

The Cooperative Fitness Challenge from PE Central & S&S Discount Sports

Building fit and skillful movers one challenge at a time

Web Site: <http://www.pecentral.org/fc/>

Purpose: The purpose of the Cooperative Fitness Challenge is to encourage children to become more physically fit and to enhance their teamwork and cooperation skills.

Suggested Grade Levels: We recommend that you offer the challenge to children in 3rd grade through 8th grade. We used 4th and 5th graders to test so those are the grades we know work best for the challenge. You are welcome to make the tasks harder or easier by adjusting distances, equipment or time.

Description: The Cooperative Fitness Challenge is an electrifying program that requires children to compete in innovative fitness challenges that are not only fun, but also they build teamwork and cooperation skills as most of the challenges require children to work together to complete the challenges.

The Challenge is composed of a series of six fitness challenges that focus primarily on a child's cardiovascular endurance and muscular strength. Four of the challenges involve kids working with partners while the other two are individual challenges. The exciting aspect of the Challenge is that all of the tasks are set up to reduce the feeling of isolation and apprehension which can be detrimental to kids wanting to perform many fitness tasks. We created this environment by forming challenges that combine fun motor skills (e.g., throwing and catching), fun equipment (4 of the challenges require balls of kids choice to be manipulated) and the most important aspect is that a majority of the challenges can only be completed by working successfully with a partner.

The Six Challenges:

Crab Walk Bean Bag Pick Up: Individual Challenge: Crab walk around course twice with beanbag on stomach. Must complete in 50 seconds and last beanbag needs to stay on the top of the cone. Cones 25 feet apart.

The Frogger: Individual Challenge: Individual must perform 20 squat thrusts (or burpees) in 50 seconds. Must jump up at end and child can move.

Partner Plank Taps: Partner Challenge: From a distance of 15 feet 2 children in a plank position (on hands), tap a ball back and forth 30 times (15 for each child). Children can move.

Partner Jumping Jacks: Partner Challenge: Partners must complete 70 matching jumping jacks in 60 seconds. Must touch hands at top and count out loud together.

Partner Sit Up Throw & Catch: Partner Challenge: Partners must complete 25 sit-ups while throwing & catching a ball successfully 25 times without missing. Must complete in 60 seconds.

On the Move Throw & Catch: Partner Challenge: From a distance of 15 feet 2 children throw a ball back & forth 25 times while alternating places. Catches and throws need to be behind line.

How the Program Works

Teachers come to the PE Central Fitness Challenge Web site to register in the Fall. The cost to register is \$25.00 per teacher. Teachers must renew each year to participate.

After a teacher becomes a registered member, they can start administering the fitness challenge tasks at any time. Teachers have until the beginning of June of the following year to administer and test the kids. There are 6 Cooperative Fitness Challenge tasks. Children that successfully complete 4 of 6 tasks earn a bronze fitness challenge pin. If a child completes 5 of 6 of the tasks, that child earns a silver fitness challenge pin. If a child completes 6 of 6 fitness tasks then he/she earns a gold fitness challenge pin. All of the information you will need to administer the Fitness Challenge is on the Fitness Challenge Web site (www.pecentral.org/fc). There is a score sheet, downloadable participation certificates, and detailed descriptions of the set up of each challenge along with videos and pictures of the Fitness Challenge in action.

By June of the following year, teachers return to the Cooperative Fitness Challenge site to report to us how many pins their children earned. S&S Discount Sports, our partner, will mail the pins via UPS.

Member Benefits:

- All registrants receive a FREE \$25.00 eGift card from our sponsor, S&S Discount Sports that can be used to purchase pins or equipment from their online PE store (pe.ssw.com)
- Upon completion of the program, members can order Challenge award pins using their \$25.00 eGift card at the S&S Discount Sports website
- For additional pins, members can get 15% off plus FREE shipping on orders over \$25. Use offer code B4263 when ordering (non-members do not receive this special offer)
- Cost for additional pins are only \$1.01 each using the special discount (non-members pay \$1.19 per pin)
- Log in UN and PW so you can change your personal information at any time
- Frequent email communication from Mark Manross, Executive Director, updating you on dates things need to be completed, etc.

Award Pins:



Gold (6/6)



Silver (5/6)



Bronze (4/6)

Contact PE Central:

Phone: 540-953-1043 (Mark Manross, Executive Director)

Email: fitnesschallenge@pecentral.org

Address:

PE Central

2516 Blossom Trl W

Blacksburg, VA 24060