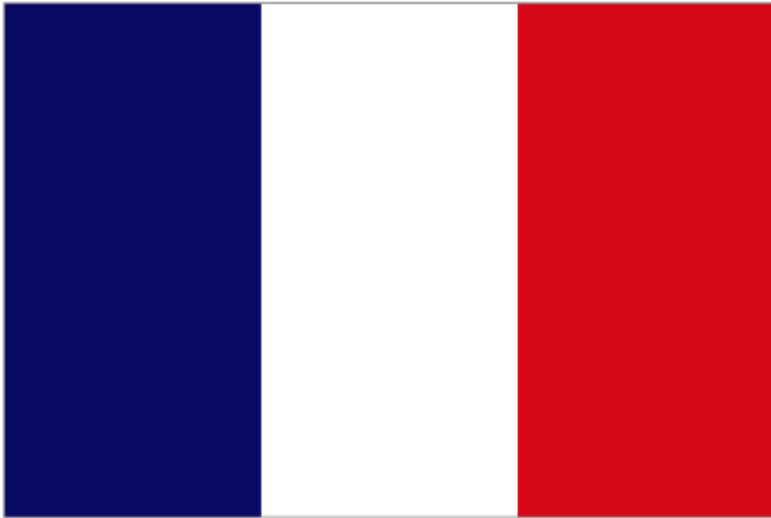
CUBA



CZECH REPUBLIC



DENMARK



FRANCE



FINLAND



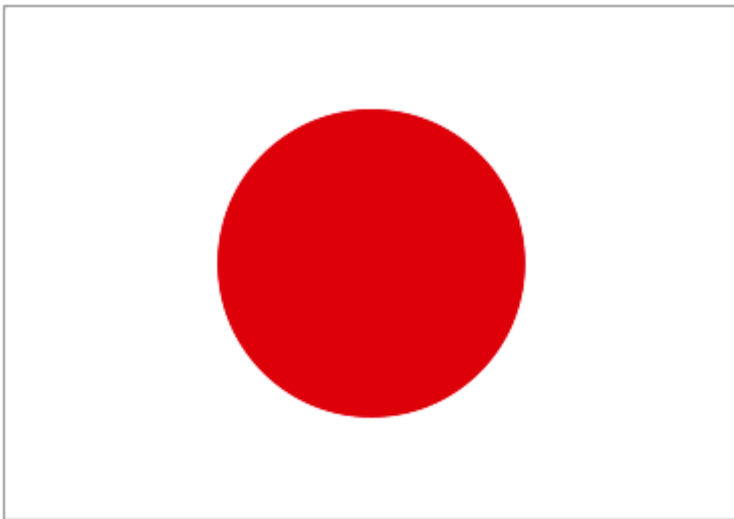
GERMANY



GREECE



JAMAICA



JAPAN



MEXICO



RUSSIA



SWEDEN



SPAIN



TURKEY



UNITED STATES



ZIMBABWE