

Fitness Unscramble

Station 1

- One person sits on the floor in a pike position. The next person sits in a pike position directly behind the first person so that the feet touch the first person's back.
- Continue the pike seating formation until the entire group is seated in a straight line.
- The person at the beginning of the line takes the ball and reaches overhead while the second person reaches forward to take the ball.
- When the last person receives the ball, that person stands, walks to the front of the line, and sits in a pike position to start passing the ball again.
- The group continues the relay until the first person who passed the ball is in the front of the line again.
- Identify the fitness component that you just performed, write it down on your worksheet, and move to station 2.

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Station 2

Everyone in your group must go through the rope ladder on the ground in the following patterns:

- Forward alternating steps (up and back)
- Sideways leading with right foot (up)
- Sideways leading with left foot (back)
- Using just the right foot, hop five spaces
- Using just the left foot, hop the remaining five spaces

Identify the fitness component that you just performed, write it down on your worksheet, and move to station 3.

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Station 3

- Your entire group forms a circle.
- With the ball provided, keep the ball in the air by using a volleyball set.
- Try to get 20 consecutive hits without the ball hitting the ground. No player may set the ball twice in a row.
- Identify the fitness component that you just performed, write it down on your worksheet, and move to station 4.

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Station 4

- Your entire group gets on the mat, and all group members stand on both feet.
- You must remain on the mat for one verse of “Row, Row, Row Your Boat.” Sing the song aloud.
- Now stand on one foot and repeat the song.
- Identify the fitness component that you just performed, write it down on your worksheet, and move to station 5.

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Station 5

- One person from your group stands behind the starting line.
- Another person from your group says, “Ready . . . go.”
- The person at the starting line runs to a block, picks it up, runs back to the starting line, places the block behind the line, runs back to pick up a second block, and runs back across the starting line.
- Continue the activity until the entire group has gone twice, alternating sides from which team members run (because the blocks will be moved to the opposite side with each team member’s turn).
- Identify the fitness component that you just performed, write it down on your worksheet, and move to station 6.

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Station 6

- Everyone in your group stands on a poly spot.
- The person closest to the medicine ball or weighted backpack bends at the knees, picks up the object with two hands, and passes it to the next person in line.
- When the medicine ball or backpack reaches the last person in line, the group members pass it back to the front of the line using two hands.
- Continue the passing pattern using only the right hand.
- Repeat the pattern using only the left hand.
- Identify the fitness component that you just performed, write it down on your worksheet, and move to station 7.

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Station 7

- Select two members of your group to be enders.
- Remaining team members attempt to jump 10 consecutive jumps each.
- After the first jumper has completed 10 consecutive jumps, change enders and repeat until all members have had a turn both jumping and being an ender.
- Identify the fitness component that you just performed, write it down on your worksheet, and move to station 8.

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Station 8

- One person gets into a push-up position.
- The next person also gets into a push-up position by placing the top of his or her feet on the first person's hamstrings. The two people should form a right angle.
- They complete three push-ups together.
- Have two different people perform push-ups together until every group member has had a chance to work with a partner.
- Challenge: Can you increase the number of people connected to three, four, five, or more?
- Identify the fitness component that you just performed, write it down on your worksheet, and move to station 1.