

Sit & Reach



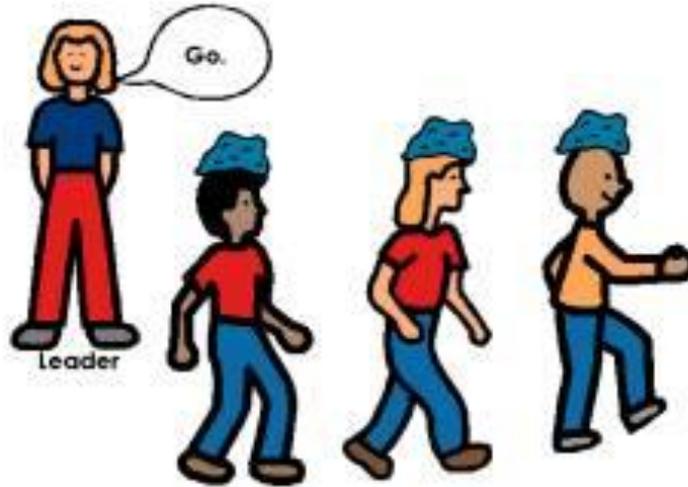
- 15 seconds right leg
- 15 seconds left leg
- Repeat again for each leg
- 10 points for each person who performs the exercise correctly

Curl-ups Challenge



- 20 curl-ups = 10 points
- 30 curl-ups = 20 points
- 40-50 curl-ups = 50 points

Beanbag Walk & Chat



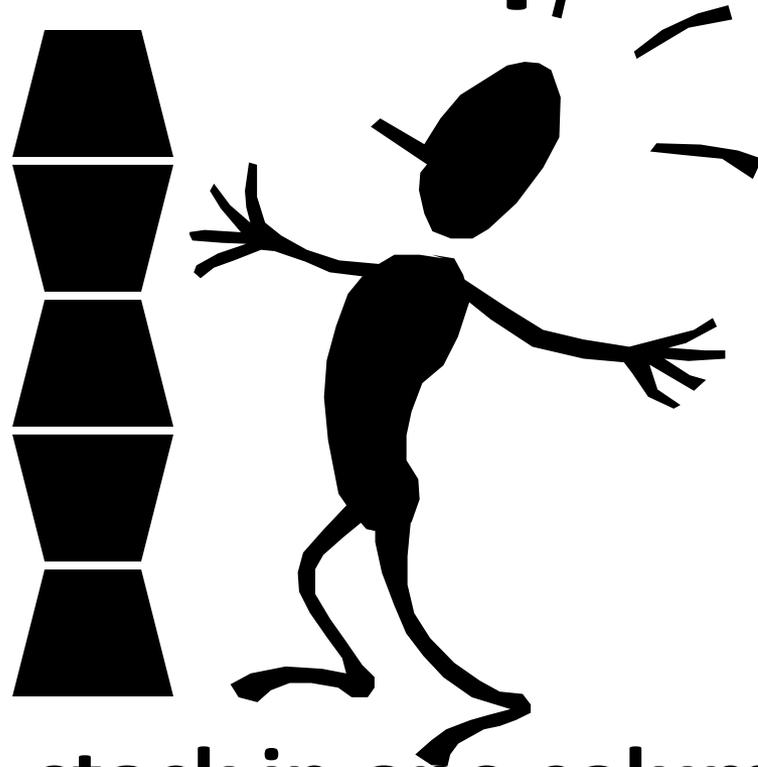
- Walk & Chat one lap balancing the beanbag on your head

Crab Walk Challenge



- **Do the crabwalk sideways**
 - **15 steps = 10 points**
 - **25 steps = 20 points**

Stack Them Up!



- One chance to stack in one column
- If the stack is as tall as you are = 20 points
- Down stack them when you're done!

Dribble Challenge



- **10 dribbles with right hand = 10 points**
- **10 dribbles with left hand = 10 points**
- **20 dribbles with eyes closed = 20 points**

Flexed Arm Hang



- Win 10 point for every 10 seconds hanging
- You can have two chances

Frisbee Toss



- **Throw the Frisbee from the cone into the goal.**
 - **Three tosses**
- **Get 10 points for each successful throw**

Hula Challenge



- **Win 10 point for every 10 seconds**
- **You can have two chances**

Hurdle Challenge



- Jump over the 4 hurdles
- Must use a two foot jump
- Three chances (forwards or sideways)
 - 10 points each time

Lap Choice



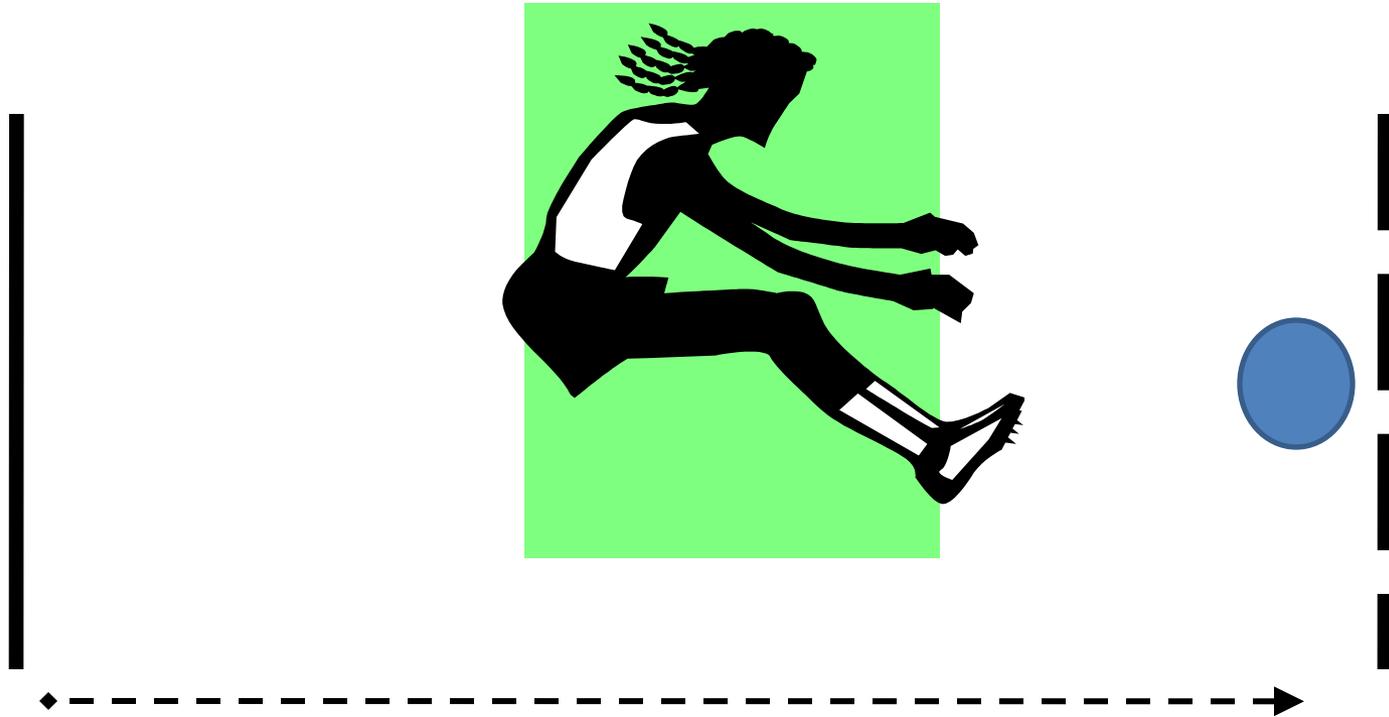
- **Do 1 lap using the locomotion skill of your choice.**
 - **NOTE: No walking!**
 - **You can use: skipping, jogging, running, sliding, galloping.**

Jump Rope 4 ♥



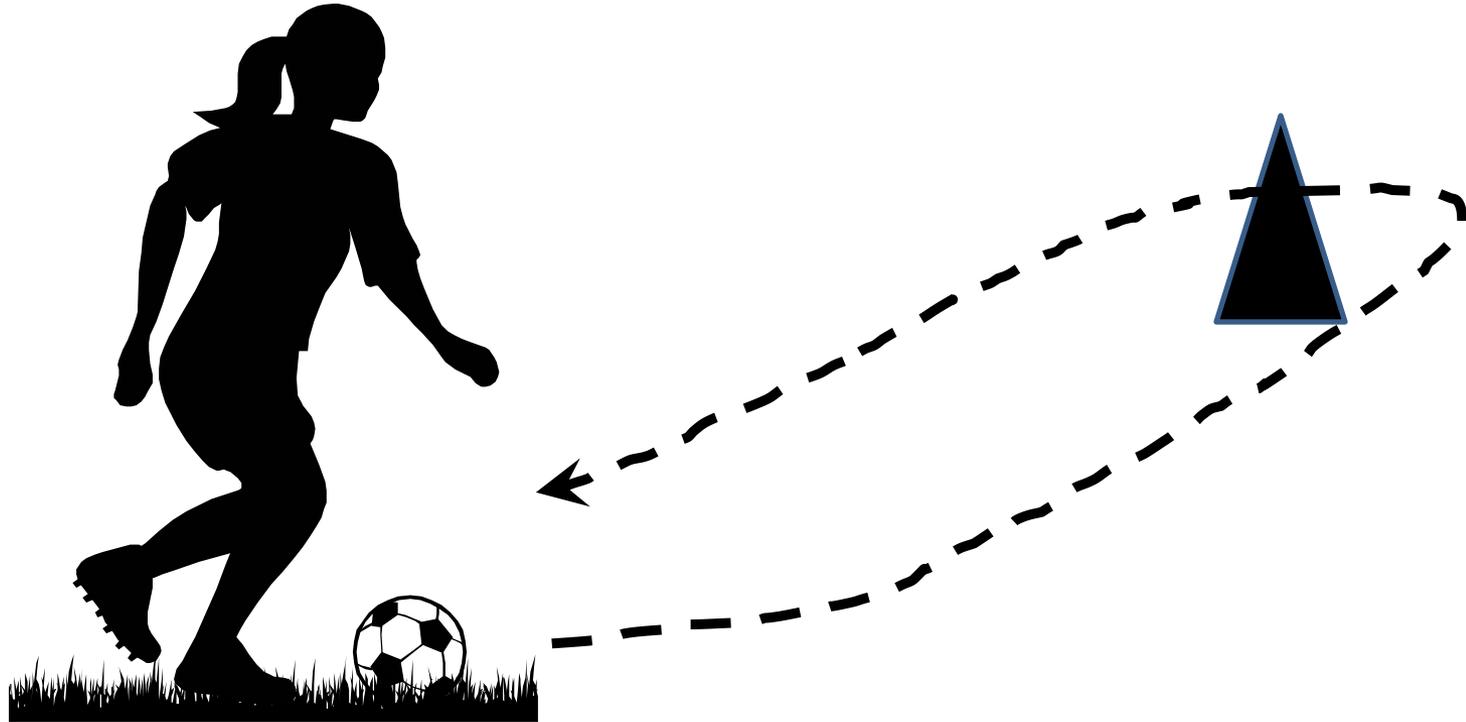
- Win 10 points for every 10 jumps.
- You have three chances

Frog Legs



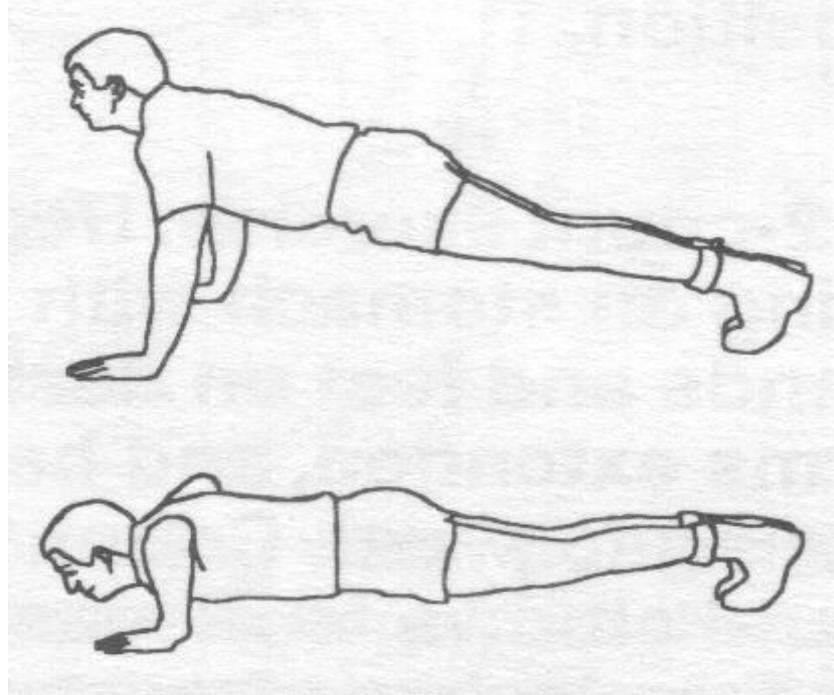
- Lie down and mark your height with a polypspot
 - Can you jump your height?
 - You must jump **WITH FEET TOGETHER.**
 - Win 20 points if you can!

Soccer Champ



- Dribble the soccer ball around the cone and back
- Win 10 points if you can do it twice without losing the ball.

Push Up Challenge



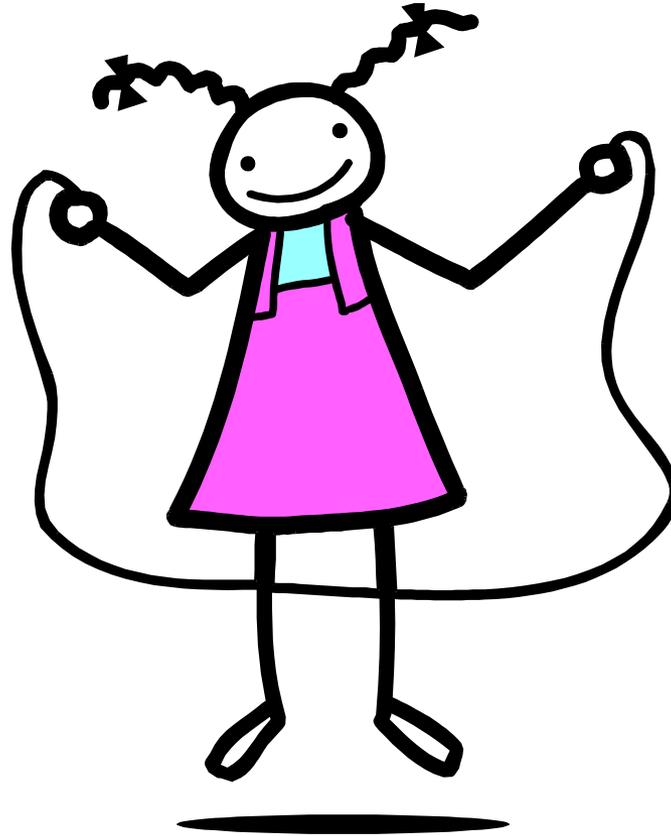
- How many push ups can you do?
 - Body Straight, bend elbows.
- Win 20 points for 10 well done push ups.

Bump it Up!



- Try to hit the ball head-high
- Win 10 points if you can do 10 bumps in a row.

Creative Jumper



- Create your own jump rope trick
- Earn 10 points for each person who can do your trick 5 times in a row.

Count your steps



Chronicle / Michael Maloney



- Clip the Pedometer to your waistband.
- Reset the pedometer before starting.
- Jump, walk, jog, run, step-up, etc. 200 steps.
- Win 10 points if you achieve this goal.