



## **POWER TEAM CHALLENGE SCORECARD**

Team members \_\_\_\_\_ Date \_\_\_\_\_

Team name \_\_\_\_\_

Write down the number of repetitions that your team completed at each station.

Activity	Member 1	Member 2	Team total
Medicine ball pass			
Weighted jump rope #1			
Speed rope skipping #1			
Dumbbell overhead press			
Bench push-ups			
Speed rope skipping #2			
Medicine ball partner curl-up pass			
Weighted jump rope #2			
Dumbbell front raise and upright row			
Speed rope skipping #3			
Aerobic step crunch			
Alternating triceps push-ups and wide-arm push-ups			
Aerobic step static lunges			
Bench step-ups			
<b>Total</b>			

## POWER TEAM CHALLENGE SCORECARD *(continued)*

### FITT Principle Check

Discuss with your partner and answer the following questions. You might not have the same answer as your partner. If you don't, write both down.

1. How did time affect the intensity of this workout?

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2. What two activities were the most intense?

a. \_\_\_\_\_

Why? \_\_\_\_\_

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b. \_\_\_\_\_

Why? \_\_\_\_\_

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## POWER TEAM CHALLENGE SCORECARD *(continued)*

3. Thinking of type, choose two activities and describe what component of health-related fitness was addressed and how it was addressed.

a. \_\_\_\_\_

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b. \_\_\_\_\_

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4. When you do this activity again, with the same activities and the same partner, how would you use today's scores in setting goals?

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