

## Cooperative Fitness Challenge from PE Central

### Challenge Task: Partner Jumping Jacks

**Fitness component:** Cardiovascular endurance

#### Full description:

This is a partner challenge. Partners must perform 70 jumping jacks in **unison** (while counting) in **60 seconds**. Students must count out loud as they complete this task. They can face each other, stand behind each other or stand side by side. They can be as far apart as they want from each other. The kids must be in unison throughout the challenge or they must start over. They must touch their own fingertips at the top of each jumping jack. If they don't complete 70 jumping jacks using the proper form, they must start again.

#### Quick description:

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

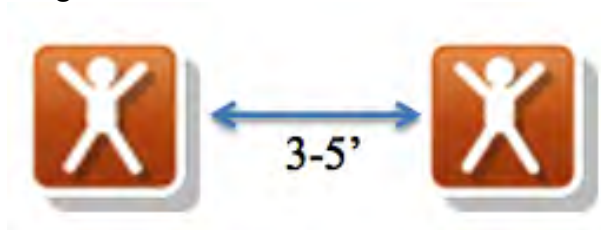
#### Bullet point description:

- 2 children
- Children must perform 70 jumping jacks in 60 seconds
- Jumping jacks must be in unison
- Both children must count out loud
- Children must touch their own fingertips at top of jumping jack
- If they get out of unison, not touch their fingertips, or not complete 70 in 60 seconds they must start over

#### Equipment Needed:

- Timing device
- Cones or other markers to mark how far apart kids should be from each other (optional)

#### Diagram:



**What constitutes starting the challenge over:**

- Children must be in unison during the challenge.
- Children must touch their own fingertips on each jumping jack.
- Children must complete 70 jumping jacks in 60 seconds.

**Variations:**

*Making the challenge more difficult:*

- Decrease the number of seconds
- Increase the number of jumping jacks to complete
- Have children stand side by side as opposed to facing each other

*Making the challenge easier:*

- Increase the number of seconds
- Decrease the number of jumping jacks to complete

**Teaching Cues**

- Touch fingers at the top
- Stay on toes
- Pace yourself: Don't go too fast at start

**Adapting for children with disabilities:**

We strongly encourage you to adapt any of the challenge tasks to meet the needs of any of the kids participating in the Fitness Challenge, including any kids with disabilities.

## Pictures of Partner Jumping Jacks Fitness Challenge

