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| GAMES FOR LEARNING FITNESS KNOWLEDGE!!!*STATIONS: 1 MINUTE CHALLENGE* |
| **STATION** | **EXERCISES** | **CHALLENGE** | **NUMBER** |
| **1** | PUSH UPS | How many push ups can you do? |  |
| **2** | STRETCH | How many muscles can you safely stretch? Hold stretches for 20 seconds each. |  |
| **3** | SIT UPS | How many sit ups can you do?  |  |
| **4** | PASS AND CATCH | How many times can you pass and catch a ball/ or roll socks with a partner? Or without just throw and catch. | Pass: \_\_\_\_\_\_\_\_\_Catch: \_\_\_\_\_\_\_\_ |
| **5** | WATER BREAK | Stay well-hydrated through out of the day | Glasses: \_\_\_\_\_\_\_\_ |
| **6** | JUMP AND THINK | How many sports can you name while doing High Knee. |  |
| **7** | BENCH OR CHAIR PLANKS | How long can you hold bench or chair planks?. |  |
| **8** | TOWEL EXERCISE(Standing Long Jump) | How many jumps over can you do from the edge of the big towel to the other side?  |  |
| **9** | BALANCE AND THINK | Balance on one foot. 1 book on the top of your head. How many vegetables and fruit can you name? | Fruits: \_\_\_\_\_\_\_\_Vegetables:\_\_\_\_\_\_ |
| **10** | JUMP ROPES TRICKS | How many jump ropes tricks can you do? |  |
| **11** | HEART RATE | Take the pulse for the full 1 minute. How many beats did you count?  | Active Heart Rate:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **12** | FITNESS KNOWLEDGE | Individual Assessment Station |  |

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_