

Flexibility

- Standing calf stretch
- Deep lunge right and left
- V-sit groin stretch

Activity 7.12 Sporting Fitness Activity Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



Aerobic Fitness

- Agility ladder jumps
- Running cone obstacle course
- Bounding pattern

Activity 7.12 Sporting Fitness Activity Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).

Muscular Strength and Endurance: Lower Body

- Lunges right and left
- Step-ups right and left
- Calf and toe raises

Activity 7.12 Sporting Fitness Activity Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



Muscular Strength and Endurance: Upper Body

- Curl-ups
- Reverse curls
- Oblique abdominal curls

Activity 7.12 Sporting Fitness Activity Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).

Flexibility:

Upper Body and Torso

- Arms clasped overhead
- Side stretch: arm overhead, lean and reach right and left
- Chest stretch

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From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).

