

## **Fitness Adventure Station 1**

# **Leap From Line to Line**

Students must cross the line somehow connected to each other, such as by holding hands or hooking elbows.

Activity 7.17 Fitness Adventure Station Cards

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



## **Fitness Adventure Station 2**

# **Power Walk**

Students power walk around the room.

Activity 7.17 Fitness Adventure Station Cards

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

## **Fitness Adventure Station 3**

# **Jump Rope**

Every member of the team must jump 15 times in unison.

Activity 7.17 Fitness Adventure Station Cards

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



## **Fitness Adventure Station 4**

# **Cross the Spots**

- Students should cross the spots area, maintaining balance on the poly spots.
- If a team member steps off the poly spots, the team loses 1 fitness point.

Activity 7.17 Fitness Adventure Station Cards

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

## **Fitness Adventure Station 5**

# **Shuttle Run**

Students run between two lines, replacing a block or beanbag placed on each end line.

Activity 7.17 Fitness Adventure Station Cards

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



## **Fitness Adventure Station 6**

# **Scooter Rescue**

One team member sits on a scooter or carpet square. The other team members safely move their teammate across a specified distance, approximately 10 to 15 feet (3 to 4.5 m) away, by either pushing if using a scooter or pulling if using a carpet square.

Activity 7.17 Fitness Adventure Station Cards

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