Name/Title: "Never Have I Ever" Fitness Challenge

Purpose of Event: A fun fitness challenge that can also be a ice breaker to see what activities students have had the chance to do.

Suggested Grade Level: 6-12

Description of Idea

Click link below for video and brief description of activity.

Video (Takes you to YouTube)

Variations:

Modify the exercises and you could also modify the questions to be meet your student demographic. For example, if your students are not likely to go hiking or skydiving, ask questions that they are likely to do.

Submitted by **Idrissa Gandega** in New york, NY. Thanks for contributing to PE Central! **Posted on PEC: 7/21/2021**.

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