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 polyspot
- 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 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

• 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.