

Name/Title: 6 Minute Challenge

Purpose of Event: To improve fitness and to teach students the importance of setting goals.

Prerequisites: Jumping rope skills and hula hoop skills should be taught first.

Suggested Grade Level: 3-5

Materials Needed: Pencils

6 Minute Challenge Record Sheets ([PDF](#)) ([Microsoft Word so it is Editable](#))

Jump Ropes

Hula Hoops

Cones

Description of Idea

Have students get into groups of 3. Each group needs a pencil, [record sheet](#), jump rope and a hula hoop.

Before beginning the challenge. Discuss with students the importance of setting goals (if you have a goal you tend to work harder). Give them a goal for each task (e.g., after the 6 minutes the group will get 26 or more total laps; 500 or more hoop rotations; and 500 or more jumps).

To begin, one person in the group will run laps, one will jump rope, and one will hula hoop. After 1 minute is up, students quickly record their scores on the record sheet. Then players switch tasks. This continues for 6 minutes. At the end of 6 minutes, each player will have done each task twice.

Have the students add up their laps, hoop rotations and jumps to see if they met the goals.

Variations:

For my students who have difficulty jumping rope, I allow them to twirl the rope in one hand and jump up and down.

The students could set their own goals.

Could have students wear pedometers.

Submitted by **Lisa Dess** who teaches at Pagosa Springs Elementary School in Pagosa Springs, CO. Thanks for contributing to PE Central! **Posted on PEC: 1/31/2018.**

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