

## Cooperative Fitness Challenge Quick Descriptions

### Crab Walk Bean Bag Pick Up

Individual Challenge: Crab walk around course twice with beanbag on stomach. Must complete in 50 seconds and last beanbag needs to stay on the top of the cone. Cones 25 feet apart.

### The Frogger

Individual Challenge: Individual must perform 20 squat thrusts (or burpees) in 50 seconds. Must jump up at end and child can move.

### Partner Plank Taps

Partner Challenge: From a distance of 15 feet 2 children in a plank position (on hands), tap a ball back and forth 30 times (15 for each child). Children can move.

### Partner Jumping Jacks

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

### Partner Sit Up Throw & Catch

Partner Challenge: Partners must complete 25 sit-ups while throwing & catching a ball successfully 25 times without missing. Must complete in 60 seconds.

### On the Move Throw & Catch

Partner Challenge: From a distance of 15 feet 2 children throw a ball back & forth 25 times while alternating places. Catches and throws need to be behind line.

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