

"Got TCC....Good"

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PFA was awarded the NJAHPERD Physical Activity Champion of the Year 2015

Project Fit America is a national agency that works at the grassroots level with schools and front line educators to create new opportunities for kids to be active, fit and healthy

TCC(teamwork, cooperation, communication) challenges and activities

The cooperative challenges are set up like "Survivor" and teams are called tribes.

Peanut Butter Pit: Each tribe will be given one gymnastics mat, one jump rope, and one scooter. Tribes will have to use the equipment to travel from point A to point B without anyone in their tribe touching the floor. If anyone touches the floor, tribe must start over. Students cannot stand on the scooter. Teacher cannot give any hints on best way to do this. Fastest tribe to do this wins this event.☺

Head to Toe: Each tribe will be given a large beanbag animal. Using only feet, tribe members must pass the animal from person to person until they get animal from point A to point B. If anyone uses their hands or the animal touches the floor, tribe must start over. Fastest tribe to do this wins this event.

Tennisball Cup Challenge: Classroom Challenge, students take fitness cup and pass ball around a circle on the bottom of the cup to the most students without a drop. Each class will get 3 tries or be timed for one minute.

Human Hoop Loop: Classroom Challenge, students must get a hoop around the circle without letting go of hands. Hoop must start over if they break hands. Class will be given 3 tries.

Immunity Idol Challenge: In art class, tribes will be given random materials to create an idol. Mystery Judges will come in and pick the best one, the next best one, and so forth.

Soccer Juggle Challenge (Grades 3 and up)

Students will juggle a soccer ball for the following amounts of time without using hands, arms or letting the ball bounce. Equipment needed = soccer balls, gator balls, etc.

Bronze = Grades 3-8 > 5 times

Silver = Grades 3-8 > 10 times

Gold = Grades 3-8 > 15 times

Kong = Grades 3-8 > 20 times



Tennis Ball Challenge (Grades k-12)

Equipment Needed: A LOT of tennis balls!!!

Divide the kids into 2 zones(fitness break area and tennis ball challenge area)

Fitness Zone: Heavy hoops, jump ropes, regular hoops, wall push-ups, sit-ups, etc. Get creative!!

-Students form a line

-Teacher is located a good distance away

-Teacher will toss a tennis ball to the student

-The ball must bounce 1 time!

-The student keeps it and returns to the back of the tennis ball challenge line

-Balls must be controlled by the body

-Students cannot use pockets or make "shirt baskets" to hold tennis balls

-The student must put ALL collected tennis balls into the collection box and proceed to the fitness break zone

-They choose one fitness activity to perform "x" number of times as instructed by the teacher

-If a student drops a ball while waiting in the tennis ball challenge line, the student must place ALL his collected tennis balls into the collection box and proceed to the fitness break zone

-Once the fitness break is complete, the student returns to the tennis ball challenge line

	k-2	3-8	9-12
Bronze	3	5	8
Silver	7	10	15

Gold	10	15	20
Kong	15	20	25

Shuttle Cup Challenge (Grades k-12)

Equipment needed: 3 fitness cups per runner, blue and red rubber bands

Students line up on the start line with each runner having their own lane. Students run down on the “go” signal, grab 1 cup and race back to their starting spot and place behind the start line. They repeat by getting the 2nd cup and placing it beside the 1st cup. They run and get the 3rd cup and place it on top of the 1st 2 cups to form a pyramid. They then stand behind their pyramid with hands up in the air to be considered “done”.

Heat winners: Try to pick the top two finishers in a heat. Crack down firmly on false starts and incorrect finishes by giving them a DQ for that heat. Have heat winners compete at the end.

Logo Cup Build

Goal: To earn the most cups to build with. Build a logo with cups.

Equipment: medicine balls, heavy hoops, steps(in old aces office), jump ropes, basketballs, cones

(task cards are already up on the walls around the gym...just place appropriate equipment at each card)

- 1) Have kids get into groups of 2 or 3.
- 2) Do a task card 10 times to earn 3 cups and build on the other side of the cones.
- 3) RULE: If you knock down another person’s building you must give them 10 of your cups.
- 4) After the cups are gone, let each group tell what logo they built😊 Afterwards students are to calmly take down cups and place back on stage stairs.

