

# Games with the Concept2 Indoor Rower



A compilation of fun and educational games that use Concept2 Indoor Rowers. These games are a great way to get your students active while incorporating lessons from other subjects, like math and nutrition. Appropriate for a wide range of ages and CrossFit Kids. Keep it fun and keep them busy!

## No Calorie Left Behind • NCLB

**Recommended for:** Physical Education grades 3–8 and CrossFit Kids.

**Objectives:**

1. Learn the difference between good calories and bad calories.
2. Learn how to read nutrition labels.
3. Track calories burned through rowing machines and pedometers.

**Suggested equipment:** Concept2 Indoor Rower(s), nutrition labels for every student, pedometers for every student. Two students can share a pedometer if necessary.

**How to get started:** Begin by teaching students about nutrition labels. Teach them how to read the calories listing and serving size. Explain to them that calories are necessary to keep our bodies going and to grow strong. Explain that there are “good calories” and “bad calories.” Allow students to brainstorm some types of the “good” and “bad” calories. Explain what happens to calories when they are not used by the body, and the health risks this poses.

**How to play:** Following the opening discussion, give students pedometers and teach them how to view the calorie count mode on the indoor rower performance monitor (PM). Once students have set their pedometers to calorie count mode, allow them to choose a food label. Instruct them to find the serving size and calories in their item. Inform students that today they will try to burn off the calories from one serving of their “snack.” To do this, they will be playing various tag games or rowing on the rowing machine. Throughout class, you can rotate students in and out of the tag games and onto your rowing machines. Instruct them to add the number of calories burned while rowing to the number of calories on their pedometer. If remembering the number of calories burned becomes an issue, leave a clipboard near the rower where they can write their number down.

Following the activity, bring students together and have them compare the number of calories they burned to the number of calories in their selected food. Discuss results and talk about the need for physical activity every day. Have students brainstorm what might happen to calories if they are not used for energy.

**Variations:**

1. Instead of playing tag games, you could set up various stations throughout your teaching space.  
Station ideas include rowing machines, rope jumping, jumping jacks, etc.
2. This lesson could be used with higher grade levels. Reading and evaluating nutrition labels is usually a part of high school Health classes, and this could be an interactive lab for students.

Contributed by physical educators Paul Buehler and Rebecca Lewis  
Elizabethtown-Lewis Central School, NY, June 2010

## Rowing Snack Attack

**Recommended for:** Physical Education, CrossFit Kids and Health Education classes, all ages.

**Objective:** Create awareness of the calories we consume versus the calories we burn during the day, and the choices we make for exercise and other activities in order to maintain a healthy lifestyle.

**Suggested equipment:** One or more Concept2 Indoor Rowers and a chart that shows the kids' favorite foods and the approximate number of calories in each.

**How to get started:** Set up the indoor rowers in your space. Have a discussion about the types of foods and portions we consume on a daily basis. Relate this to our daily exercise.

### How to play:

1. Row for five minutes.
2. Record the distance rowed.
3. On the performance monitor locate the number of calories expended. Press **Units** or **Change Units** on the performance monitor to see the calories burned. Record this number.
4. Have each student use the calorie calculator at [concept2.com](http://concept2.com) to adjust the number of calories expended based on their weight. Calories expended as viewed on the performance monitor are based on a person who weighs 175 pounds.
5. Compare calories expended to the calories in your favorite snack.

### Food choices and approximate calories:

1 apple = 80 calories

1 chocolate Bar = 240 calories

4 homemade chocolate chip cookies = 185 calories

12 ounce can of Coke = 155 calories

Burger with cheese, large fries, large shake = 1200 calories

**Variations:** Adjust the time rowed to suit the age group you are working with. If you have a larger group of students or younger kids, you may set this up as a relay, i.e. each person rows for two minutes. The total time rowed could be as long as 20 minutes, to accommodate 10 students on each indoor rower. If this is the case, prepare other "health related" stations the students can participate in while waiting for their turn to row.

## Don't Tip the Boat

**Recommended for:** Physical Education grades K–8, CrossFit Kids and health clubs.

**Skills developed:** Students will experience the importance of being a responsible member of a team and will learn how to row at a steady pace.

**Objective:** Promote steady state rowing.

**Suggested equipment:** One or more Concept2 Indoor Rower(s).

**How to get started:** Divide the class into teams of 5–8 students per indoor rower (boat). Line the rowing machines up so they are facing each other. Each team should have a clipboard with their name and the number of meters they think they will row. Other team members can count the strokes rowed and use the clipboard to keep track of the meters rowed.

### How to play:

Easier: Ages 5–8

1. Choose the number of strokes each student will row. Example: 100 strokes.
2. The student guesses how many meters they will row.
3. If the student rows 40 meters over or under their guess, the boat tips over.
4. As a group or team, tally up how many tipped the boat versus who kept the boat steady. If more students tip the boat than not, you are sunk.

More difficult: Ages 8–12

1. Adjust the above instructions to row more strokes.
2. Change the number of meters to 20 that the student's guess has to fall within.

Most difficult: Ages 12–14

1. Set the performance monitor to a set time of 5 minutes.
2. Cover the performance monitor with a paper bag.
3. Students guess how many meters they will row.
4. Have another student watch a clock. When the 5 minutes are up, remove the bag from the monitor.
5. If the student rows 20 meters over or under their guess, the boat tips over.

## Kevin's Golf Game

**Recommended for:** Physical Education grades 2–10 and CrossFit Kids.

**Skills developed:**

- An understanding of golf.
- An understanding of interval training.

**Objective:** The first team to complete their score card (or round of golf), signed and seated, as a team, wins!

**Suggested equipment:** Two or more Concept2 Indoor Rowers.

**How to get started:** The teacher or designated student(s) locate a local golf course and scorecard with the distance and par for each hole. Research the course, location and unique features to share with the class.

**How to play:**

1. Divide the class into teams per each indoor rower.
2. Give each team a score card that shows all 18 holes to be rowed and the distance for each hole.
3. The team decides who will row each hole. (Often the weaker rowers take the shorter holes and the stronger rowers take the longer holes.)
4. After each child rows "their hole," they switch the person rowing and must quickly initial their completed hole.
5. Try to keep the distance rowed by each student similar to share the load. Some may row three or four short holes and others may row only two longer ones.

**Additional ideas:**

1. To make it interesting, "row" on some of the courses used for PGA competition. For the kids who play golf, it is meaningful because they can relate immediately. For those who have never played golf before, it may spark interest in learning this game.
2. Have the younger students row 9 holes instead of 18.
3. A longer distance can be rowed by more than one student, to equal par for that hole.

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## All Hands on Deck

**Recommended for:** Physical Education grades 2–8 and CrossFit Kids.

**Skills developed:** Overhand throw, catching, rowing technique and use.

**Objective:** Knock down the other team’s pins and protect your own.

**Suggested equipment:** One or more Concept2 Indoor Rowers, 8–12 Gator Skin balls, 4 scooters, 4 gymnastics mats, 16 or more bowling pins.

**How to get started:** Divide the class into four teams. Each team has a gymnastics mat, which is their ship. They set their mat somewhere in the gym and place a pin on the floor on each end and side.

**How to play:** Students will attempt to throw Gator Skin balls at the pins of the other teams. Meanwhile they will protect their own pins without stepping off the mat into the “water.” Lifeboat captains will “scoot” around and round up Gator Skin balls to supply their teams with balls to throw. If a team gets a pin knocked over they can send a player to the indoor rowers and row 200 meters for the right to put a pin back up again.

### Miscellaneous rules:

1. Lifeboat captains must be in contact with the scooter at all times.
2. When a boat is sunk (pins knocked over), they may send a rower and get back in the game. The team with the most pins upright at the end of the time frame claims victory.
3. Players cannot stand near an indoor rower and wait for an empty indoor rower, they must run over when there is a vacancy.
4. Players must stay on the mat unless they are Lifeboat captains.
5. Lifeboat captains may change jobs when they are fatigued.

## Crossing the Delaware

**Recommended for:** Physical Education grades 2–8 and CrossFit Kids.

**Skills developed:** Students will experience the importance of being a responsible member of a team. They will also develop good rowing technique, knowledge of indoor rower use and the overhand throw.

**Objective:** Knock over the other team's pins or row 1327 meters as a team. Accomplishing either task first will win the game.

**Suggested equipment:** Two or more Concept2 Indoor Rowers, eight or more Gator Skin or Nerf balls and 18 plastic bowling pins or other objects to be knocked over.

**Background:** On December 25, 1776, during the American Revolutionary War, General George Washington was encamped in Pennsylvania and decided to cross the treacherous Delaware River to attack the Hessian troops in Trenton, New Jersey. The Delaware River was swollen and flowing fast with many dangerous ice chunks that could capsize the small vessels. General Washington courageously made the 1327 meter crossing with his army and defeated the enemy forces in Trenton.

**How to get started:** Split class into two equal teams and number each member of the team to create a rowing order. Divide 1327 meters by the number of players on the team, and they will row their portion of the river. If you have a lot of players, you can double or triple the total before dividing. This just means they need to get more than one boat across.

- Each team is positioned on a side of the gym with a line between to divide the teams. Set up pins on each team's side with three pins approximately 15 feet from the dividing line, three pins approximately 25 feet from dividing line, and three pins near the back wall.
- Position two indoor rowers near the midline and off to the side to avoid collisions with equipment.

**How to play:** When the game begins, players will begin throwing the balls and attempt to knock over pins (chunks of ice) in the other team's area. Meanwhile the #1 rower has begun rowing their portion of the river. When they are finished with their share of the work, they will beckon the #2 rower and help them get started. The student who just completed rowing can then go back to their side and upright a pin (ice chunk) that may have been knocked over. This process will continue until the distance has been rowed.

**The game ends when either team knocks all the ice chunks away or completes the 1327 meters of rowing.**

**Variations:**

1. Change distances for different grade levels.
2. Have teams get more than one boat across by rowing double or triple the 1327 meters.

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