



KidsRUN RVA



Activity: Musical Chairs Fitness

Directions:

- **Set up chairs in an oval, making sure you start with enough chairs for each participant.**
- **Explain to the students that when the music is playing, they must be moving clockwise around the outside of the chairs. When the music stops, they must quickly find a nearby seat to sit in (without pushing or shoving other students). Do a practice round, starting with students walking around the chairs.**
- **After the practice round, remove one chair, explaining that whoever doesn't find a seat when the music stops is "out" and joins the cheering section. Encourage students in the cheering section to keep moving (dancing, jumping jacks, etc.) when the music is playing.**
- **Continue this process of playing the music while students move around the chairs, stopping the music, sending the student who is out to the cheering section, and removing one additional chair.**
- **With each subsequent round, make the movement different. For example, instead of walking, direct the students to do high knees, butt kicks, walk with arm circles, walk on their tiptoes or heels, lunge, etc.**
- **When you are down to only one chair left, whichever student gets to the seat first wins and the cheering section goes wild!**

Have questions? Email us: KidsRunRVA@sportsbackers.org

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