

Jump Rope Horse



How to:

- ☆ Find a partner.
- ☆ Partner 1 selects two jump rope moves and completes 3-4 reps of each move.
- ☆ Partner 2 tries to complete the same movement without missing.
- ☆ If Partner 2 misses she/he gets an H (a letter is received for every miss)
- ☆ Switch roles and Partner 2 creates a pattern with Partner 1 trying to complete the same pattern.

Jump without using a rope.

Complete a four move combination

Complete a six move combination



Paper, Scissors, Rock Run



W
A
L
L



How to:

- ☆ With a partner play paper scissor rock (paper beats rock, rock beats scissors, scissors beats paper)
- ☆ The winner speed walks to the cone and then back to the start position.
- ☆ The other partner jumps rope.
- ☆ If there is a tie, both partners speed walk to the cone and back.
- ☆ Play again.

C
H
A
L
L
E
N
G
E

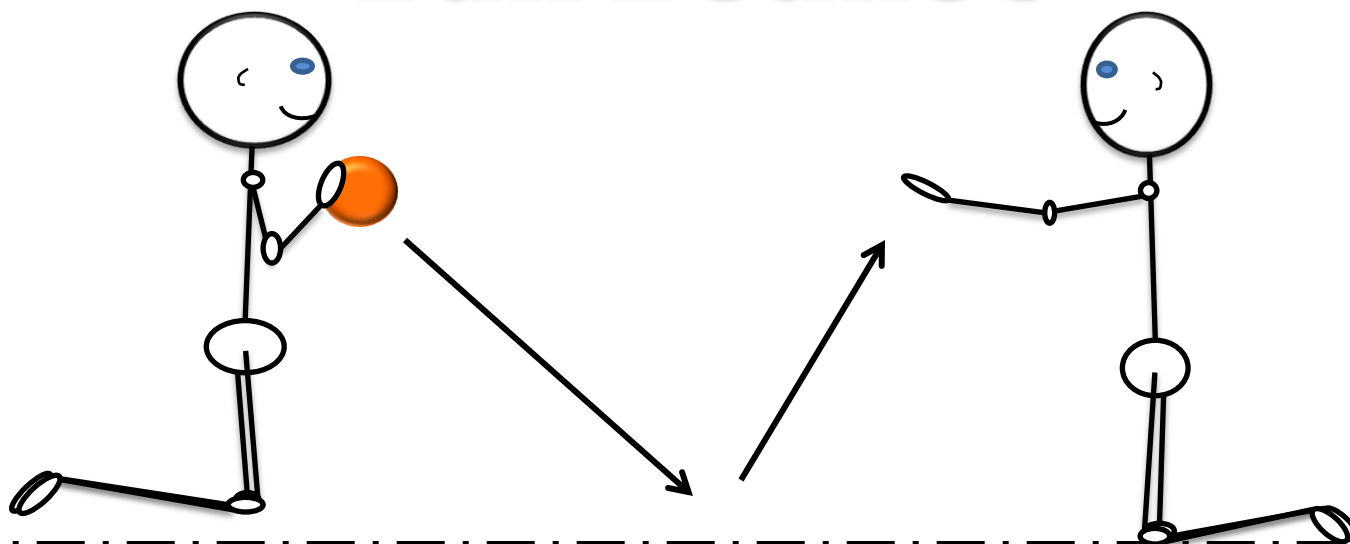


Speed walk to cone.

Jog to cone.

Skip, hop or gallop to cone.

Ball Bounce



How to:

- ☆ Kneel across from your partner (~ 4 feet apart)
- ☆ Hold the ball with two hands and bounce pass to your partner
- ☆ Pass directly to your partner
- ☆ Variation: Pass to the side of your partner.

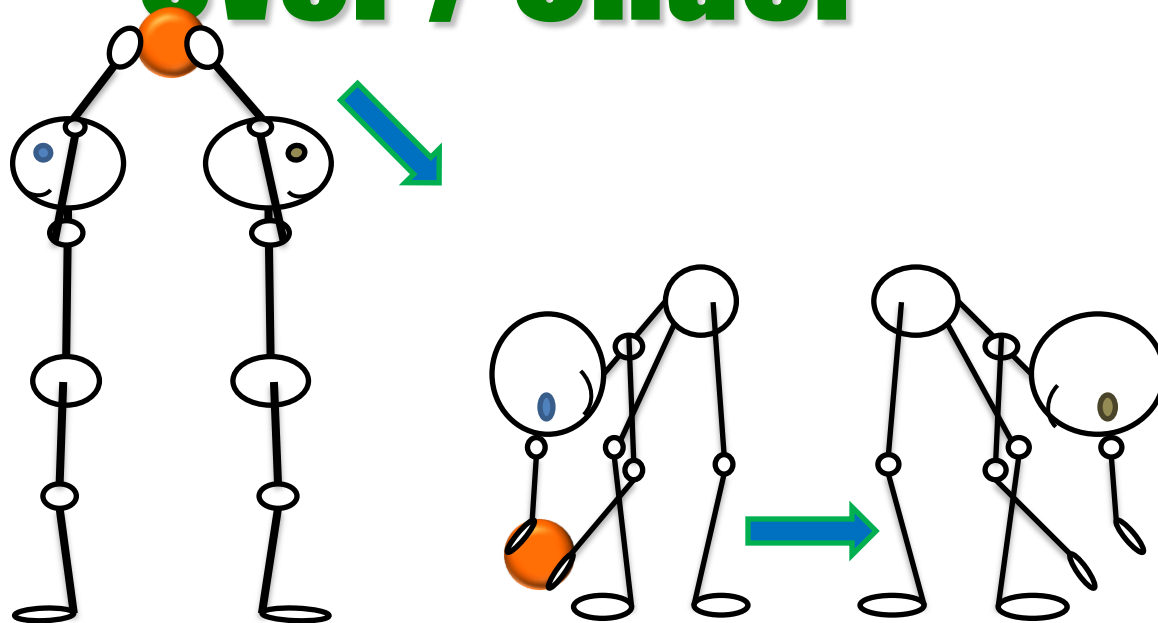


Use a ball (tennis ball, basketball, soccer ball)

Use two balls (tennis ball, basketball, soccer ball)

Use a medicine ball

Over / Under



How to:

- ☆ Stand back to back with a partner.
- ☆ Partner 1 holds the ball with two hands and passes the ball over her head to Partner 2.
- ☆ Partner 2 lowers the ball and passes back to Partner 1 through her legs.

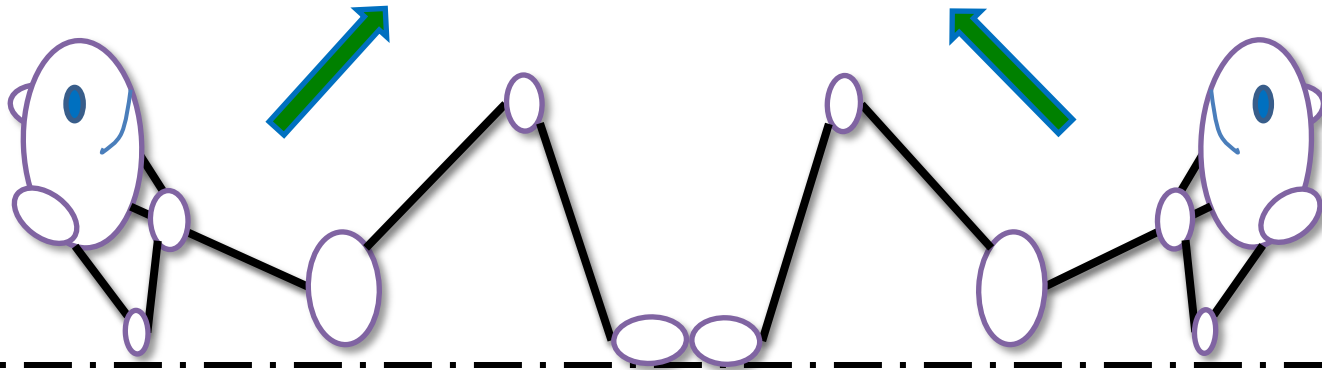


Do not use a ball but give your partner a high five

Use a ball (tennis ball, basketball, or soccer ball)

Use a medicine ball

High Five Curl Up



How to:

- ☆ Partners sit across from each other with toes touching.
- ☆ With each curl-up give your partner a high five.

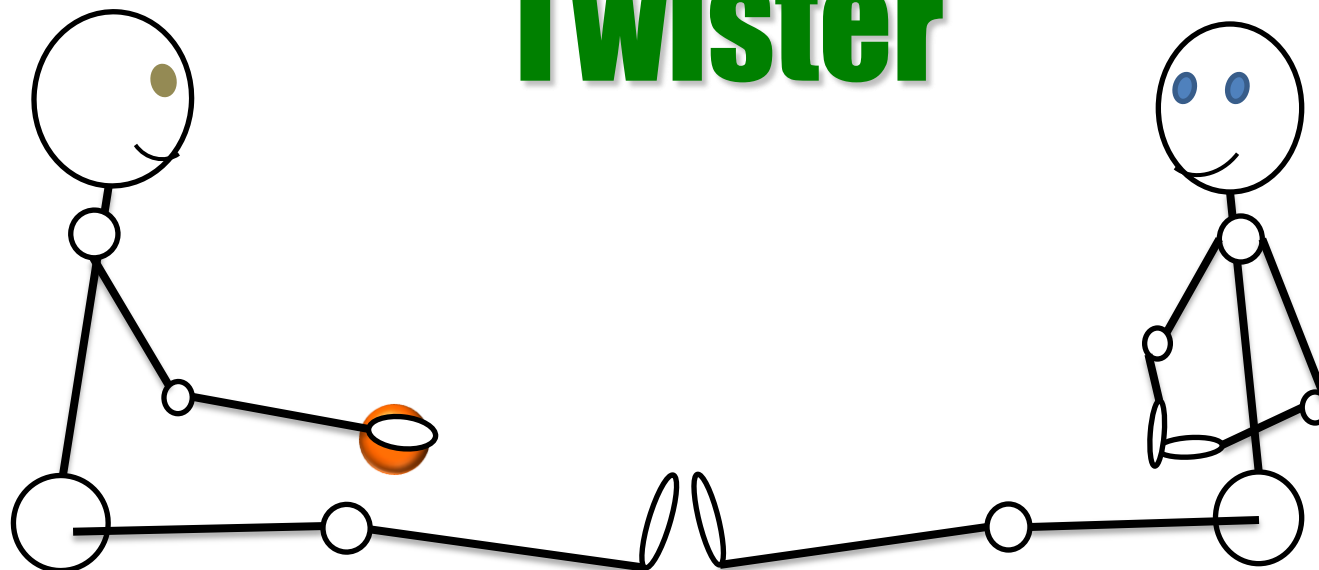


Sit side by side and give your partner a high five with one hand.

Sit with feet touching and give your partner a high five with one hand

Sit with feet touching and give your partner a high five with two hands

Twister



How to:

- ☆ Partners sit across from each other with feet touching.
- ☆ Partner 1 hands the ball across to Partner 2.
- ☆ Partner 2 gets the ball and lays ball behind her back.
- ☆ Partner 2 then twists to pick the ball up on the opposite side
- ☆ Partner 2 hands the ball to Partner one

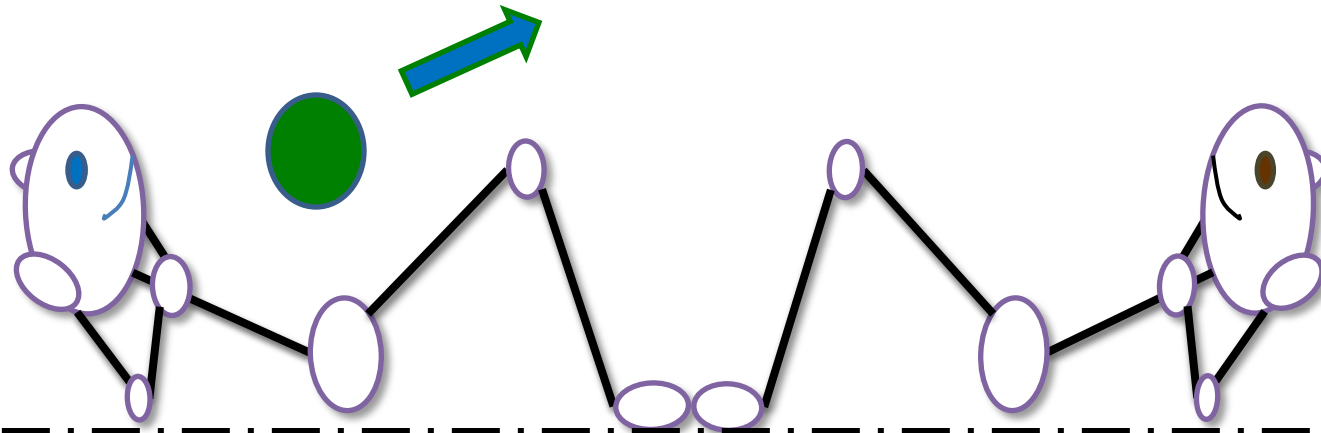


With a partner, sit with knees bent with toes touching

With a partner, sit with legs in a V with toes touching

With a partner, sit with legs straight and touch toes

Passing Sit-Ups



How to:

- ☆ Partners get into a sit-up position with toes touching .
- ☆ Partner 1 throws the ball to their his/her partner while performing a sit-up.
- ☆ Partner 2 catches the ball, moves to a down position, and then throws the ball to their partner when moving to the up position.

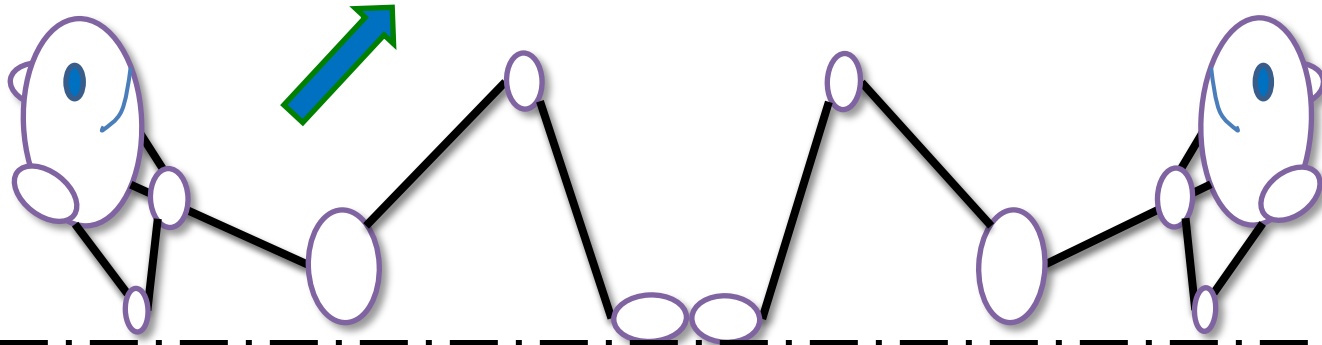


Sit side by side and hand the ball to your partner in the up position of the sit-up

Sit across from your partner and pass the ball to your partner while performing the sit-up

Sit side by side and pass the ball to your partner off the wall

Sit-Up War



How to:

- ☆ Partner get into a sit-ups position .
- ☆ Each partner has a stack of cards turned face down.
- ☆ After each sit-up, both partners turn over one card. The partner with the highest card gets both cards.



Sit side by side to complete the sit-ups

Sit across from your partner with toes touching

Sit across from your partner and raise your feet in the air while turning the card over

Push Up Cup Stack



How to:

- ☆ Partners get into a plank position.
- ☆ Each partner turns over one cup at a time until the cups form a pyramid.
- ☆ Down stack the cups and start again.
- ☆ Variation: Try to only use the left hand then switch and only use the right hand.

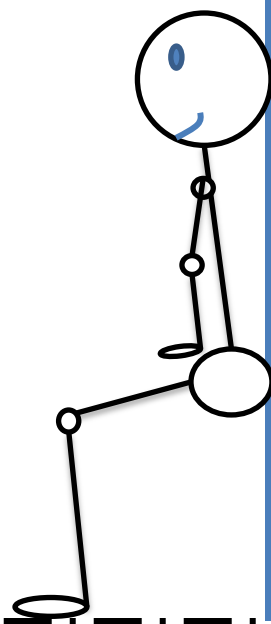


Perform a plank with knees on the floor.

Perform a plank with legs straight.

Perform a plank with one foot on the floor and one foot off the floor.

Wall-Sit Copy Cat



How to:

- ☆ Perform a wall-sit beside your partner.
- ☆ Have one partner create a three move routine (ex. two claps, three leg slaps, two snaps)
- ☆ The other partner mimics the routine.
- ☆ Switch turns.

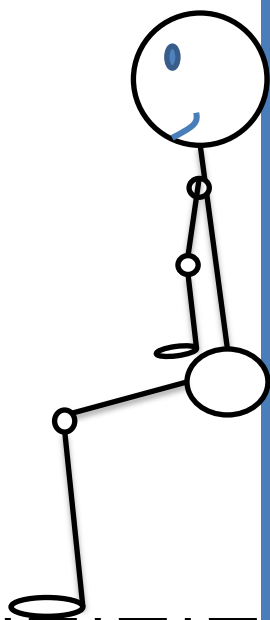


Perform a wall-sit with knees slightly bent. (Do not lock your knees.)

Perform a wall-sit with legs almost at a 90 degree angle.

Perform a wall-sit with legs at a 90 degree angle.

Wall-Sit Thumb Wrestling



How to:

- ☆ Perform a wall-sit beside your partner.
- ☆ Join your right hand with your partner's right hand.
- ☆ Say with your partner, "1,2,3,4 I declare a thumb war" and then begin.
- ☆ Play the best 2 out of 3 then switch hands.

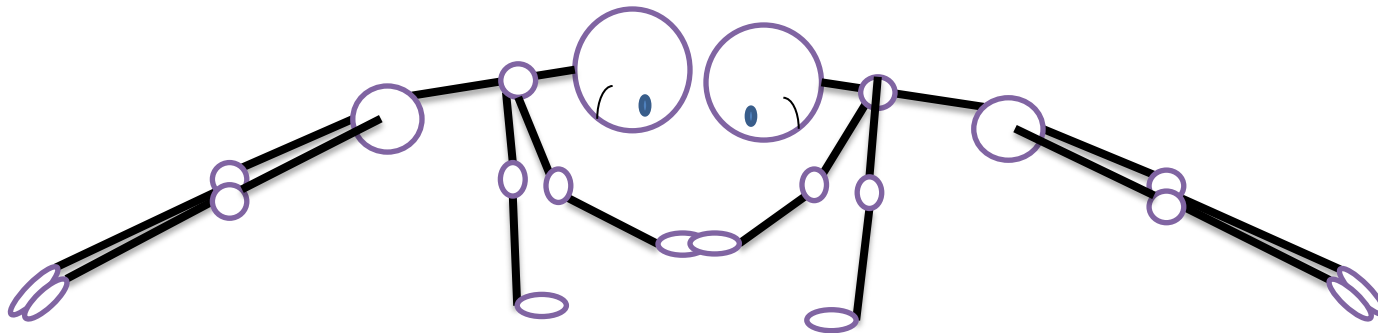


Perform a wall-sit with knees slightly bent. (Do not lock your knees.)

Perform a wall-sit with legs almost at a 90 degree angle.

Perform a wall-sit with legs at a 90 degree angle

Thumb Wrestling



How to:

- ☆ Perform a plank.
- ☆ Join your right hand with your partner's right hand.
- ☆ Say with your partner "1, 2,3,4 I declare a thumb war" and then begin.
- ☆ Play the best 2 out of 3 thumb then switch hands.

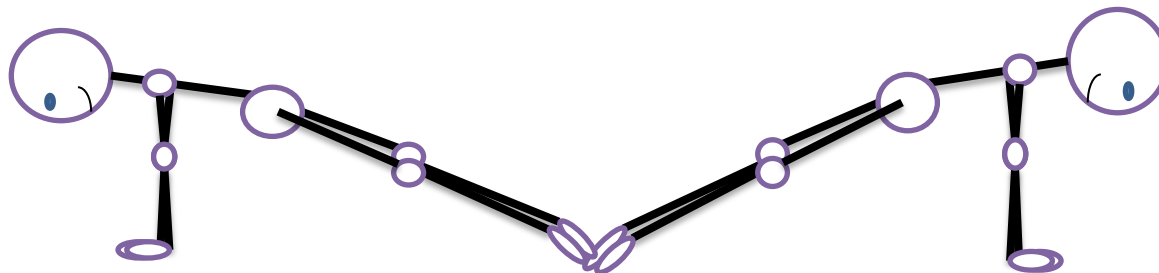


Perform a plank with knees on the floor.

Perform a plank with one knee on the floor opposite of the thumb wrestling hand.

Perform a plank, knees off the floor.

Telling Time



How to:

- ☆ Partners are in a plank position with feet touching.
- ☆ One partner says a time. (ex. 9:15)
- ☆ One player walks their hands to the hour position and the other partner walks their hands to the minute position
- ☆ Keep your feet touching.

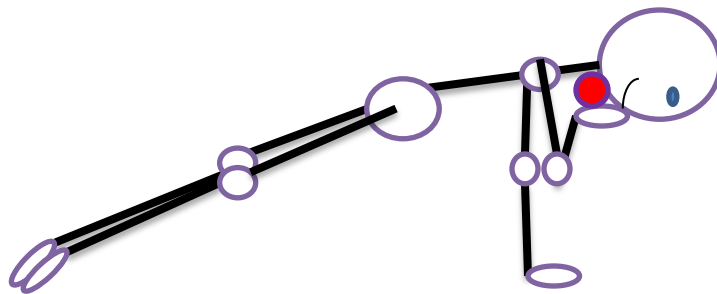


Perform a plank with knees on the floor.

Perform a plank with one knee on the floor and the other leg straight.

Perform a plank.

Chin Juggling



How to:

- ☆ Perform a plank.
- ☆ Have a ball in your right hand, place the ball under your chin.
- ☆ Remove the ball with your left hand and place the ball on the floor.
- ☆ Switch and go the opposite direction.



Perform a plank with knees on the floor.

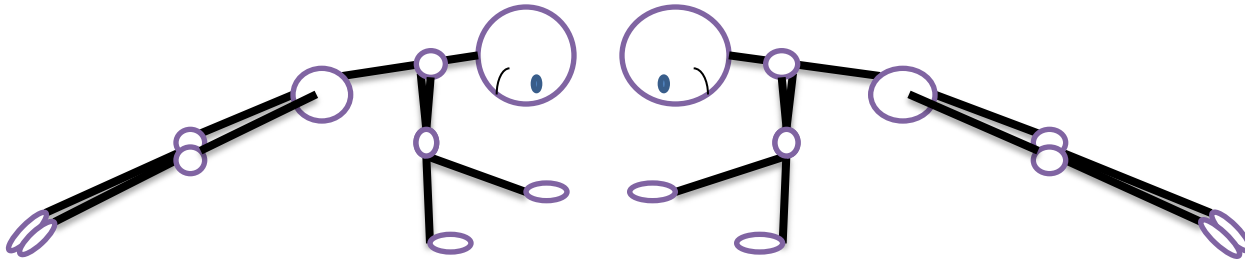


Perform a plank.



Perform a plank with one foot in the air.

Hand Jive



How to:

- ☆ Perform a plank directly across from your partner (head to head)
- ☆ Develop a hand shake routine with your partner. (ex. high five, fist pump, low five, etc.)
- ☆ Find a new partner and perform your hand jive with him/her.

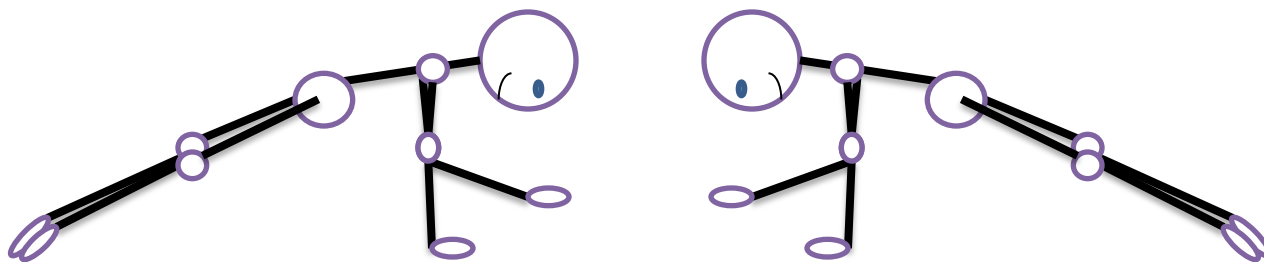


Perform a plank with knees on the floor.

Perform a plank.

Perform a plank with one foot in the air.

Rock, Paper, Scissors Push-Ups



How to:

- ☆ Perform a plank directly across from your partner (head to head)
- ☆ Play a game of rock, paper, scissors (paper beats rock, rock beats scissors, scissors beats paper)
- ☆ The winner completes one push up. If the partners tie, both partners complete a push-up.
- ☆ Switch hands.



Perform a plank with knees on the floor.

Perform a plank.

Perform a plank with one foot in the air.

Hockey



How to:

- ☆ Perform a plank across from your partner. (head to head)
- ☆ Try to slide a ball or bean bag through your partners arms.
- ☆ Your partner tries to stop the bean bag with his/her hand.
- ☆ A point is awarded for each time the ball goes through your partners arms.

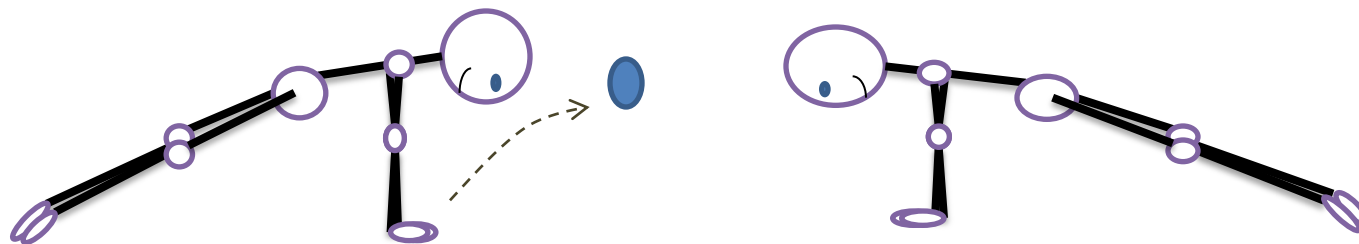


Perform a plank with knees on the floor. Use a bean bag.

Perform a plank. Use a bean bag.

Perform a plank. Use a small ball.

Toss'n



How to:

- ☆ Perform a plank across from your partner. (head to head)
- ☆ Toss a ball or bean bag to your partner.
- ☆ Switch hands.



Perform a plank with knees on the floor. Use a bean bag.

Perform a plank. Use a bean bag or ball.

Perform a plank. Throw the ball so it moves in a Figure-8 pattern.

Card Battle



How to:

- ☆ Perform a plank.
- ☆ Each partner has a stack of cards.
- ☆ Each partner turns over one card at the same time.
- ☆ The partner with the higher card collects both cards.
- ☆ Play until one player has all the cards.

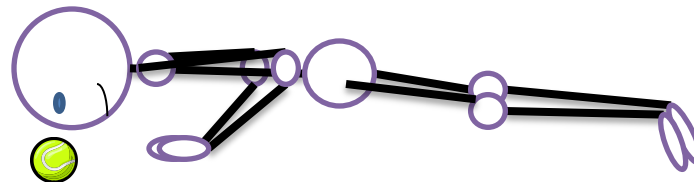
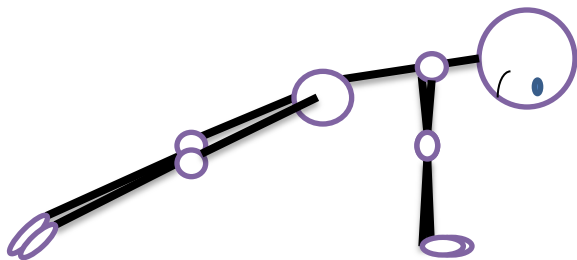


Perform a plank with knees on the floor.

Perform a plank.

Perform a plank with one foot in the air.

Nose Ball



How to:

- ☆ Perform a plank across from your partner.
- ☆ With your nose, push the ball to your partner.
- ☆ Your partner stops the ball with their nose and pushes it back.
- ☆ Variation: Every time you decrease the size of the ball the activity becomes more challenging.



Perform a plank with knees on the floor.

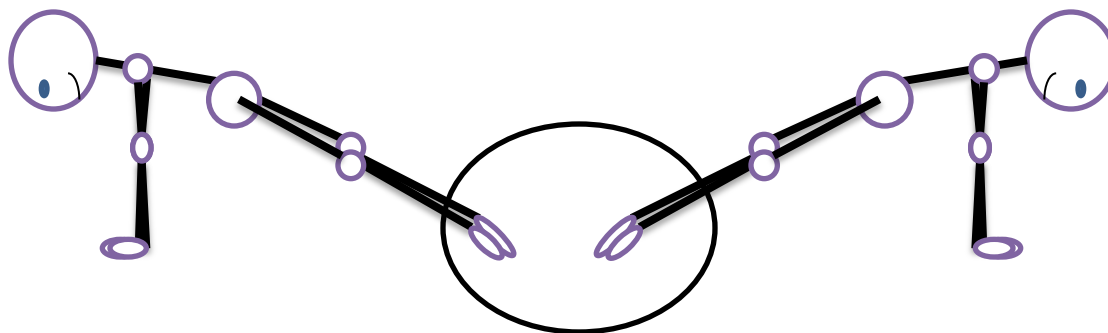


Perform a plank. Use a large ball.



Perform a plank. Use a small ball.

Helicopter



How to:

- ☆ Perform a plank with partners on opposite sides of the hula hoop.
- ☆ One partner tries to tag the other partner.
- ☆ Player must stay in the plank as they move around the hula hoop.
- ☆ Switch partners.



Perform a plank with knees on a scooter.

Perform a plank.

Perform a plank with only one foot on the ground.

Spin the Top



How to:

- ☆ Partners decide on four health-related fitness activities to perform. (ex. push-ups, sit-ups, plank, line jumps, etc.)
- ☆ One partner spins the top and the other partner tries to complete the activity for the duration the top is spinning.
- ☆ Switch partners.



Select three activities.

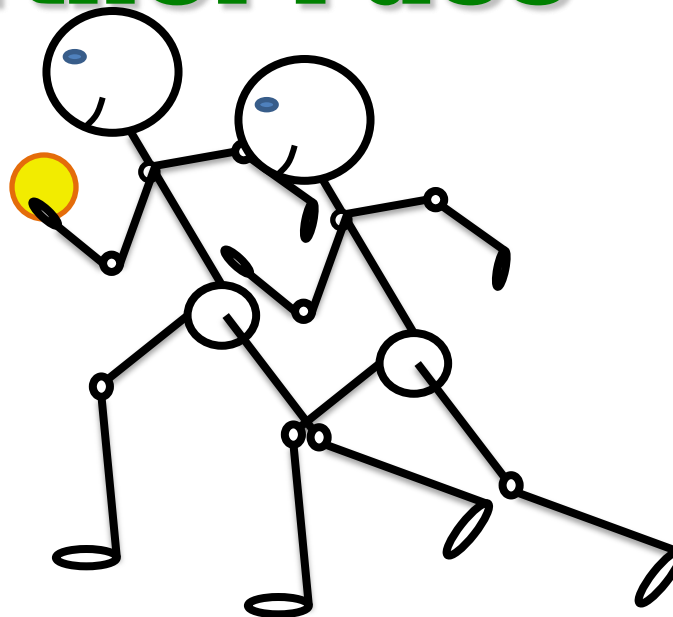


Select four activities.



Select eight activities

Partner Pass



How to:

- ☆ Jog beside your partner
- ☆ Toss and catch beside your partner while jogging.



Speed walk your partner

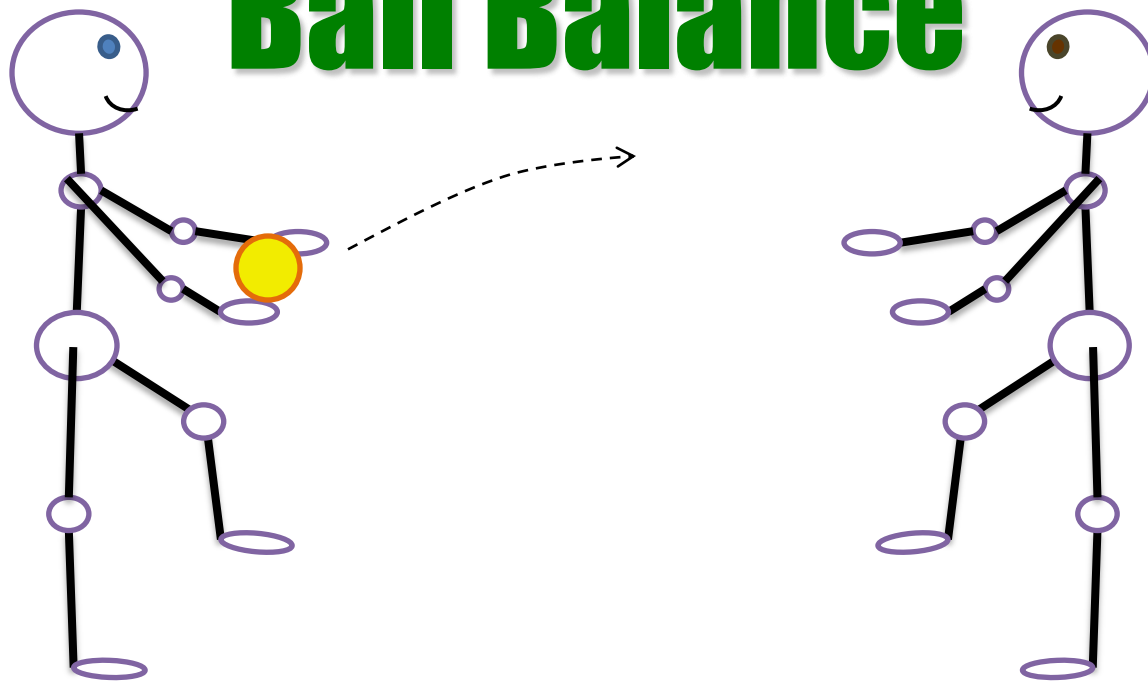


Jog with your partner



Vary your speed: jog, sprin, then jog again

Ball Balance



How to:

- ☆ Stand across from your partner
- ☆ Both partners balance on one leg.
- ☆ Toss the ball to your partner.
- ☆ Switch legs.

Balance on one leg with the other toe on the ground for support.

Balance on one leg. Your partner will try to throw the ball to your chest.

Balance on one leg and have your partner throw the ball to the right, left, or low to the ground.

