## **Aerobic Fitness**

- High knees
- Side shuffles
- Jumping jack variations
- Free choice—aerobic



Activity 7.10 Racetrack Signs From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).

## **Aerobic Fitness**

- Heel kicks
- Cariocas
- 🏶 Ski jumps
- Free choice—aerobic



Activity 7.10 Racetrack Signs From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).

# Muscular Strength and Endurance

- Push-ups
- Resistance band pull-downs
- Lunges
- \* Free choice—muscular



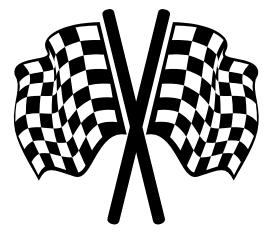
# Muscular Strength and Endurance

- Resistance band chest press
- Resistance band seated rows
- Squats
- Free choice—muscular



### **Flexibility**

- Quadriceps stretch
- Chest stretch
- Butterfly stretch
- Free choice—flexibility



### Flexibility

- Hamstring stretch
- M Lat stretch
- Calf stretch
- Free choice—flexibility

