**Tic-Tac-Tone**

The goal of the game is to win the most fitness challenges. Can you get a three in a row? Finished once?...Can you get it twice?

*Components of Health Related Fitness Components of Skill Related Fitness*

<table>
<thead>
<tr>
<th><strong>Jump Rope</strong></th>
<th><strong>Balance Dome</strong></th>
<th><strong>Plank Hockey</strong></th>
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<tbody>
<tr>
<td><em>(cardiovascular / muscular endurance / coordination)</em></td>
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<td><em>(muscular strength / endurance / coordination / balance / reaction time)</em></td>
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<tr>
<td>Begin jumping simultaneously – which person can execute the most 2 footed consecutive jumps without messing up?</td>
<td>Starting on the ground – which partner can jump up and down on the center of the dome 50 times first? Must return to the ground each time! Count out loud!</td>
<td>Get in plank position – which person can score 3 goals first by sending the bean bag through your opponents arms? Must be in plank position!</td>
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<td>Play knee tag with your partner – who gets 5 touches first? Stay within the boundary!</td>
<td>Balance on the disc without letting your feet or arms touch the ground – who can hold the position the longest?</td>
<td>Hold dome in front of you with arms out straight – who can hold this position the longest?</td>
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<td>In good plank position – elbows and toes with body straight – who can hold the plank the longest? Want more of a challenge? Try the disc/dome variations!</td>
<td>Begin jumping simultaneously – who can get 50 jumps first? Is 50 too easy? Set your own Challenge Goal.</td>
<td>Stand on the balance disc on one foot – use a tree pose from yoga to balance – who can hold the position the longest?</td>
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What components of fitness are your strengths? Weaknesses?
Jump Rope
Cardiovascular Endurance / Speed

Both people begin jumping simultaneously.

Which Partner Can Complete 50 Jumps First?

Is 50 too Easy? You and your Partner can decide on a higher goal number if you want to challenge yourselves!

Use a two foot jump.

Make sure you both count out loud!
Jump Rope
Cardiovascular Endurance / Coordination

Both people begin jumping simultaneously.

Which partner can execute the most 2 footed jumps in a row without messing up?

Use a two foot jump.

Make sure you both count out loud! Too easy? Try jumping backwards or crisscrossing the rope.
Balance Dome
Cardiovascular Endurance / Speed / Agility / Balance
Both people start on the ground and begin jumping simultaneously. You must jump onto the center of the dome and back to the ground for 1 repetition.

Which Partner Can Complete 50 Jumps First?

Is 50 too Easy? You and your Partner can decide on a higher goal number if you want to challenge yourselves! Or try the side to side variation! Make sure you both count out loud!
Plank Challenge
Muscular Strength & Endurance / Balance

In a good plank position (body straight) on elbows and toes, who can hold the plank the longest without compromising form?

Want a challenge? Try the plank on the balance dome or balance disc!
Balance Dome
Muscular Strength & Endurance / Balance
Hold the Balance dome out in front of you with arms straight, back straight, feet shoulder width apart.

Which partner can hold the dome straight out the longest without compromising form? Need more of a challenge? Try it in a squat position! Too hard? You and your partner may elect to bend arms a bit.
Plank Hockey

Muscular Strength & Endurance / Balance / Coordination

Reaction Time

In a good plank position (body straight) on hands and toes, who can slide the bean bag through your opponent’s arms and score 3 goals first?

Want a challenge? Try the plank on the balance disc!
Knee Tag
Cardiovascular Endurance / Agility

Play knee tag with your partner. Who can get 5 touches first? Stay within the boundary!

In Knee Tag you must try and touch your partner’s knee with your hand while avoiding having your knee touched!
Balance Disc / Dome
Muscular Strength & Endurance / Balance

Stand on the balance disc on one foot. Using the tree pose from yoga, see which partner can hold their position the longest!

To difficult? Try just standing on one foot?
Want a challenge? Try again on your other foot!
Balance Disc / Dome
Muscular Strength & Endurance / Balance

Balance on the disc without letting your feet or arms touch the ground. Who can hold this position the longest?

Need a challenge? Try doing v-crunches while on the disc! Who can do the most?