

Muscular Fitness

1. **Plank Hockey game**

- Hold the plank position across from a partner. Try to push the bean bag through your partners arms to score

2. **Handshake push-ups**

- Create a handshake with a partner while in the plank position

3. **Cup stack push-ups**

- Stack the cups in a pyramid while in a plank position

4. **Fill the Bucket**

- While in the plank position, pick up the bean bags one at a time and fill the bucket

5. **Head, Shoulders, Knees, Toes Plank Dance**

- While in a plank position balancing on your left hand use your right hand to complete the plank dance. Switch hands.

Jump rope

You choose the jump rope move and the number of repetitions

- | | |
|--------------|---------------------|
| 1. Skier | 5. Forward Straddle |
| 2. Bell | 6. One foot hop |
| 3. ½ Twister | 7. Alternating jump |
| 4. Scissors | 8. X-foot cross |

Choose the number of repetitions

2 4 6 8 10 12 14 16 18 20

Student CHOICE

Students choose which activity they would like to complete.

Choose a health related fitness activity to complete as a group. Also choose how many or for how long you will complete the activity. The group must be able to tell the teacher which area of health related fitness they are performing.

Choose the number of repetitions

2 4 6 8 10 12 14 16 18 20

Muscular Endurance

Choose the number you will be completing with a partner.

1. Sit-up with a Partner

2. Sit-up Ball Toss

- Partners sit across from each other. Toss a ball back and forth while completing sit-ups.

3. Sit-up High Five

- Partners sit across from each other. Give a high five every time you are in the up position of the sit-up.

4. Wall-Sit thumb wrestling

- Wall-sit beside a partner. Thumb-wrestle while completing the wall-sit.

Choose the number of repetitions

2 4 6 8 10 12 14 16 18 20

Flexibility

Students choose the stretch and how long to hold the stretch

1. **Hamstring Stretch**
2. **Butterfly Stretch**
3. **Triceps Stretch**
4. **Quadriceps Stretch**
5. **Chest Stretch**

Choose the time you will hold the stretch

2 4 6 8 10 12 14 16 18 20

Dynamic Stretching

Students choose the dynamic stretch and the time they will complete the stretch

- | | |
|--------------------|-------------------------|
| 1. Spinal Rotation | 5. Drop Lunge |
| 2. Scorpion | 6. Calf Stretch |
| 3. Forward lunge | 7. Squat Back Extension |
| 4. Backward lunge | 8. Lateral lunge reach |

Choose the number of repetitions

2 4 6 8 10 12 14 16 18 20