

This is a fitness Personal Record challenge that can be used over a number of years. I start teaching the challenges in 3rd grade and students keep a record of their PR's in their portfolio through the 8th grade. It is as easy as teaching the moves, providing kids with a template and setting up centers for them to work in. There are blank items providing room for them to create their own fitness challenge moves. I use the shaded boxes as a "prove it" box. Students can fill in their white boxes on their own without an observer but when they get to a shaded box, they must prove it to a peer before trying to beat that record. It can be used to help them set goals, learn how to objectively perform peer assessments and track improvement over time.

Description of the fitness challenges included here.

1. Push-Up March – Hold push-up position and alternate touching hands to touch opposite shoulder
2. Partner Low Five Hand Planks – Partners hold push-up position and alternate touching opposite hands
4. Forearm Plank-Ups – Start in plank – push-up to push up position then back down
5. Upper Body Block Build - # of blocks placed alternating hands without losing the push-up position – Using a pile of blocks build a structure alternating hands
6. Push-Up Handle Elbow Bounce – Using push-up handles in a push-up position bounce up and down doing a partial push-up
7. Beanbag Alternating Over the Back – Using a beanbag in the push-up position alternate passing it over the back then picking it up with the other hand and passing over the back in the opposite direction
- 8. Fitnessgram - Push-Ups Test – MS & ME – Upper Body – Fitnessgram protocol**
9. V-Sit – Ball Around – Holding a v-sit position pass a ball or beanbag around the legs
10. V-Sit – Figure 8 – Holding a v-sit position pass the ball or beanbag in a figure eight using legs
11. Core Hooping – tighten core muscles and hula hoop
12. Forearm Plank Ball Pass – Holding a plank position roll a ball back and forth from hand to hand
- 13. Fitnessgram - Curl-Ups Test – MS & ME – Core – Fitnessgram protocol**
- 14. Fitnessgram - Trunk Lift – MS & ME – Fitnessgram protocol**
15. Jogging Laps (Without Walking) – Jog laps without stopping to walk
16. Jump Rope Without Stopping Your Feet – Jump rope counting the number of times you can go over the rope. You don't have to stop if you miss but must keep bouncing to get the rope going again.
17. Locomotor Laps (Patterns of Skip, Slide & Gallop) – Locomote without stopping to walk using different traveling patterns
- 18. Fitnessgram - Mile Run Test – Cardio – Fitnessgram protocol**
- 19. Fitnessgram - Pacer Test – Cardio - Fitnessgram protocol**
- 20. Fitnessgram - Back Saver Sit & Reach Test – Flexibility - Fitnessgram protocol**

1. Push-Up March – MS & ME – Upper Body

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2. Partner Low Five Hand Planks – MS & ME – Upper Body

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4. Forearm Plank-Ups – MS & ME – Upper Body

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5. Upper Body Block Build - # of blocks placed alternating hands without losing the push-up position - MS & ME – Upper Body

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6. Push-Up Handle Elbow Bounce - MS & ME – Upper Body

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7. Beanbag Alternating Over the Back - MS & ME – Upper Body

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8. Fitnessgram - Push-Ups Test – MS & ME – Upper Body

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9. V-Sit – Ball Around – MS & ME - Core

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10. V-Sit – Figure 8 – MS & ME - Core

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11. Core Hooping – MS & ME - Core

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12. Forearm Plank Ball Pass - MS & ME - Core

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13. Fitnessgram - Curl-Ups Test – MS & ME - Core

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14. Fitnessgram - Trunk Lift – MS & ME

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15. Jogging Laps (Without Walking) - Cardio

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16. Jump Rope Without Stopping Your Feet - Cardio

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17. Locomotor Laps (Patterns of Skip, Slide & Gallop) - Cardio

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18. Fitnessgram - Mile Run Test - Cardio

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19. Fitnessgram - Pacer Test - Cardio

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20. Fitnessgram - Back Saver Sit & Reach Test - Flexibility

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Student Designed Fitness Challenge Moves

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