

Whistle Blast



EQUIPMENT Whistle

SET-UP Participants stand a safe distance apart from each other in the activity area.

ACTIVITY

- Have participants respond to the following whistle blasts, reacting as quickly as possible while moving continuously:
 - 1 whistle blast = jog
 - 2 whistle blasts = power walk forward
 - 3 whistle blasts = stride jumps
- Note: before beginning the activity, ask participants to help identify the types of movements to perform. Encourage them to suggest movements for four or five whistle blasts.