

## OPERATING A FITNESS CHALLENGE

There is no one correct way to conduct a fitness challenge, but here are some guidelines for what you need to do to set up the stations and establish the rules. We've also included ideas for stations.

### Preparation

- Decide when you will stage your challenge.
- Consult with staff whose classes will be impacted by the challenge and who will need to release students.
- Decide on activities for each station and the number of stations. Also figure out:
  - Where each station will be set up
  - Equipment needs for each station
  - How many students at a time will be at each station
- Create a map of where each station should be located.
- Make signs to identify each station.
- Write-up instructions for each station and do a dry-run to make sure the instructions work.
- Develop a sign-up system for participants (only necessary if participants are not coming from pre-selected classes).
- Prepare nutrition and fitness questions for eligibility to perform activity.

**A note about this step:** In the middle school challenges we used questions taken from the information in our Student Activity Booklet to qualify students to participate at each station. This provided motivation for them to read the booklet and complete the activities. Refer to the description of the *Student Activity Booklet* in the Social Marketing narrative section and “*G. activity booklet ecopy*” in CD #1.

- Decide on point system for events (we recommend you give all students some points for trying the activity, even if they can't complete it).
  - Construct score cards
  - Consider use of stamps to mark activity completion
  - Pick the score level for awarding prizes
- Decide on prizes and obtain prizes. We let our student team members select prizes that would be appropriate, such as pedometers and small weights; Frisbees with the project logo.

- Publicize the event, either by sending flyers to participating teachers or posting flyers around campus.
- Assign station monitors to each station; two students for high school and pair students with an adult advisor for middle school.
- Figure out how you will notify and recognize winners. Plan some public recognition; we used bulletin boards, PA announcement, the mural wall and the student newsletter.

### **Overall rules for fitness challenges**

- You must go to each station in order. (If you start at 5, go to 6 next and then to stations 1, 2, 3 and 4). If you go out of order, you are disqualified.
- You can only go to each station once.
- To qualify to try the physical activity at each station, you will have to answer a question about nutrition or fitness. If you answer the first question incorrectly, you get to try a second question.
- You can earn up to 4 points at each station.
  - 1 point for showing up and participating.
  - 1 point for answering a question correctly.
  - 2 points for completing the exercise successfully.
- Be sure to get stickers or stamps to place on the score cards for game monitors at each station.

It is important for a student-driven project to have the students brainstorm ideas for the stations to generate excitement for the challenge. Use some of the ideas from our list to get them started.

### **Activity descriptions and instructions:**

- ***Yardstick Drop/Sidestand*** (*reaction time*) – lean on one arm, parallel to ground, catch yardstick when dropped within specific distance.  
*Equipment:* 3 - 4 yardsticks
- ***Balance Board*** (*balance*) – balance on board on top of a ball while catching balls tossed at you.  
*Equipment:* 3 balance boards
- ***Jumprope*** (*coordination, endurance*) – count how many times you jump in 60 seconds. If you miss a jump, it will not be counted; we only count total complete jumps over the rope.  
*Variation:* you can do this activity with double-dutch rope jumping.  
*Equipment:* 4 jump ropes and 2 long ropes for double-dutch
- ***Wand Juggling*** (*coordination*) – juggle ball between two two-foot sticks or wands for a specified period of time.  
*Equipment:* four sets of 3 balls, stopwatch

- **Stick Balance** (*coordination*) – balance a stick between your palm and your fingertips, or just on three fingers palm-side up. No assists from other hand are allowed. If the stick is dropped, you pick it up and continue. Total time is calculated by monitor. Use 30 or 60 seconds. 3 points are awarded for keeping the stick balanced for the entire time.  
*Equipment:* four three-foot dowels
- **Knees to Feet** (*strength*) – leap from knees to feet without rolling onto heels.
- **Short Sprints** (*speed*)
- **Line Jump** (*agility*) – have lines set up at different intervals and give one point for first line, two for second and 3 for farthest line.  
*Equipment:* tape or chalk to draw lines
- **Coin Catch** (*strength+reaction time*) – bend elbow so your hand touches your chin. Place a quarter on your elbow. Snap your arm forward and catch the coin with the same hand.  
*Equipment:* coins
- **Double Dribble** (*coordination*) – dribble two basketballs simultaneously.  
*Equipment:* 6 basketballs
- **Sideshuttle** (*agility*) – sliding sideways over hopscotch-like boxes and back within given time period without stepping on the lines  
*Equipment:* tape to make the lines
- **Shoulder Stretch** (*flexibility*) – reach behind back and touch your fingers from both hands.
- **Tomato Toss** (*coordination*) – with a throwing partner, stand 20 feet apart and throw a tomato. If both students catch it, move back 10 feet. Person who misses tomato is eliminated and one who catches without dropping gets point. You could also throw water balloons, eggs etc.  
*Equipment:* lots of tomatoes, water balloons, eggs etc.
- **Hula Hoop** (*coordination*) – twirl hula hoop around waist for 60 seconds; if dropped pick up and continue activity.  
*Equipment:* 3 – 4 hula hoops
- **Basketball Toss** (*accuracy, coordination*) – count how many baseballs you can throw into a garbage pail. Stand behind line on floor or ground and throw three times. The ball can go into the can on a bounce or on the fly.  
*Equipment:* 9 balls and 3 garbage cans

- **Limbo** (agility) – two students hold a rope and the participant need to go under it without any part of his or her body touching the rope. The rope is lowered two times. Points are scored one for the first level, two for the second and three for the third.  
*Equipment: rope*
- **Push-Ups or Sit-Ups** (*strength*) – count how many push-ups you can do in 30 seconds.  
*Equipment: 3 mats*
- **Football Throw** – count how many footballs you can throw through a hula hoop in three tries.  
*Equipment: 3 footballs, one hula hoop*
- **Dance Step** – Follow the monitor to learn a dance step. At signal, start to dance. Group that follows better gets points.  
*Equipment: Boom box, music tapes*
- **Kick Bowling** – Line up behind line indicated by cones; kick ball at pins. Points awarded based on how many pins go down.  
*Equipment: Kickball, pins, cones*
- **Obstacle Course** – set up multiple activities on a course, such as long jump, mat roll, hurdles, tires on the ground, springboard over high jump, etc. Score based on how long it takes to finish.  
*Equipment: Tires, landing mats, hurdles, springboard, high jump, long jump, stopwatch*

#### **Other supplies you will need**

- Stop watches for each station
- Stamps or stickers for each monitor
- Scorecards for each participant

## Questions to Use for Qualifying at a Station – Fitness Challenge

**Instructions:** Monitors at each station should have cards with these questions written on them. When an entrant comes up to the station they are asked the first question; if they miss it they are asked the second question.

The correct answers to each question is in bold type below.

- How many teaspoons of sugar are in a 12 oz. can of Cola?  
A. 6                      **B. 10**                      C. 20
- How much refined sugar does the average teen eat each day?  
A. 2 tablespoons    **B. 1 cup**                      C. 2 cups
- Eating healthy foods can improve your thinking and keep you focused.  
**True**                      False
- How many servings of fruits and vegetables are recommended daily?  
A. 6 to 8                      B. 1 to 2                      **C. 4 to 5**
- How many glasses of water are the recommended daily intake?  
A. 10 to 12                      **B. 6 to 8**                      C. 2 to 4
- To look and feel your best, you need to move your body:  
A. At least 90 minutes each day  
B. At least 20 minutes each day  
**C. At least 60 minutes each day**
- When you dance, walk or run, your body produces chemicals that naturally lift your spirits and energy level?  
**True**                      False
- Exercise can help you burn extra calories and have a positive attitude.  
**True**                      False
- A “normal” teen body has no excess fat in the middle or behind.  
True                      **False (there’s no shape for normal)**
- The average fast food meal was 600 calories in 1950 and is 1,500 calories now.  
**True**                      False

11. Super-gulp drinks are 84 ounces, compared to 12 ounces in a can.  
True                      **False (64 ounces)**
12. The recommended daily intake for sugar is how many teaspoons:  
A. 20 to 30              B. 5 to 7                      **C. 10 to 16**
13. What percent of your total daily calories should be from fat?  
A. 10%                      **B. 30%**                      C. 63%
14. Drinking water can damage your skin.  
True                      **False (it can help)**
15. Empty calories have high nutritional value.  
True                      **False**
16. How many total calories should teens eat and drink each day?  
A. About 1,000              **B. About 2,000**              C. About 3,000
17. Too much TV can disturb your sleep.  
**True**                      False
18. Not getting enough sleep can cause weight gain.  
**True**                      False
19. A 150 lb. person must walk 1 hr to burn off the calories from one Whopper  
True                      **False (2 hours)**
20. More than half the calories in Hot Cheetos come from unhealthy fats.  
**True**                      False
21. Some soft drinks contain caffeine.  
**True**                      False
22. One Pop Tart contains more than 4 teaspoons of sugar.  
**True**                      False
23. How many hours of sleep should teens get every night?  
A. At least 5                      **B. About 9**                      C. No more than 7

## Student Ideas For Fitness Stations

- Trampoline bouncing
- Pedometer-measured walking challenge
- Dance, break dancing
- Human board game: activities on the spots. Must complete activity on the spot they land on
- Circuit training of sorts (in Curves fashion)
- Yoga (more of an exposure than a challenge)
- Basketball dribble obstacle course
- Stationary bike
- Ultimate Frisbee
- Arm or leg wrestling contest
- Limbo contest
- Wheelbarrow races/ human Nascar race
- Tug-o-war
- 3-legged race
- Potato sack race
- Kick the can
- Nutrition game show - modeled after the most popular game show
- Foam noodle fencing (American Gladiator style)
- Soccer shoot-out
- Wiffle ball (possibly with healthy food as the ball)
- Throw the healthy food through the mouth
- Tightrope walking contest
- Long jump contest
- Cartwheel contest
- Hula hoop contest
- Shotput
- Standing in place- pushing partner contest
- Hopscotch
- Jell-o wrestling
- Tire rolling race
- Boot camp obstacle course (climbing the cargo net, battle rolls, jump through tires)
- Walking the tightrope (low rope tied between two trees)