Hexagon Hustle - Level 1

SHAPE Standards:
3

DPE Outcomes:
• I can identify two benefits of muscular strength.
• I can participate in physical education with my best effort.

Equipment:
• Signs for Hexagon Hustle
• Music

Instructions
Hustle — 20 seconds
Push-Up from Knees — 30 seconds
Hustle — 20 seconds
Bend and Twist (8 counts) — 30 seconds
Hustle — 20 seconds
Jumping Jacks (4 counts) — 30 seconds
Hustle — 20 seconds
Abdominal Challenges (2 counts) — 30 seconds
Hustle — 20 seconds
Double Leg Crab Kick — 30 seconds
Hustle — 20 seconds
Sit and Stretch (8 counts) — 30 seconds
Hustle — 20 seconds
Power Jumper — 30 seconds
Hustle — 20 seconds
Squat Thrust (4 counts) — 30 seconds

Teaching Hints
Outline a large hexagon with 6 cones. Place signs with directions on both sides of the cones. The signs identify the hustle activity students are to perform as they approach a cone. Tape alternating segments of silence and music to signal duration of exercise. Music segments indicate aerobic activity; intervals of silence announce flexibility and strength development activities. See Chapter 13 for a description of exercises and activities.