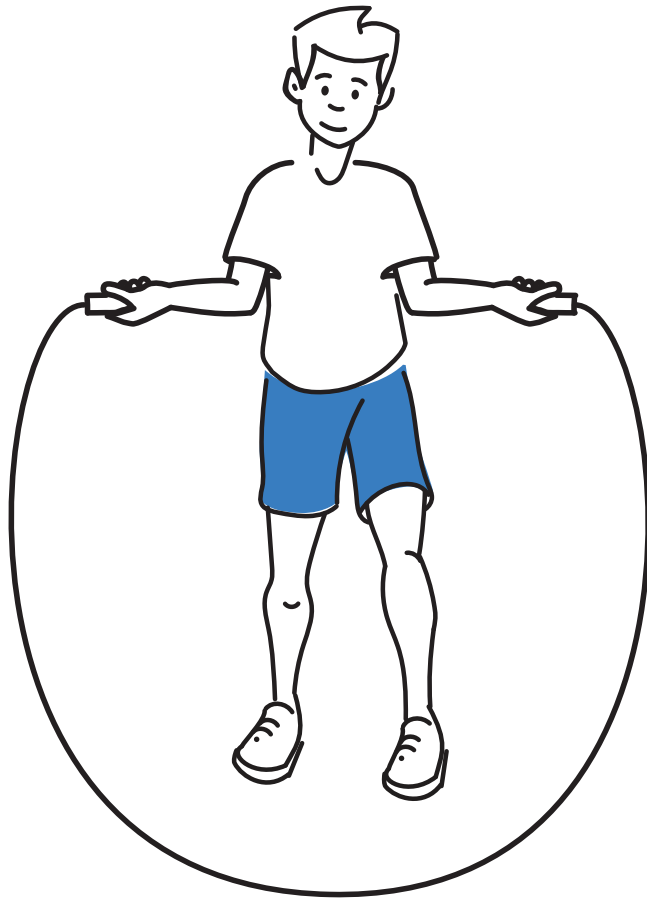


# ROPE JUMPING

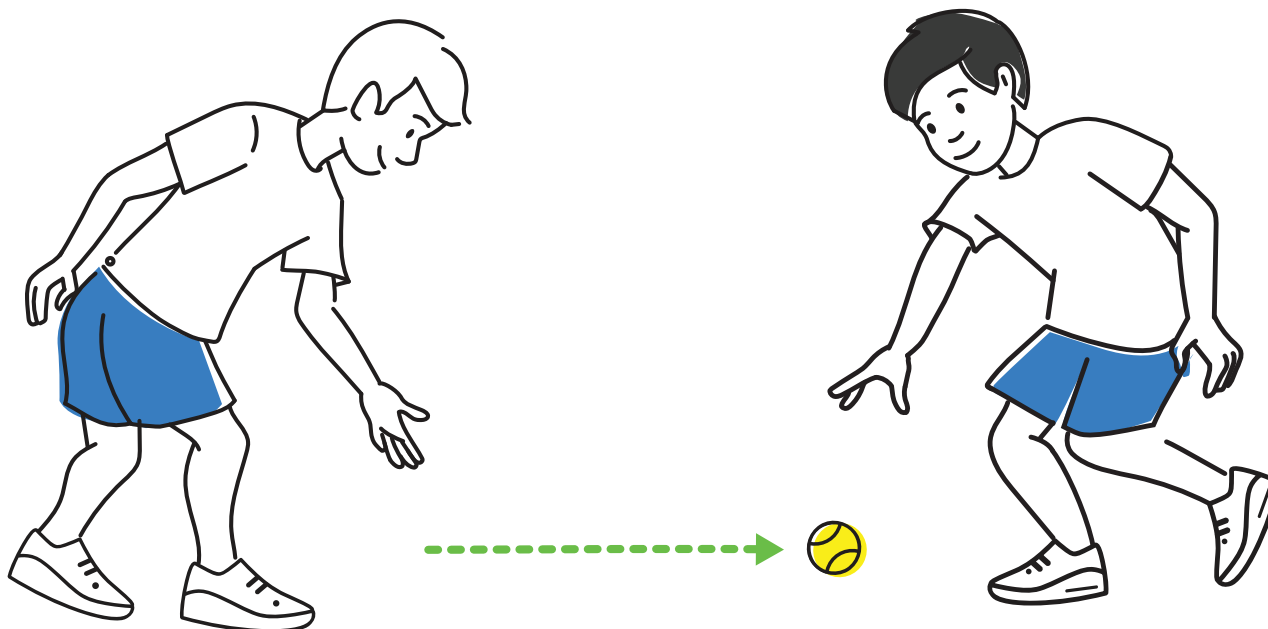


# TOSSING, ROLLING, OR BOUNCING A BALL

- Partners work together tossing, rolling, or bouncing a ball back and forth.
- Balls can be tossed one at a time or two at a time, while stationary or moving, for an additional challenge.
- Cues: Underhand toss (eye high), bouncing (waist level).

## EQUIPMENT NEEDED

- One or two balls for each two students

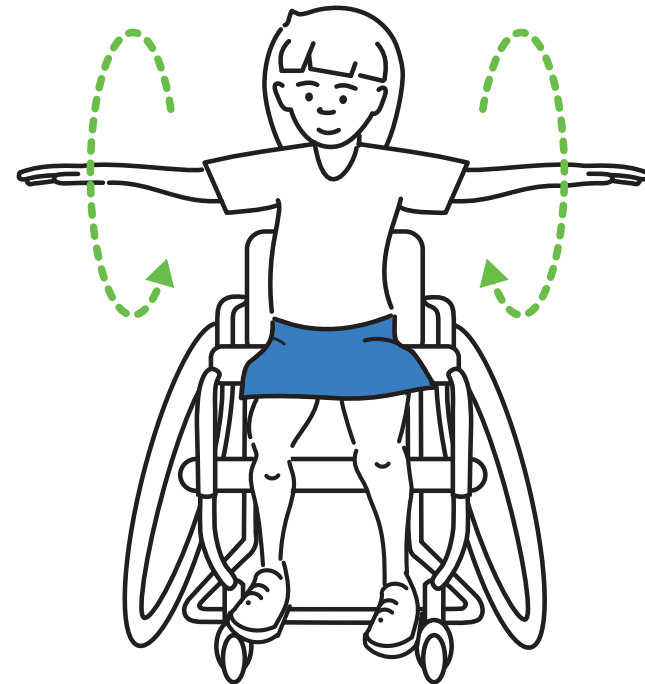
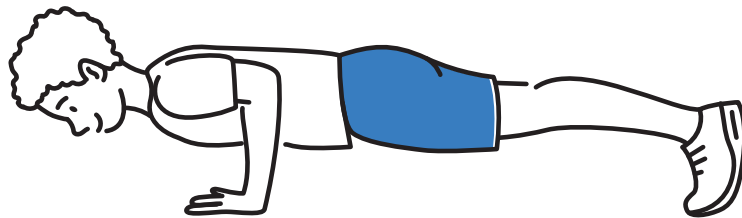
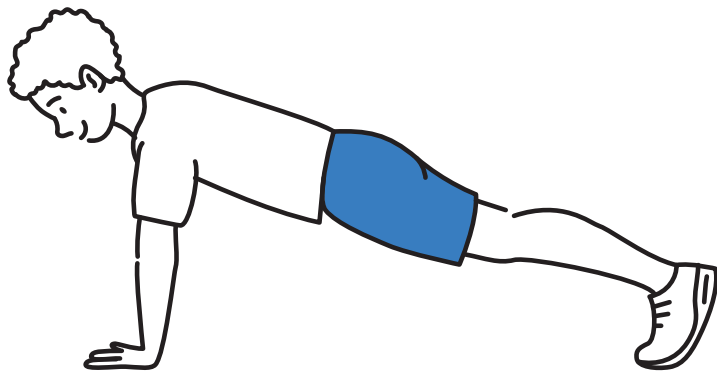


# UPPER BODY FITNESS CHALLENGES

- Student choice of activity

## EQUIPMENT NEEDED

- Hand weights (optional)
- Stretch bands (optional)

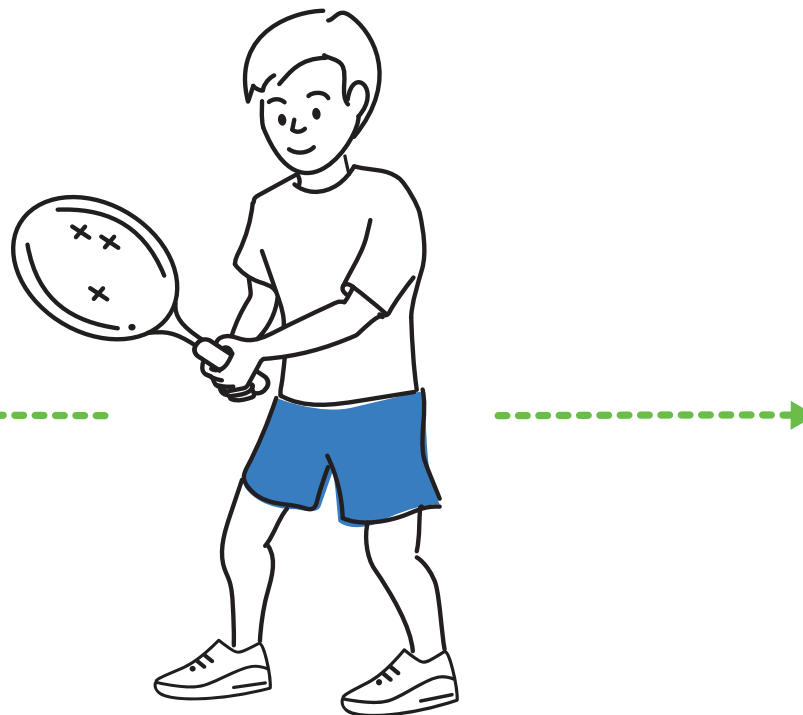


# SIDE SHUFFLE

- Students shuffle their feet moving sideways 4-5 steps to the right and then 4-5 steps to the left, while holding the racquet in ready position.

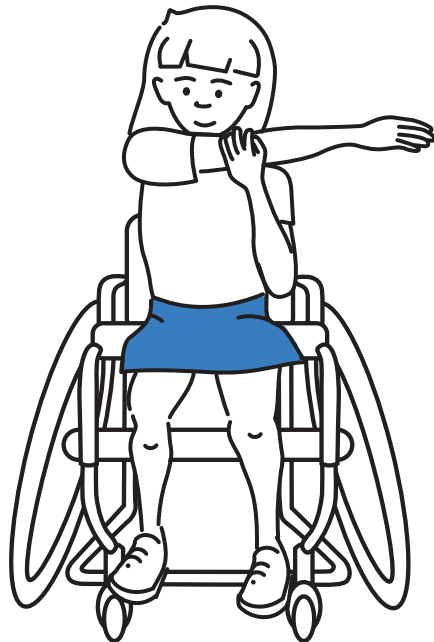
## EQUIPMENT NEEDED

- One racquet per student



# FLEXIBILITY CHALLENGES

- Student choice of activity

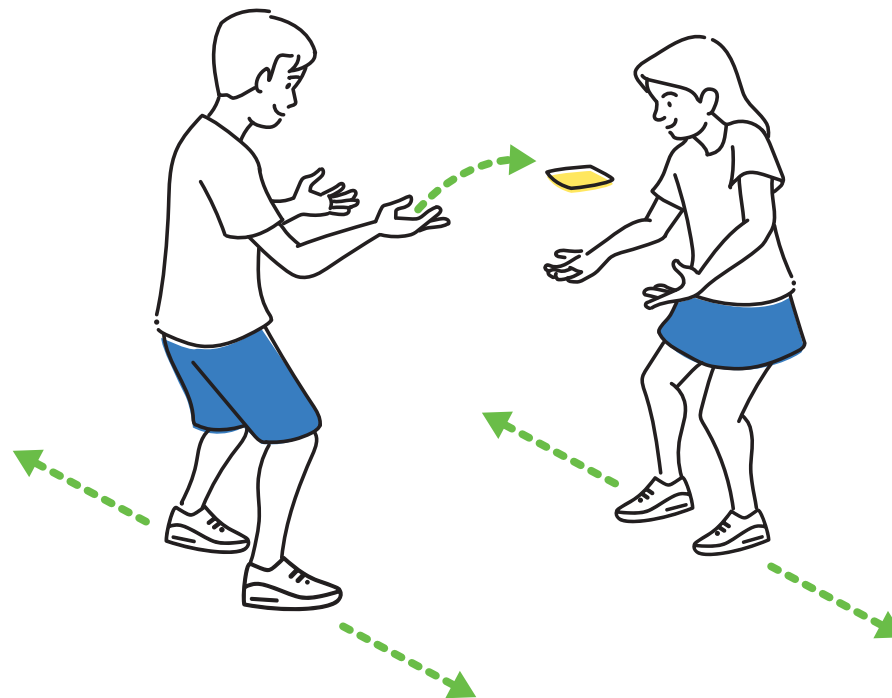


# BEANBAG PASS WHILE MOVING

- Students pass the beanbag back and forth while side shuffling several steps to the left and right.

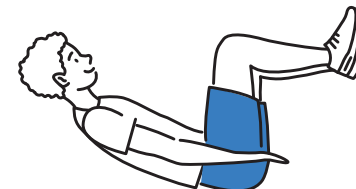
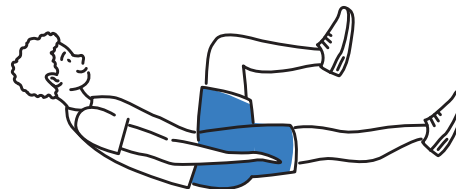
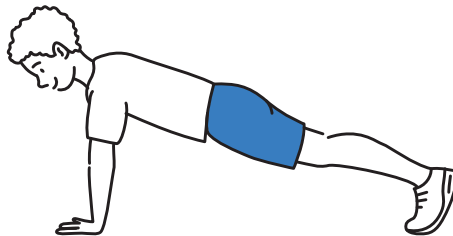
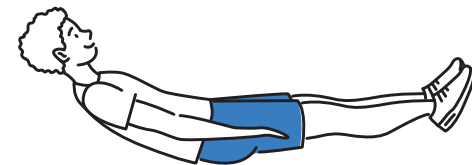
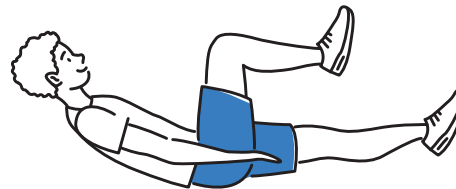
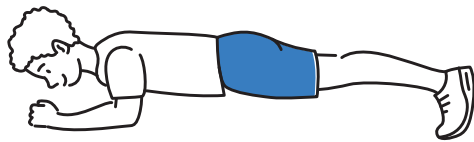
## EQUIPMENT NEEDED

- One racquet per student (optional)
- One bean bag per two students



# ABDOMINAL FITNESS CHALLENGES

- Student choice of activity



# RACQUET QUICKNESS WITH A PARTNER

- Partners are about three feet apart while balancing their racquets upside down on the ground. On signal, they release their racquet and try to catch their partner's racquet before it falls to the ground. If both partners catch their racquet, they each step back one step and repeat the challenge. An additional challenge is to make a full turn after the release and before catching their own racquet.

## EQUIPMENT NEEDED

- One racquet per student

