



Abdominal Fitness Challenges



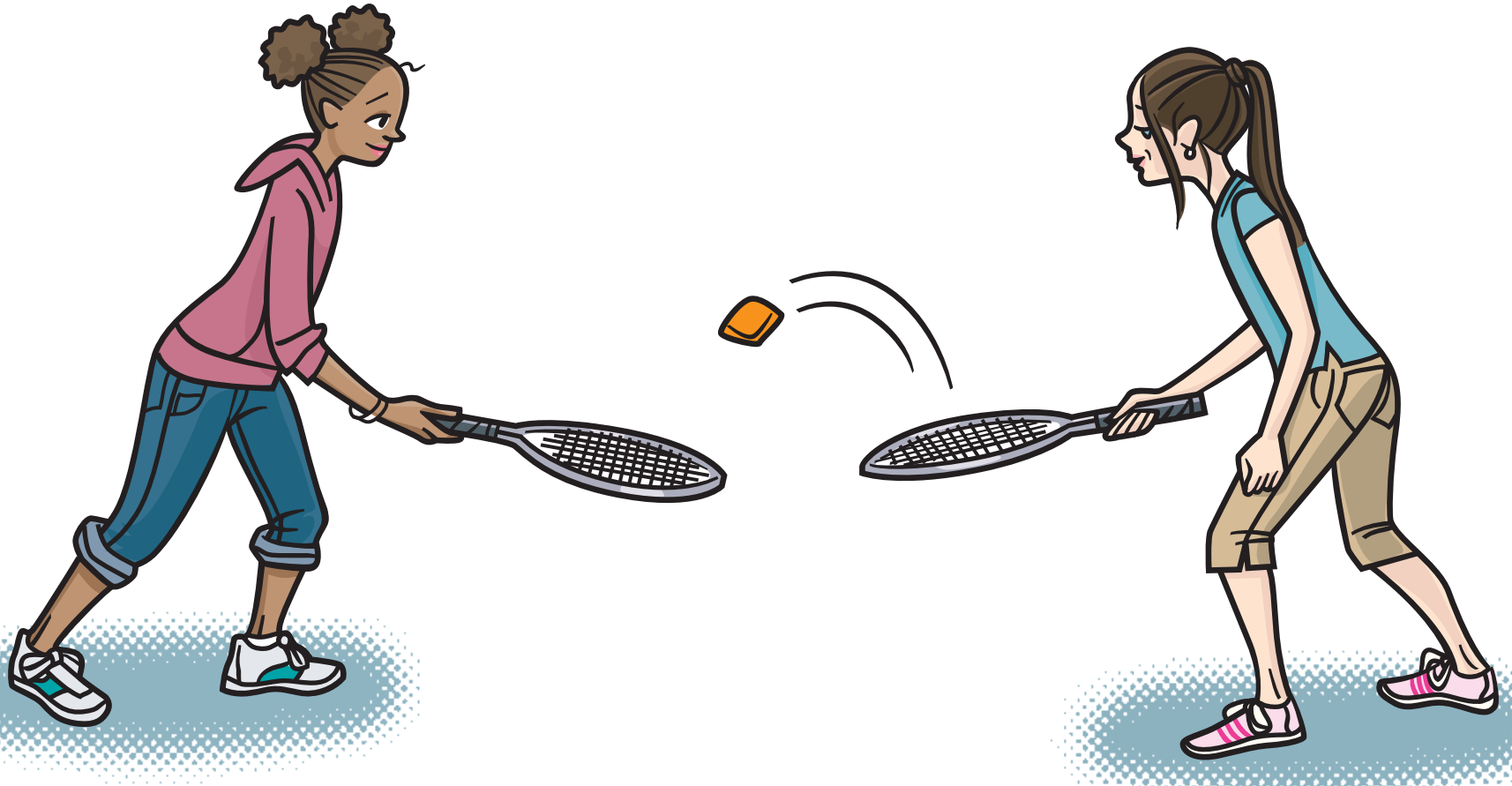
Abdominal Fitness Challenges

Student choice of activity



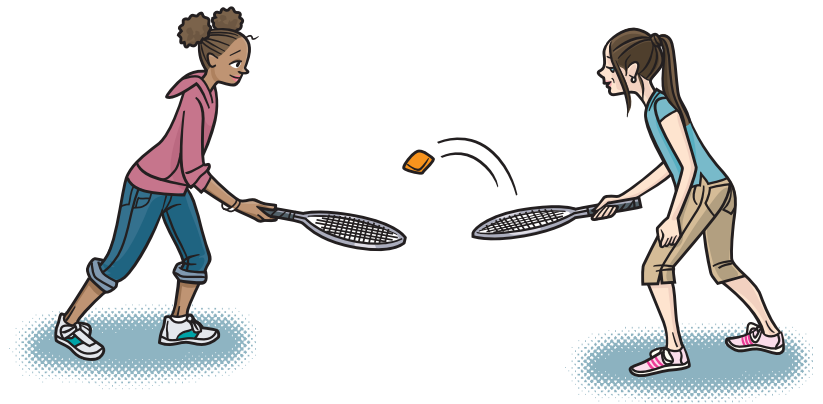


Beanbag Pass While Moving



Beanbag Pass While Moving

Students pass the beanbag back and forth while sideshuffling several steps to the left and right.



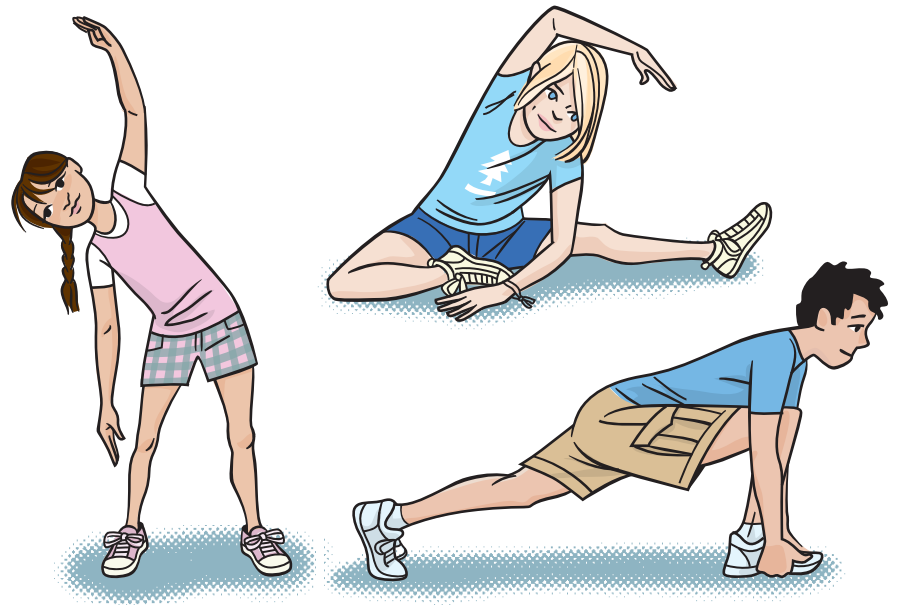


Flexibility Challenges



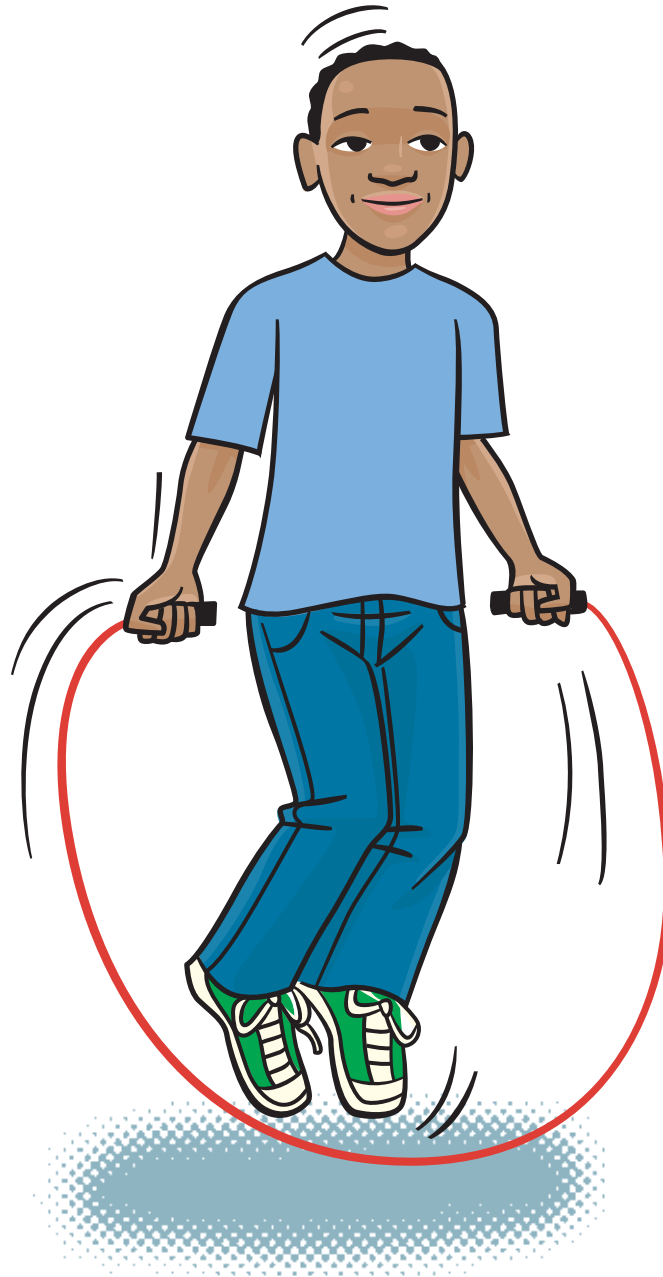
Flexibility Challenges

Student choice of activity





Rope Jumping



Rope Jumping





Racquet Quickness with a Partner



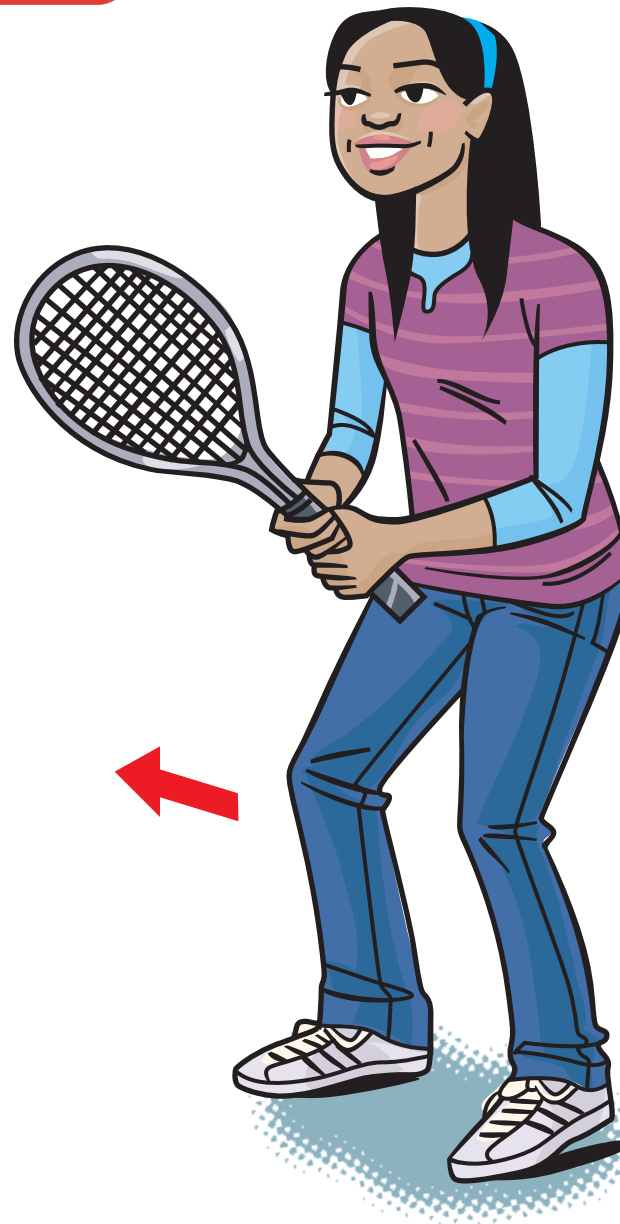
Racquet Quickness with a Partner

Partners are about 3 feet apart while balancing their racquets upside down on the ground. On signal, they release their racquet and try to catch their partner's racquet before it falls to the ground. If both partners catch their racquet, they each step back one step and repeat the challenge. An additional challenge is to make a full turn after the release and before catching the racquet.



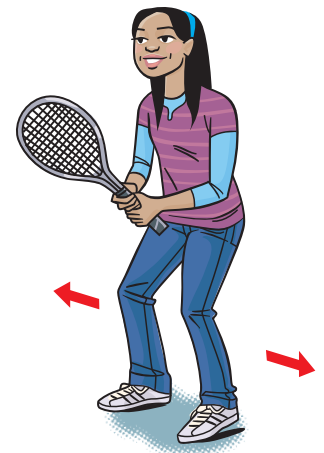


Side Shuffle



Side Shuffle

Students pivot, run a short distance laterally, and set their feet in a sideways stance. Students recover to their starting point with a shuffle step.



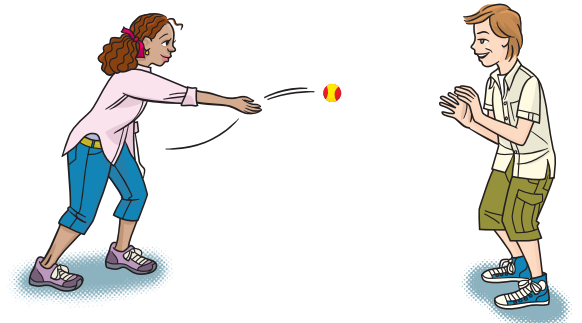


Tossing, Rolling, or Bouncing a Ball



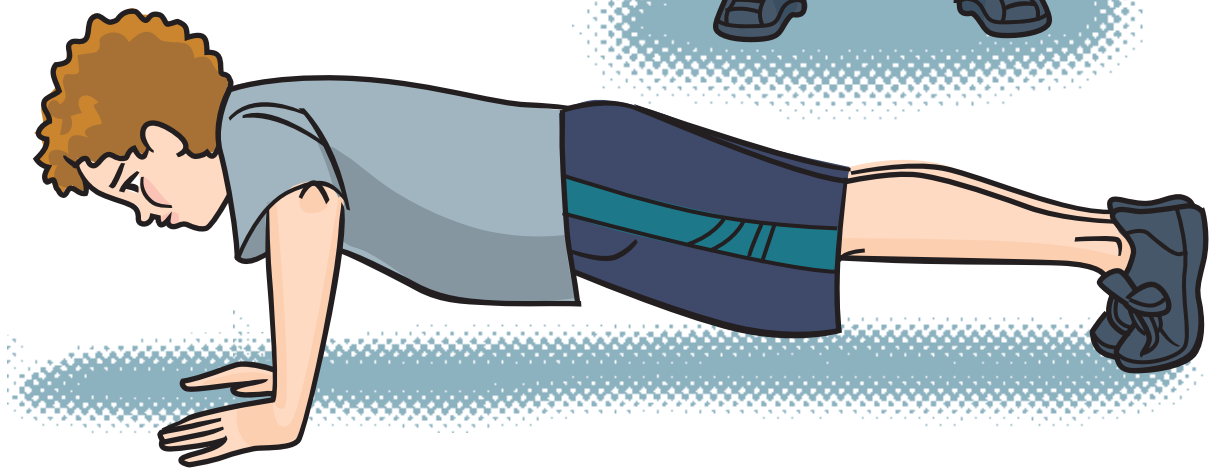
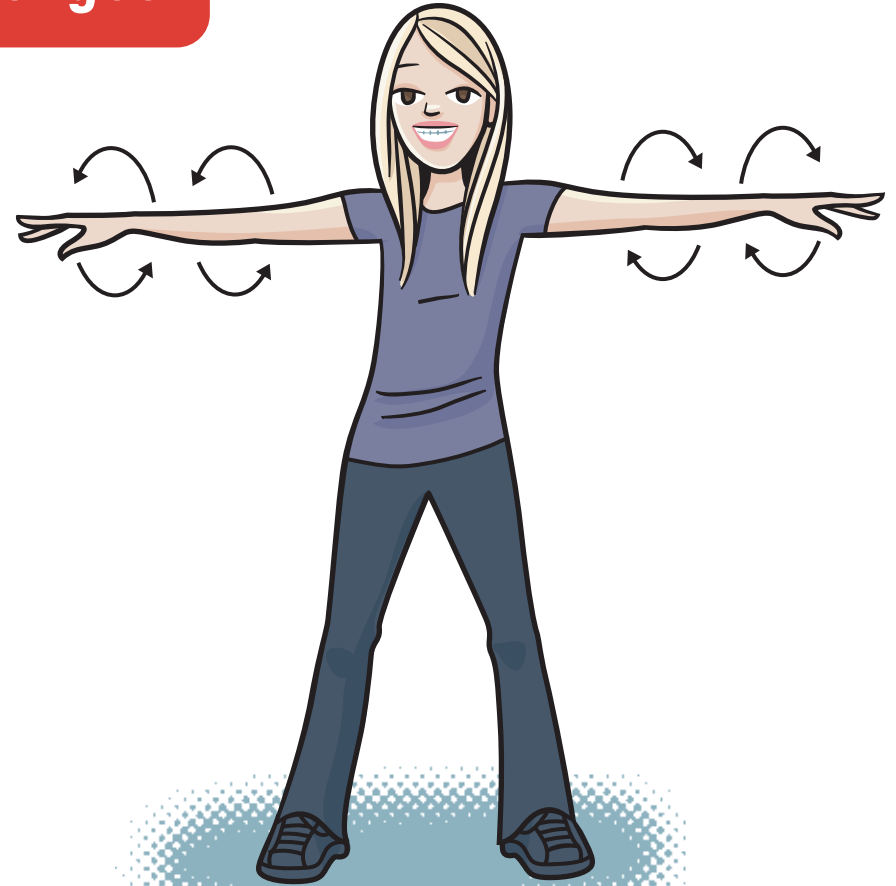
Tossing, Rolling, or Bouncing a Ball

Tossing, Rolling, or Bouncing a ball back and forth with a partner. Balls can be tossed one at a time or two at a time, while stationary or moving, for an additional challenge.



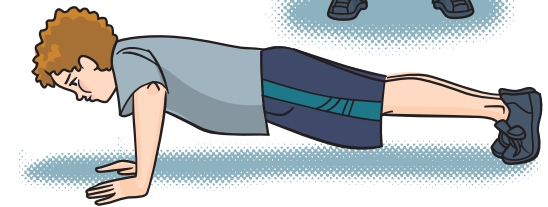
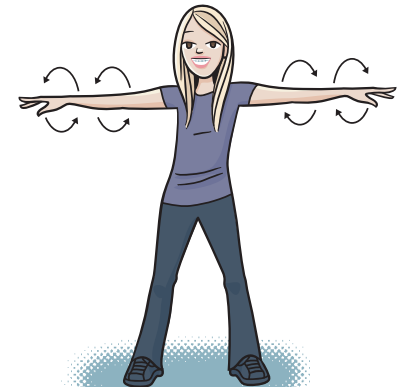


Upper Body Fitness Challenges



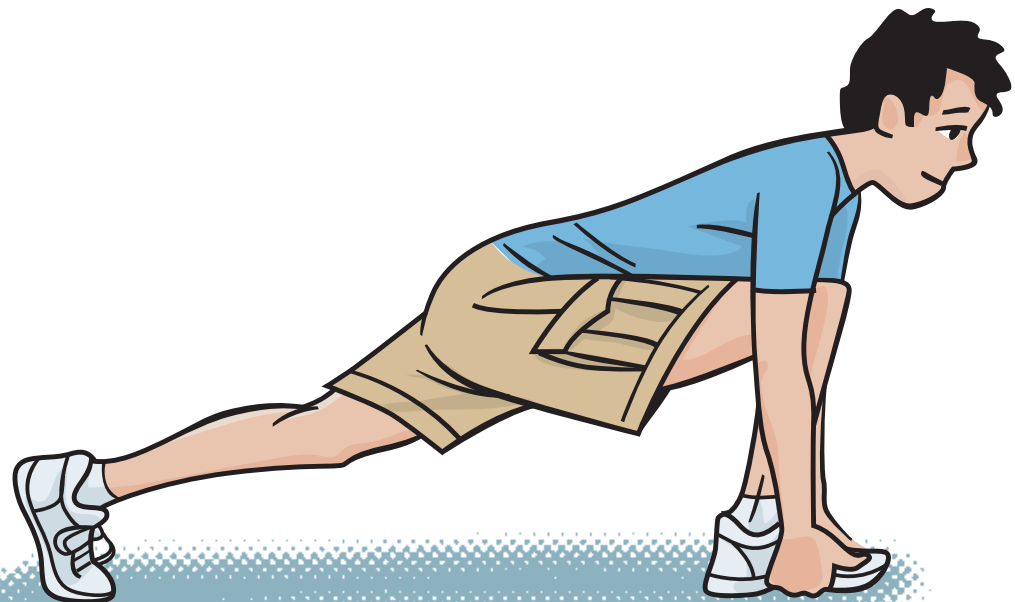
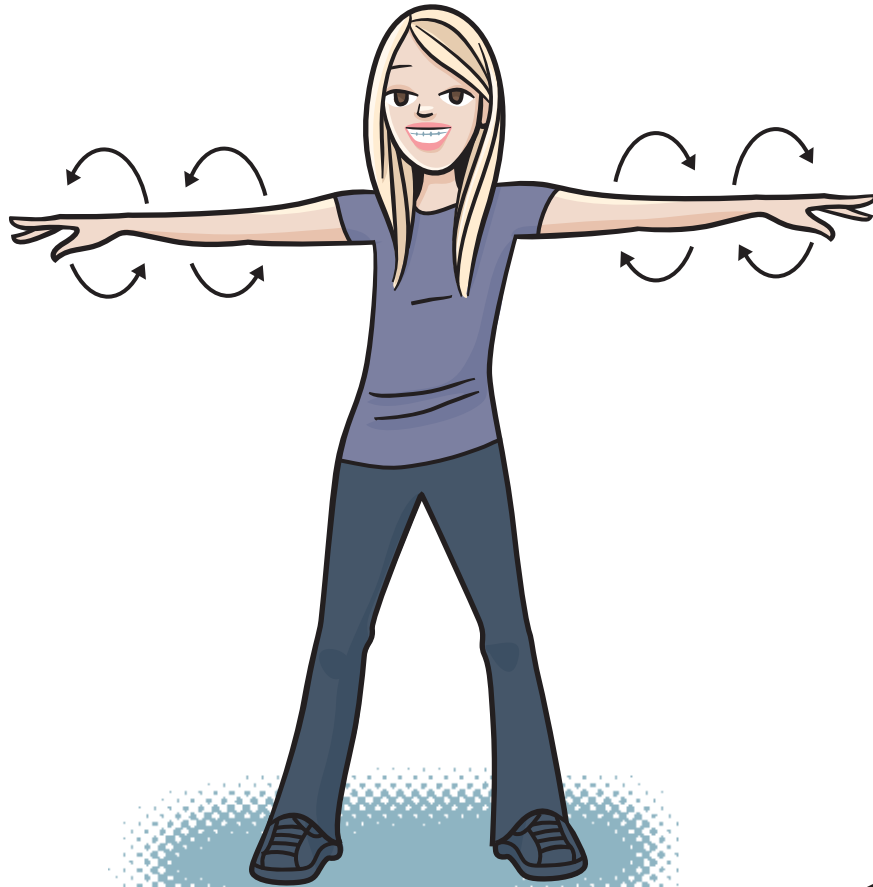
Upper Body Fitness Challenges

Student choice of activity





Your Choice



Your Choice

Student choice of activity.

