

# Medicine Ball Pass

Stand 6 to 8 feet (2 to 2.5 m) from your partner. Pass the medicine ball back and forth using alternating chest passes and overhead passes. Remember to step in with one foot as you throw.

1. How many passes can you complete in 90 seconds?
2. Record how many you did and how many your partner did.

Activity 8.6 Power Team Challenge Station Task Cards

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



# Weighted Jump Rope #1

You and your partner each take a weighted jump rope. On the start signal begin jumping using a basic two-foot jump.

1. How many successful turns can you make in 90 seconds?
2. Record how many you did and how many your partner did.

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# Speed Rope Skipping #1

You and your partner each take a jump rope. On the start signal begin jumping as fast as you can using either a basic two-foot jump or a jogging step.

1. How many successful turns can you make in 90 seconds?
2. Record how many you did and how many your partner did.

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# Dumbbell Overhead Press

You and your partner each pick up two dumbbells of the appropriate weight. With one weight in each hand bring the weights up so that your elbows are bent at a 90-degree angle with the elbows at shoulder height. On the start signal begin lifting the weights overhead and then bring them back down to the starting position, but no lower.

1. How many repetitions can you do in 90 seconds?
2. Record the number that you and your partner did.

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# Bench Push-Ups

Using a chair or bleachers, place your hands on the front edge at approximately shoulder-width. On the start signal begin doing push-ups, going down to a 90-degree bend at the elbows.

1. How many push-ups can you do in 90 seconds?
2. Record the number that you and your partner did.

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# Speed Rope Skipping #2

Each partner takes a jump rope. On the start signal begin jumping as quickly as possible using a jogging step.

1. How many successful turns can you make in 90 seconds?
2. Record the number of successful turns that you and your partner made.

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# Medicine Ball Partner Curl-Up Pass

Each partner lies down with the feet facing each other, knees bent, and feet touching. Each pair of partners has a medicine ball. On the start signal the partners curl up, pass the ball, and curl down. The passing sequence continues for 90 seconds.

1. How many passes can you make in 90 seconds?
2. Record the number of passes that you made and your partner made in 90 seconds.

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# Weighted Jump Rope #2

You and your partner each take one rope. On the start signal begin jumping using either a basic two-foot jump or a jogging step.

1. How many successful turns can you make in 90 seconds?
2. Record the number of successful turns that you and your partner made.

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# Dumbbell Front Raise and Upright Row

You and your partner each take two dumbbells of appropriate weight. Face each other and begin with a front raise. Keeping the shoulders down, lift both arms forward and keep the elbows slightly bent until you reach shoulder height. When you reach the top, hold for one count and lower. Next, do an upright row. With the shoulders down and the hands straight below the shoulders, slowly raise the weights up, moving the elbows to the side until they are even with the shoulders, hold for one count, and slowly lower. Continue alternating the front raise and upright row pattern for 90 seconds.

1. How many sets—one raise and one row—can you do in 90 seconds?
2. Record the number of successful sets that you and your partner completed.

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# Speed Rope Skipping #3

Each partner takes a rope and begins jumping as fast as possible, alternating jogging steps and basic two-foot jumps every 25 turns.

1. How many successful turns can you make in 90 seconds?
2. Record the number of successful turns that both you and your partner completed.

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# Aerobic Step Crunch

Lie on a mat with your knees bent and your feet on an aerobic bench. Keep your hips close to the bench. Fold your arms across your chest. On the start signal, begin doing crunches.

1. How many crunches can you do in 90 seconds?
2. Record the number of crunches that you and your partner completed.

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# Alternating Triceps Push-Ups and Wide-Arm Push-Ups

Alternate two triceps push-ups with two wide-arm push-ups. Triceps push-up: Beginning with your hands to the inside of your shoulders, lower down, keeping your forearms and elbows close to your side. When your elbows are bent to 90 degrees, rise back up. Wide-arm push-ups: Beginning with your hands approximately 4 inches (10 cm) wider than your shoulders, lower down until your elbows are bent 90 degrees and rise back up.

1. How many sets (two triceps push-ups and two wide-arm push-ups) can you do in 90 seconds?
2. Record the number of complete sets that you and your partner completed.

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# Aerobic Step Static Lunges

Using an aerobic step with a maximum of one riser, place one foot on top and the other back. Lower until the front leg is bent at a 90-degree angle and the back leg is bent so that the knee is at a 90-degree angle. Hold for one second and rise back up. Alternate through the period by doing 10 on one leg and then 10 on the other.

1. How many lunges can you do in 90 seconds?
2. Record the number of lunges that you and your partner completed.

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# Bench Step-Ups

Standing in front of an aerobic bench with a maximum of two risers, begin a basic step—up and down with each foot—when given the start signal.

1. How many full steps (up and down with each foot) can you do in 90 seconds?
2. Record the total number of full steps that you and your partner completed.

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