

## Cooperative Fitness Challenge from PE Central

### Challenge Task: Crab Walk Beanbag Pick Up

**Fitness component:** Muscular strength (arms, abdominals)

#### Full description/Set up:

This is an individual challenge. You will need 2 cones of any height of your choice and 2 beanbags. Place the cones **25 feet apart** directly across from each other. Place the 2 beanbags behind the cone opposite from where the child will start the challenge. The non-beanbag cone will serve as the starting place the child. The child's feet must be behind the starting cone to start. On the start signal, the child crab walks towards the cone with beanbag. When they arrive at the second cone they must place the beanbag on their stomach, go around cone and race back to the other cone. After placing the beanbag behind the cone they go around the cone and then head back and pick up the other beanbag, put it on stomach and race home to the cone. When they place the second beanbag on top of the cone where the other cone is the challenge is over. Child must complete this task in **50 seconds**. If child's bottom or a beanbag touches the floor during the crab walk they must start the challenge over. If beanbag starts to slide off of stomach student may put it back on stomach as long as it does not hit the floor.

#### Quick description:

Individual Challenge: Crab walk around course twice with beanbag on stomach. Must complete in 50 seconds. Cones 25 feet apart.

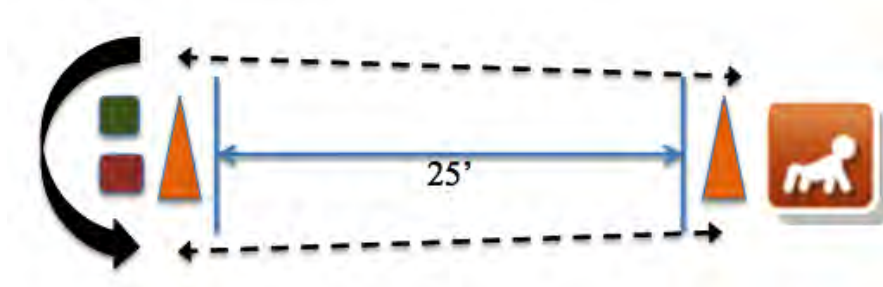
#### Bullet point description:

- Must get 2 beanbags to and from cones set 25 feet apart while doing crab walk
- Must be completed in 50 seconds
- Beanbag must stay on belly entire time (child can rearrange while on belly)
- Child's bottom can't touch ground

#### Equipment Needed:

- Beanbags (2)
- Cones (2)
- 2-4 inch gator skin ball (if you decide to make the challenge harder)

### Diagram:



### What constitutes starting the challenge over:

- If child's bottom or a beanbag touches the floor during the crab walk they must start the challenge over.
- Child not completing 2 trips in the allotted time.
- Child not placing 2<sup>nd</sup> beanbag on top of cone. Needs to stay balanced.

### Variations:

*Making the challenge more difficult:*

- Decrease the number of seconds
- Increase the length between cones
- Instead of a straight line have them zigzag between the cones
- Have them use a ball instead of a beanbag

*Making the challenge easier:*

- Increase the number of seconds
- Decrease the distance between the cones
- Allow children to place the beanbag behind the cone instead of putting it on top of cone
- Have child use a ball to balance on stomach instead of a beanbag

### Tips/Notes:

- If beanbag starts to slide off of stomach student may put it back on stomach as long as it does not hit the floor.
- Stop clock when the second beanbag is balanced atop the cone.
- Make sure the child starts completely behind the first cone at the start.

### Teaching Cues

- Keep core tight
- Make decision about going forward or backward
- Strong arms

**Adapting for children with disabilities:**

We encourage you to adapt any of the tasks to meet the needs of any of the kids participating in the Fitness Challenge, including any kids with disabilities. Feel free to use the child's IEP or use any of the variations we list above to assist you.

**Pictures of Crab Walk Beanbag Pick Up**

