

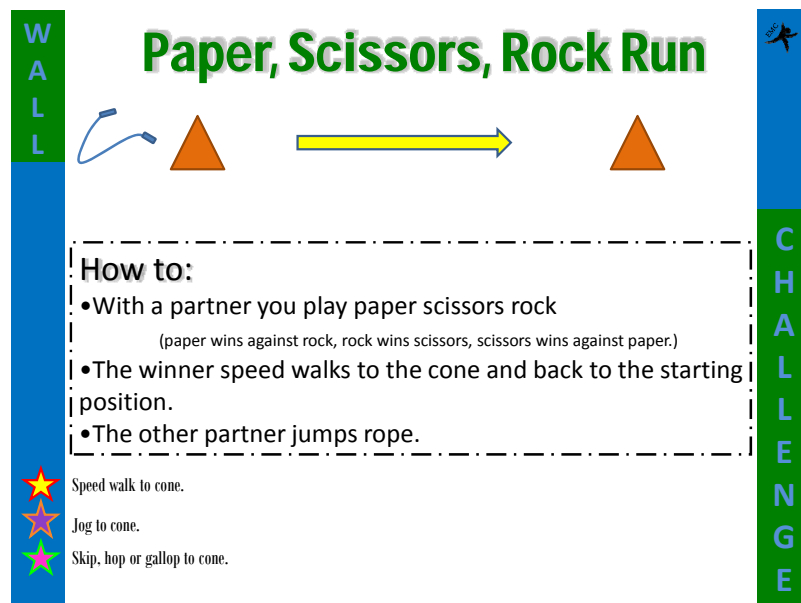
Wall Challenges

Activity Description and Rules:

The Wall Challenges (WC) can be used as instant activities (IA) or station cards. If the WCs are used as IAs, post the WC on a wall near where the students enter the gymnasium. When the students enter, they would read the challenge and then begin the activity. IA's provide students the chance to be instantly active, instead of waiting for their classmates to be ready.

If the WCs are used as station cards, make sure you have first taught each challenge before creating the stations. Begin with four cards and allocate 30-60 seconds per card. The idea is to let the students experience the cards and as their conditioning improves you can lengthen the duration students are spending on each card.

Below is an example of a WC. On each WC there is the title of the activity, a picture, a written description of how to play, and challenges denoted by stars. The yellow star is the least challenging and the pink star is the most challenging. Encourage students to begin with the yellow star and progress to the pink star.



Equipment:

1. Wall challenge
2. Equipment associated with the content of the challenge

Playing Area:

Students are in general space with a partner or by themselves.

Printing Directions:

Print the challenges on card stock and laminate.