**30 Second Fitness Challenge:** The students start in an open space and the teacher explains several fitness challenges for the students to do in 30 seconds (usually 4). After briefly explaining all the challenges the teacher says “GO!” The teacher encourages students throughout the challenge and lets them know when the 30 seconds is up and it’s time to move on to the next challenge. There is no time between each challenge so the students get their heart rate up and work on their muscular endurance. Remember that depending on age-level, the students will need verbal and visual reminders of the stations. When introducing the concept, choose three or four simple challenges to try. Below is a sample introductory 30-second Fitness Challenge.

1) Jumping Jacks
2) Knee Curl-ups (students lay on back with knees bend 90 degrees and hands on thighs, using abdominals, students will curl-up so that the palms of the hand touch the tops of the knees)
3) Cross-Crawls (opposite knees touch opposite elbows)
4) Push-up Shoulder Taps (in plank position, students will balance on one hand while touching the opposite shoulder with the non-balancing hand, REPEAT).

**Below you will find** some ideas of simple fitness activities that can be performed that do not require equipment:

1) **Push-Up Shoulder Taps** (Upper Body Strength, Balance, Coordination) – Assume a push-up plank position. Lift one hand and touch the opposite shoulder, alternate hands.
2) **Hands to Elbow Push-Ups** (Upper Body Strength, Balance, Coordination) – Assume a push-up plank position. Lower one elbow to the floor while maintaining the plank position, lower the second elbow to the floor. Lift the first elbow off the floor then lift the second elbow off the floor. This should put you back in the starting position. Alternate the side of the body that starts first. Make sure the hands are directly below to the shoulders before starting this exercise!
3) **Push-Up Ts** (Upper Body Strength, Balance, Coordination) - Assume a push-up plank position. Lift one hand off the ground, turn the hips and shoulders and place the hand above the body in the shape of a T. Replace the hand and try the other side. Repeat.
4) **Crab Kicks** (Upper Body Strength, Leg Strength) – Get into crab position (hands and feet on
the floor with the belly facing up). Alternate kicking legs parallel to the floor while maintaining the crab position. Repeat.

5) **Crab Kick High 5s** (Upper Body Strength, Leg Strength, Balance, Coordination) - Get into crab position (hands and feet on the floor with the belly facing up). Lift one leg so that the foot goes above the belly and lift the opposite hand and touch the foot before going back to the starting position (balance on one hand and one foot while performing the high 5). When back in the ready position, switch hands and feet and repeat.

6) **Ski Jumpers** (Aerobic Endurance, Leg Strength) – Start with feet together. Jump side to side like you are going down the slopes.

7) **Cross Crawls** (Aerobic Endurance, Coordination, Balance) – Start by standing feet together. Lift one knee up and lower the opposite elbow until they touch in front of the body, then return to the starting position. Lift the other knee and lower the opposite elbow to touch that knee in front of the body, then return to the starting position. Repeat.

8) **Jumping Jacks** (Aerobic Endurance, Leg Strength) – Self explanatory.

9) **Knee Curl-Ups** (Abdominal Strength and Endurance) – To start, lay on the back with knees bent at a 90 degree angle (feet flat). Place hands on the thighs with arms extended. Using the stomach muscles, the students will curl forward so that the palms of the hand cover the patella (knee cap). Repeat.

10) **Scissor Touches** (Abdominal Strength and Endurance, Balance, Coordination) – Start by sitting on the bottom with legs extending straight onto the floor. Using the abdominal muscles, lift one leg (straight) in the air and touch it with the opposite hand. Return to the starting position and lift the other leg and touch it with the opposite hand. Repeat.

11) **Head-to-Toes** (Abdominal Strength and Endurance) – To start, lay on the back with knees bent at a 90 degree angle (feet flat). Place the hands above the head and swing the hands forward toward the toes and curl-up using the abdominal muscles and momentum then touch the toes. Return to the starting position then repeat.

12) **Clapping Abs** (Abdominal Strength and Endurance) – To start, balance on your bottom with legs bent slightly in front and heels touching the floor. Alternate lifting legs and clap hands between the legs as they move in a scissor like pattern (once the slapping begins, the feet should not touch the ground.).

**On the next page**, you will find some sample task cards of Chad performing a few of the activities. We suggest that you take photos of your students performing the activities and make similar cards for the use at your school. These task cards were made using Power Point.
Push-Up Shoulder Taps

Ready Position

Crab Kicks

Ready Position
**Roll the Dice Fitness**: In the center of the gym will be some large dice. Each student will role a die then report to the numbered hula hoop on the perimeter of the playing area that matches the number on the die. Inside each hula hoop, students will find a fitness activity labeled or a task card and some small dice to use. When the students arrive at the hoop, they will roll two dice and add the number. When the number is added, the student will perform that number of reps of the exercise at that station. When they have completes the task, the student may return to the center hoop and start over. This continues until the time for warm-up is over.

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**Super Roll the Dice Fitness**: To set up for this activity, 6 hula hoops will be placed on opposite sides of the playing area. Each hoop should be clearly numbered. Inside each hula hoop, place 4-6 small dice and a fitness task card. In the center of the space, there will be two agility ladders that are parallel and will transverse the playing area (see diagram below). At either end of the ladder, there will be some big dice. Before starting, the teacher will demonstrate the agility ladder activity (you can find lots of great activities on YouTube.com) that the students will perform before moving across to perform a fitness activity on the opposite side of the space. To begin the activity, the teacher will split the class into two equal groups. Each student will start by rolling a big die on his/her side then move to the corresponding hula hoop on his/her side. When the student arrives at the hoop, he/she will roll two dice and add the
number. When the number is added, the student will perform that number of reps of the exercise at that station. When they have completes the task, the student will head to the agility ladder that moves across to the other side of the space, perform the agility activity and start over on the other side of the playing area. This continues until the time for warm-up is over.

** Around the World Fitness:** Place 4-8 hula hoops in different locations around the playing area. Each hoop will have a designated activity (Fitness Challenge Cards) and there will be a collection of flash cards in the hoop (see set up diagram below). The students will begin by placing a hand on a hula hoop (even starting groups is helpful). When the music begins, the students will pick up a flash/playing card and perform the fitness activity at the hoop the number of times of the answer. After completing the task, the student will move CLOCK-WISE to the next hoop. How many hoops will the students make it to before the music stops?

** In the center of the playing area, place poker chips. As the students complete a task, they run to the middle collect a poker chip then head to the next hoop. This is a great way to motivate students.

** Place a card in the middle of the space near the poker chips to designate the components of fitness (muscular strength, muscular endurance, aerobic capacity, and flexibility). As students
complete a task at a hoop, they will head to the center of the space and pick up a poker chip that matches the component of fitness that they just completed (see task card below).

<table>
<thead>
<tr>
<th>Components of Fitness Challenge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobic Capacity</td>
</tr>
<tr>
<td>Muscular Strength</td>
</tr>
<tr>
<td>Muscular Endurance</td>
</tr>
<tr>
<td>Flexibility</td>
</tr>
</tbody>
</table>

= playing cards or flash cards

= poker chips
FOUNDATIONAL FITNESS EQUIPMENT:

There are three basic pieces of Foundational Fitness equipment that was demonstrated during the presentation (PowR Walks, Jungle Gyms, Training Stations). Below are some photos of each piece of equipment and their uses.

**PowR Walks** are like traditional resistance bands accept they are attached to the student’s foot. The PowR Walks can be used while practicing a variety of locomotor patterns in an effort to improve coordination, build strength, and increase the heart rate. The photos courtesy of www.foundationalfitness.com.

**Jungle Gyms** can be attached to a wall (like this) or a door (for home use). Students use their own body weight to pull (as demonstrated) or push in a variety of ways. Students can adjust the handles to make the exercise more or less challenging (can we say “differentiation”? ). All students can be successful while building strength (core, upper body, or lower body).
**Training Stations** are wall mounted (as pictured) or connected to a door (for home use). They are resistance bands with handles that can be used in a variety of ways to build strength and endurance. When using the equipment, it is important to wrap the safety straps to protect the students and equipment. This functional training equipment can be used to develop all of the components of skill-related fitness (agility, balance, coordination, power, reaction time, and speed). Students can also differentiate each exercise by adjusting resistance to their ability by moving closer to the wall or further away.

As you can see, we are fully outfitted with the equipment at Deep Creek Elementary. We are thrilled with the equipment and hope you see as many possibilities as we have.

For more information about the Foundation Fitness equipment, please contact Mike Meeteer at [Mike@foundationalfitness.com](mailto:Mike@foundationalfitness.com). Tell him you saw this presentation at the Health and Physical Activity Institute.