ACTIVITY STATIONS DESCRIPTIONS

Station #1 - Volleyball Fitness Challenge  Nikki Peros (Jill Olshavsky)  BALLROOM C
Teams have 4 minutes to complete this task. You are competing against other teams’ times for the lowest time. After directions are read, you will have one minute for clarification. Teams will split into 4 groups as evenly as possible. Each member must participate! Example: If you have a leg injury, get in a group with one of the exercises that doesn’t involve as much leg work. Your goal is to get 100 reps of the exercise your group is stationed at.

- The 4 groups to split into are:
  - Steppers or jumping jacks. (up up=one count)  Cardio and leg work
  - Curl ups  (on a stability ball or mat)  Core and abdominals
  - Medicine ball Pumpkin Smashers  Leg muscles-quads, hamstrings, gluts
  - Resistance bands or weights  Bicep curls

- Your group must get 10 set pass/forearm passes **IN A ROW.** Then the group performs the fitness activity at their station with the equipment provided.
- Your **group** must do **100 reps of their exercise** and then get a coin in their bucket and put it in the middle **DONE** bucket.
- It is up to your group how many each person does but **EVERYONE** must participate in some way, whether 1 pass on volleyball or 10 steps on the stepper.
- After your 100 reps and the coin is in done bucket, your groups does 10 more set passes/forearms passes in a row. Then does 100 more reps of the exercise again until all 10 coins are gone and in the done bucket!
- If your team finishes your group may help another, but remember you are a team so **ALL** of your group then must participate in exercise or volleyball skills in some way!
- When all groups are done with their exercises (4,000 total) your challenge is done and your time is recorded!!!

Station #2 - MyPlate Fit Relay  Erin Boyle (Misty Keller)  BALLROOM B
Divide into 4 teams. The object is to get one card of each of the six food groups and correctly position the cards in the MyPlate placemat. One person per team goes to face down cards, picks one card, return to team, place in correct MyPlate position. Next person goes up, picks a card, returns to team, places in correct MyPlate position. Play continues until all four teams have correctly completed their entire MyPlate and all group members are sitting on the floor one behind the other. The fastest and slowest times are added together for the entire group.

Station #3 - Pep in Your Step  Ken Dodson  BACK HALLWAY to right of UPPER DRUM
Pedometers are re-set (be sure to remember your day’s total for our team tally sheets). You must remain active for the entire time. Both the **highest** and **lowest** steps will be added together. You will have 3 minutes of activity on the carpeted area before I say stop and everyone checks their pedometers. Point of “time”scale is as follows:

<table>
<thead>
<tr>
<th>Steps or more</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1000</td>
<td>750-799 steps - 5 points</td>
</tr>
<tr>
<td>950-999</td>
<td>700-749 steps – 6 points</td>
</tr>
<tr>
<td>900-949</td>
<td>650-699 steps – 7 points</td>
</tr>
<tr>
<td>850-899</td>
<td>600-649 steps – 8 points</td>
</tr>
<tr>
<td>800-849</td>
<td>less than 600 steps – 9 points</td>
</tr>
</tbody>
</table>

Station #4 - Relay for Fitness  Sarah Harms (Jen Larmer)  LOWER DRUM
Divide into five even teams. Each team will represent a component of fitness. Teams line up at one end across from hula hoops. Each hoop contains an assortment of index cards. Each team needs to perform a locomotor skill across the room to pick up a card and bring it back to their starting point. The locomotor skills will be listed and each team member needs to perform a different skill. The process continues until all locomotor skills are performed and each team has gathered all of the cards in their hula hoop. Team members will then work together to put the letters together to spell out one of the five components of fitness and work to come up with an explanation for that component. Relay ends when all five components have been spelled out.
Station #5 – Tic Tac Go  Erin Rivera (Rick Stakel)  HIGHLANDS
Divide into partners with each partner standing on opposite sides of the play board – at designated starting point. The challenge is to play THREE games of tic tac toe against your own partner. Each person can only move one bean bag from the starting point to the board at a time. The process continues until the game is over. When each game ends – pairs will carry all of their bean bags back to the start in order to begin a new game. Once you have played THREE games sit down with your partner. The recorded time will be the combination of the fastest and slowest pairs.

Station #6 – Escapeze  Cassandra  DOWNSTAIRS PATIO(OUTSIDE OF HIGHLANDS IF INCLEMENT WEATHER)
The team will divide in half and form two circles by holding hands. (be sure entire team is present).  The team will designate a starting point and move a hoop in a clockwise direction by wiggling through the hoop. You cannot disconnect hands at any time. After the hoop has passed the 5th person, another hoop is started at the beginning. After both hoops have finished a 2nd rotation around the circle, the task is complete. Times for both groups are added together.

Station #7 - Puzzle Parade  Adrienne Lamb (Linda Thompson)  OUTSIDE OF BALLROOM B
This colored cone is the puzzle piece that you are going to look for and collect. (Ex. Red cone means that team collects seven red pieces only). Each team gets a noodle. There are cones scattered around the gym with puzzle pieces underneath. At the start, each team member must stay connected to the noodle and together go hunt for their puzzle pieces under the cones. When all seven puzzles pieces have been collected the team goes back to their home cone and pieces the puzzle together. The locomotor skills must be walking on tip toes. The fastest team and the slowest team times will be added together and recorded.

Station #8 - Picking out the Fat  Beth Leeper (Peggie Tyree)  UPPER DRUM
Team needs to divide into partners before starting. The challenge is to see how fast can the team get all of the fat cells out of the body. The hula hoops equal the body. One noodlette equals the fat. Each person gets one demi-noodle. Using only demi-noodles each pair works together to eliminate the fat from the body and take it back to the starting cone. If a noodlette is dropped, it is placed back into the body and the pairs have to start from the body. The max time is four minutes.

Station #9 - Memory Blitz  Joyce Phillips (Toni Brown/Laura Walbert)  ALLEGHANY
Divide into 5 teams. The object is to duplicate the pattern of two different colored cups shown on the task card.
1. On the word “Go”, the whole team will study their Task Card for one minute.
2. After this viewing period, they run over to the cups and each group attempts to duplicate the correct order. If the team is incorrect in ordering the cups, they come back to the Task Card Model and take a quick look for 10 seconds, thus receiving a 10 second penalty, then try again until successful. It must be checked by one of the station presenters. The time stops when all groups are finished.

Station #10 - Toss the Foods  Nikki Zenker (Rick Stakel)  BALLROOM A
Students will find one partner and work together with another pair. Each group will start at their team’s cone with one pair going at a time. Each pair will pass the beanbag back and forth until they reach their team’s Food Plate (hula hoop). If either partner drops the beanbag before reaching the Plate, they must return to their team’s cone and the next pair goes. Upon reaching their team’s Food Plate, one person from each pair will pick up a single nutritional card and place it on (in) their team’s food plate (hula hoop). The class goal is for all teams to fill their plate with one card from each of the five food groups and one card from oils in the least amount of time. Teams should be instructed to sit quietly at their cone upon completing their goal, and the clock will only stop when all groups have finished and are sitting quietly.