



**ELLIOTT'S ACTIVE  
ACADEMY**

## ABOUT ME

I am a momma of 2 sweet babes and teach high school PE and Health. I teach PE as fitness based vs sports based.

**FOLLOW MY STORE!**



**CONNECT WITH ME**



@Elliottsactiveacademy

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## CLIP ART & FONTS BY...

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A Perfect Blend



# CrossFit Webquest

FOLLOW THE DIRECTIONS AND CLICK ON THE LINKS TO  
WATCH A VIDEO OR READ NECESSARY INFORMATION.

ANSWER THE QUESTIONS IN THE SPACE PROVIDED.

*What is CrossFit?*

WATCH ONE OF THE VIDEOS LINKED BELOW AND ANSWER THE QUESTIONS.

**CROSSFIT IN 6 WORDS**

**WHAT IS CROSSFIT?**

*CrossFit General Fitness Skills*

VISIT THIS WEBSITE( 10 ESSENTIAL CROSSFIT SKILLS)AND LIST THE 10 PHYSICAL  
SKILL CROSSFIT RECOGNIZES ON YOUR ANSWER SHEET.

*CrossFit Foundational Movements*

WATCH THE VIDEO AND USE THE INTERNET TO ANSWER THE QUESTIONS.

**CROSSFIT FUNDAMENTAL MOVEMENTS**

## CrossFit Nutrition

VISIT THIS WEBSITE (CROSSFIT NUTRITION) AND ANSWER THE QUESTIONS.

Where is your local box? Box=CrossFit Gym

USE THE INTERNET TO FIND A LOCAL BOX NEAR YOU!

## CrossFit Coaching

TO BECOME A CROSSFIT COACH YOU MUST GO THROUGH SOME TRAINING. USE THIS WEBSITE (CROSSFIT CERTIFICATION) TO ANSWER THE QUESTIONS ABOUT BECOMING A COACH.

## The CrossFit Games

WATCH THIS VIDEO  
THEN USE THIS WEBSITE  
(CROSSFIT GAMES) TO  
DETERMINE HOW SOMEONE  
QUALIFIES FOR THE GAMES

CrossFit Game Highlights

## The CrossFit Games Events

USE THIS WEBSITE (CROSSFIT GAMES WORKOUTS) OF PAST CROSSFIT GAMES TO ANSWER THE QUESTIONS.

NAME:

# CrossFit Webquest Questions/Answers

What is CrossFit?

- WHAT ARE THE 3 MAIN COMPONENTS OF CROSSFIT?
- WHAT IS SOMETHING MENTIONED IN THE VIDEO THAT MAKES CROSSFIT SPECIAL?

CrossFit General Fitness Skills

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

## CrossFit Foundational Movements

- DEFINE FOUNDATIONAL MOVEMENT
- WHAT ARE THE 9 CROSSFIT FOUNDATIONAL MOVEMENTS?
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
  - 7.
  - 8.
  - 9.

## CrossFit Nutrition

- WHAT ARE THE TWO BASIC CROSSFIT NUTRITIONAL PRINCIPLES?
  - 1.
  - 2.
- WHAT ARE A FEW WAYS ONE COULD MAKE SURE THEY WERE STICKING TO THOSE PRINCIPLES?

*Where is your local box?*

- LOCATE THE 3 CLOSEST CROSSFIT BOXES TO YOUR HOUSE AND WRITE THEIR NAMES AND LOCATIONS BELOW.

1.

2.

3.

*CrossFit Coaching*

- HOW MANY LEVELS OF CROSSFIT COACHING CERTIFICATION ARE AVAILABLE?
- WHAT WILL AN INDIVIDUAL LEARN IN EACH PORTION OF THE L-I CERTIFICATION?
  - CLASSROOM-
  - SMALL GROUP SESSION-
  - WORKOUTS-

*The CrossFit Games- Individual Competition*

- THERE ARE MULTIPLE QUALIFIERS THAT AN ATHLETE MUST REACH TO QUALIFY FOR THE GAMES, THEY ARE...
  - THE OPEN- WHERE DOES THIS TAKE PLACE? HOW DO YOUR SCORES ALLOW YOU TO REACH THE NEXT LEVEL? WHAT PERCENTAGE FROM THE OPEN REACH QUARTERFINALS?
  - QUARTERFINALS- THOSE WHO QUALIFY TO REACH QUARTERFINALS, WHERE DO THEY COMPETE?
  - SEMIFINALS- WHAT NUMBER OF WOMEN AND MEN FROM EACH REGION WILL COMPETE IN SEMIFINALS? WHERE DO THEY COMPETE?
  - THE GAMES- HOW MANY TOTAL ATHLETES FROM ALL OVER THE WORLD WILL COMPETE?

## The CrossFit Games- Continued

- WHAT ARE THE 5 DIVISIONS THAT COMPETE IN THE GAMES?

## The CrossFit Games Events

FIND AN INDIVIDUAL EVENT FROM ANY PAST YEAR. WHAT WAS THE EVENT CALLED, WHAT YEAR DID IT OCCUR, AND WHAT DID IT CONSIST OF?

CHOOSE A TEAM, ADAPTIVE, OR AGE GROUP EVENT FROM ANY YEAR. WHAT WAS THE EVENT CALLED, WHAT DIVISION COMPETED, WHAT YEAR DID IT OCCUR, AND WHAT DID IT CONSIST OF?

## Questions--

WHAT 3 QUESTIONS WOULD YOU ASK SOMEONE WHO PARTICIPATES IN CROSSFIT?

1.

2.

3.

# CrossFit Webquest Questions/Answers Answer Sheet

What is CrossFit?

- WHAT ARE THE 3 MAIN COMPONENTS OF CROSSFIT?  
WEIGHTLIFTING, GYMNASTICS, CARDIO
- WHAT IS SOMETHING MENTIONED IN THE VIDEO THAT MAKES CROSSFIT SPECIAL?  
COMMUNITY, RELATIONSHIPS, INFINITE POSSIBILITIES FOR WORKOUTS,  
APPROPRIATE FOR A WIDE RANGE OF SKILLS AND AGES

CrossFit General Fitness Skills

## 1. CARDIO ENDURANCE

2. STAMINA

3. STRENGTH

4. FLEXIBILITY

5. POWER

6. SPEED

7. COORDINATION

8. AGILITY

9. BALANCE

10. ACCURACY



## CrossFit Foundational Movements

- **DEFINE FOUNDATIONAL MOVEMENT**

**THE MOST BASIC MOVEMENT PERFORMED, BUT ALSO MOVEMENTS THAT OTHER MOVEMENTS MIGHT ADD ON TO**

- **WHAT ARE THE 9 CROSSFIT FOUNDATIONAL MOVEMENTS?**

1. **AIR SQUAT**
2. **FRONT SQUAT**
3. **OVERHEAD SQUAT**
4. **SHOULDER PRESS**
5. **PUSH PRESS**
6. **PUSH JERK**
7. **DEADLIFT**
8. **SUMO DEADLIFT HIGH PULL**
9. **MEDICINE BALL CLEAN**

## CrossFit Nutrition

- **WHAT ARE THE TWO BASIC CROSSFIT NUTRITIONAL PRINCIPLES?**

1. **EAT WHOLE UNPROCESSED FOODS**
2. **EAT ENOUGH TO SUPPORT YOUR ACTIVITY LEVEL**

- **WHAT ARE A FEW WAYS ONE COULD MAKE SURE THEY WERE STICKING TO THOSE PRINCIPLES?**

**PREPARE YOUR OWN MEALS, STOCK YOUR FRIDGE WITH WHOLE UNPROCESSED FOODS, MEAL PREP, PROTEIN WITH EACH MEAL, READ INGREDIENTS OF WHAT YOU ARE INGESTING**

Where is your local box?

- LOCATE THE 3 CLOSEST CROSSFIT BOXES TO YOUR HOUSE AND WRITE THEIR NAMES AND LOCATIONS BELOW.

1.

2.

3.

CrossFit Coaching

- HOW MANY LEVELS OF CROSSFIT COACHING CERTIFICATION ARE AVAILABLE?  
**LEVEL-1 AND LEVEL-2**
- WHAT WILL AN INDIVIDUAL LEARN IN EACH PORTION OF THE L-1 CERTIFICATION?
  - CLASSROOM- **FOUNDATIONAL MOVEMENTS, THE CROSSFIT METHODOLOGY, NUTRITION, AND PROGRAMMING.**
  - SMALL GROUP SESSION-**IMPROVES INDIVIDUAL PARTICIPANTS MECHANICS**
  - WORKOUTS- **PROVIDE EXAMPLES OF HOW TO CONDUCT A GROUP CLASS, HOLD A STANDARD OF PROPER MECHANICS WHEN WORKING AT HIGH INTENSITY, AND SCALE MOVEMENTS FOR ANY ABILITY LEVEL.**

The CrossFit Games- Individual Competition

- THERE ARE MULTIPLE QUALIFIERS THAT AN ATHLETE MUST REACH TO QUALIFY FOR THE GAMES, THEY ARE...
  - THE OPEN- WHERE DOES THIS TAKE PLACE? HOW DO YOUR SCORES ALLOW YOU TO REACH THE NEXT LEVEL? WHAT PERCENTAGE FROM THE OPEN REACH QUARTERFINALS? **THE OPEN TAKES PLACE AT YOUR LOCAL GYM, THE TOP 25% REACH THE QUARTERFINALS, THE TOP SCORES ADVANCE**
  - QUARTERFINALS- THOSE WHO QUALIFY TO REACH QUARTERFINALS, WHERE DO THEY COMPETE? **COMPETITION REMAINS AT THEIR LOCAL GYM AND IS THE TOP 25% FROM THE OPEN**
  - SEMIFINALS- WHAT NUMBER OF WOMEN AND MEN FROM EACH REGION WILL COMPETE IN SEMIFINALS? WHERE DO THEY COMPETE? **THE TOP 40 WOMEN AND 40 MEN FROM EACH REGION MOVE ON TO COMPETE IN PERSON AT SEMIFINALS**
  - THE GAMES- HOW MANY TOTAL ATHLETES FROM ALL OVER THE WORLD WILL COMPETE? **THE TOP 40 WOMEN AND MEN FROM ALL OF THE REGIONS ARE WHITTLED DOWN TO COMPETE IN THE GAMES IN PERSON**

## The CrossFit Games- Continued

- WHAT ARE THE 5 DIVISIONS THAT COMPETE IN THE GAMES?

INDIVIDUALS, MASTERS, TEENS, ADAPTIVE, TEAMS

## The CrossFit Games Events

FIND AN INDIVIDUAL EVENT FROM ANY PAST YEAR. WHAT WAS THE EVENT CALLED, WHAT YEAR DID IT OCCUR, AND WHAT DID IT CONSIST OF?

CHOOSE A TEAM, ADAPTIVE, OR AGE GROUP EVENT FROM ANY YEAR. WHAT WAS THE EVENT CALLED, WHAT DIVISION COMPETED, WHAT YEAR DID IT OCCUR, AND WHAT DID IT CONSIST OF?

## Questions--

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