
THE CrossFit JOURNAL KIDS

Paper Airplane

Paper airplanes plus exercise = happy children!

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Object

To fly your paper airplane for max distance.

Game Play

1. Begin class by teaching the kids how to fold and throw a paper airplane. This time can also be used to create extra planes for kids who may struggle making their own. Make sure each kid writes his or her name on a plane.
2. Line the players up behind the first of five lines.
3. Assign a task to each line, and make the tasks progressively easier. For example, the line closest to the start could call for three burpees, while others could call for two push-ups or a squat. The last line is the "master pilot" line and has no exercises assigned to it.
4. Kids take turns throwing their airplanes, and the entire group does the exercises corresponding to the last line the plane cleared before landing. The more distance the planes cover, the less work the kids have to do.
5. Kids who fly their planes past the last line are called "master pilots."



Equipment

- Enough sheets of paper for each child to construct an airplane
- Pencils

Set-up

1. Define a 10-meter by 10-meter grid with lines marked every 2 meters. A concrete pad, or a sidewalk with pre-existing lines approximately 2 meters apart, can also be used.