Name/Title: Olympic Challenge

Purpose of Event: To work on student's fitness levels using the Presidential Fitness Testing Challenge.

Prerequisites: Students must have some knowledge of some skills such as basketball, football, and hockey.

Materials Needed: Scooters, cones, footballs, basketballs, hockey sticks and pucks, jump ropes.

Description of Idea

Assign each student a country that they will represent. Assign a homework assignment that has the student find the country's capital and population, then have them draw a flag of the country and write a paragraph about interesting health and physical activity related information that they found (good idea to collaborate with other teachers on this part of the project). On the homework assignment, you may also want to include questions relating to the Presidential physical fitness testing, such as agility, muscular endurance, muscular strength, and heart rate.

The lesson is essentially stations that include the presidential physical fitness tests as well as 4 or 5 other activities the students will perform. The activities I used were:

Basketball shot - 1 point for close shots (layup, inside the key), then 3 points for medium shots (outside the key), and 5 points for far shots (outside the 3 point line). The shooter has to get their own rebounds, and attempt to score as many points as they can.

Football toss - 1 point for close distance, 3 points for medium distance, and 5 points for long throws that hit a target. Students work with 1 ball and get their own throw after it hits or does not hit a target. Students are given points based on how they placed in each of the events. First place in an event would be 10 points, then 9 then 8 and so on and so on.

Floor hockey shot - 1 point for close distance, 3 points for medium distance, and 5 points for long throws that make a goal. Students work with 1 ball or puck and get their own rebound after each shot on goal. Students are given points based on how they placed in each of the events. First place in an event would be 10 points, then 9 then 8 and so on and so on.

Skeleton - Essentially a scooter board obstacle course that students complete while laying on their stomachs on a scooter board. This is a good activity to improve upper body strength. Students are given points based on how they placed in each of the events. First place in an event would be 10 points, then 9 then 8 and so on and so on.

Bobsledding - With a partner, one student would push another student who is sitting on a scooter board around an obstacle course. Make sure they do this safely.

Have the students work through the stations with 1-2 stations set up for fitness testing. Students keep their own scores but are observed when performing a fitness test. It's a fun way to fitness test and work in some other fitness concepts and activities at the same time.

Assessment Ideas:

Develop a rubric for grading homework.

Use this activity a couple times throughout the year so students can set goals and monitor their progress.

Teaching Suggestions:

The entire unit takes four or five class periods in which the teacher introduces the students to the first five activities, and the students perform the skills the following class for scores.
Students perform each activity for one minute and then rotate around the gymnasium from station to station.

Each student should be given an index card to record his/her own score.

Adaptations for Students with Disabilities:

Students with disabilities can participate in these activities although some stations might need to be modified.

Submitted by **Dan Dorozynski** in Springfield, MA. Thanks for contributing to PE Central! **Posted on PEC: 8/16/2002**.

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