

SKILL-RELATED FITNESS CHALLENGE CARD

TEACHER'S COPY

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|-----------|--------------------|--|---------------|
| 1 | Stick Grab | Make a "C" with your hand at the bottom of a yardstick that your partner is holding. When your partner releases it, how quickly can you grab it? | Reaction Time |
| 2 | Catch | With your partner, bounce and catch an exercise ball back and forth 10 times. | Coordination |
| 3 | Back-to-Back | Sit or stand back-to-back. Pass an exercise ball around your bodies as fast as possible 20 times. | Coordination |
| 4 | Balance Ball | Lay back on the exercise ball with your arms pointing overhead and your feet in a wide stance. Slowly bring your feet together. Try to get your feet to touch while keeping your balance. | Balance |
| 5 | Standing Long Jump | How far out can you jump from a standing position? Repeat 5 times. | Power |
| 6 | Shuttle Sprints | Begin at the start line (marked by cone). Race to the end line (marked by cone). How many times can you touch each line in 20 seconds? | Speed/Agility |
| 7 | Side Plank | Hold a side plank for a count of 15. Repeat with the other arm. | Balance |
| 8 | Race | Safely move around the boundary 1 time. Count how long it takes to do 1 lap. If there's time, try again. | Speed |
| 9 | Jump up | With your partner, take turns jumping up as high as you can. Jump a total of 20 times each. | Power |
| 10 | Dice Roll | Each partner takes one die. Decide which math operation (addition, multiplication, etc.) you want to use. Roll the dice at the same time and see who can get the answer the quickest. The first one to answer 3 the quickest and correctly wins! | Reaction Time |
| 11 | Hoop Drill | Place Hula Hoops in a staggered formation so that all the hoops touch (like tires at a football practice). Run through with your feet landing in every hoop. Repeat 5 times. | Agility |
| 12 | Fitness Test | Fitness Assessment Station | N/A |

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Name: _____ Class: _____

Directions: Complete each activity below with your partner. In the column on the right, write which component of skill-related fitness the activity focuses on.

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