

Objective: to have students work together in small groups to accomplish 3000 repetitions of different exercises when working in groups. The groups will use cooperation and collaboration to accomplish their goal.

Facilitation Tips: This activity works best at the beginning of class, Have stations setup randomly in the gym. The fitness challenge works best with detailed station signs that have explanations and are east to read.

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

1. Divide Class into teams of 4-5 students in a group.
2. Set a time limit- ex. 30 Min to achieve, 3000 repetitions. (Teacher can modify time and repetition however they want.
3. The groups can do the exercises in any order they want.
4. The team captain needs to write down all the exercises on the board or paper handed to them.
5. Teacher will Explain to each captain that their team must collaborate and work together as a group to complete the exercises to achieve their group goal of 3000 total repetitions in 30 minutes.
 - a. The group needs to decide how they will accomplish the repetitions.
 - i. Work at each station together, divide stations up...
 - ii. YES! one person in the group can do 400 Air Squats if they want- (but will they be able to do anything else after that.)
6. The team captain must record who did what exercise and how many repetitions of each exercise they did at a specific station on the board or paper provided to them.
7. At the end of the class have students reflect on how their group achieved the goal of 3000 repetitions.

Example exercises:

100 Side line runs, 200 push-ups, 300 sit-ups, 400 Air Squats, 200 Mountain climbers, 200 burpees, 100 bear walks, 300 crunches, 200 slides, 200 lunges, 200 tuck jumps, 100 crab walks, 200 bleacher step ups, 300 jump ropes

Fitness Challenge Task Sheet

Directions: Group member Names: print first and last names on the next line. Place initials in the chart under name. Record repetitions in the column under the team members name initials. Fill out the reflection as a group once finished with the Fitness Challenge.

NAME _____, NAME _____, NAME _____

NAME _____, NAME _____, NAME _____

Fill this out as the group completes the Fitness Challenge.

	Name	Name	Name	Name	Name	Name
Activity	Reps	Reps	Reps	Reps	Reps	Reps
100 side line runs						
200 Push-ups						
300 Sit-ups						
400 Air Squats						
200 Mountain climbers						
200 Burpees						
100 Bear walks						
300 Crunches						
200 Slides						
200 Lunges						
200 Tuck jumps						
100 Crab walks						
200 Bleacher step ups						
300 Jump ropes						

Reflection

How did the group divide up the tasks to get to 3000 and did everyone do their best?

What benefits are accomplished from adopting a physically active lifestyle? What factors in life interfere with adopting a physically active lifestyle?
