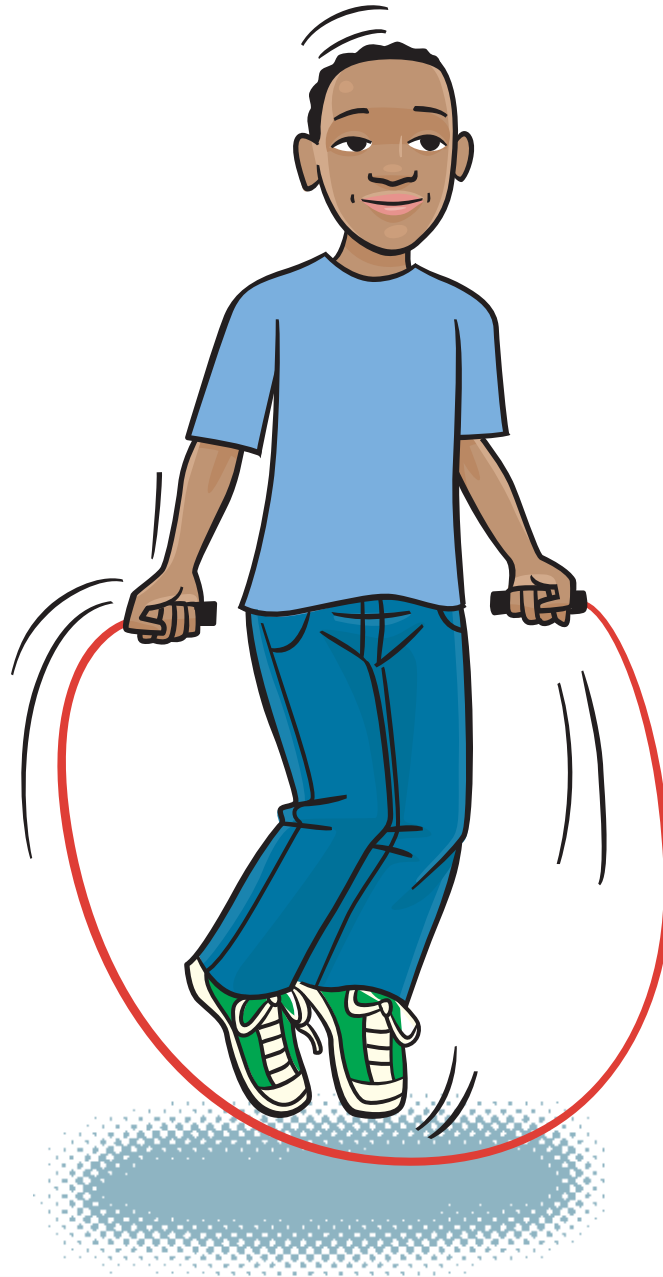




Rope Jumping



Rope Jumping



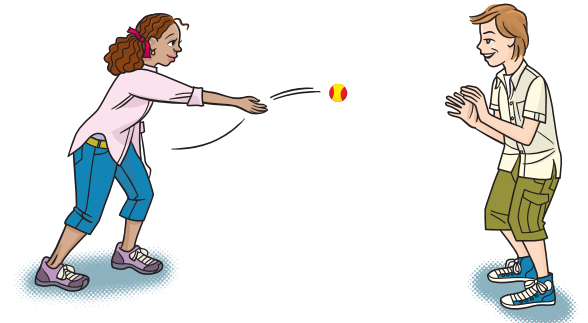


Tossing, Rolling, or Bouncing a Ball



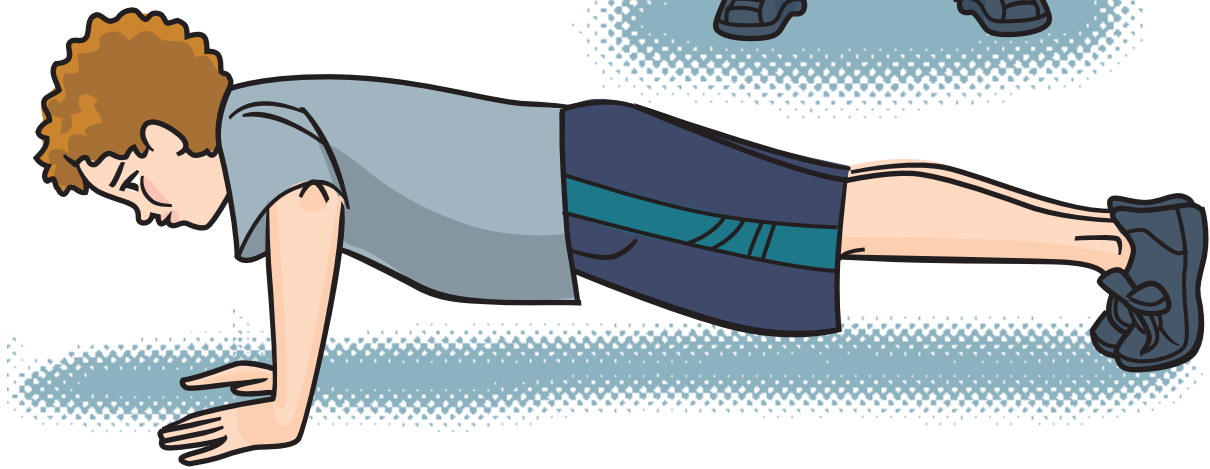
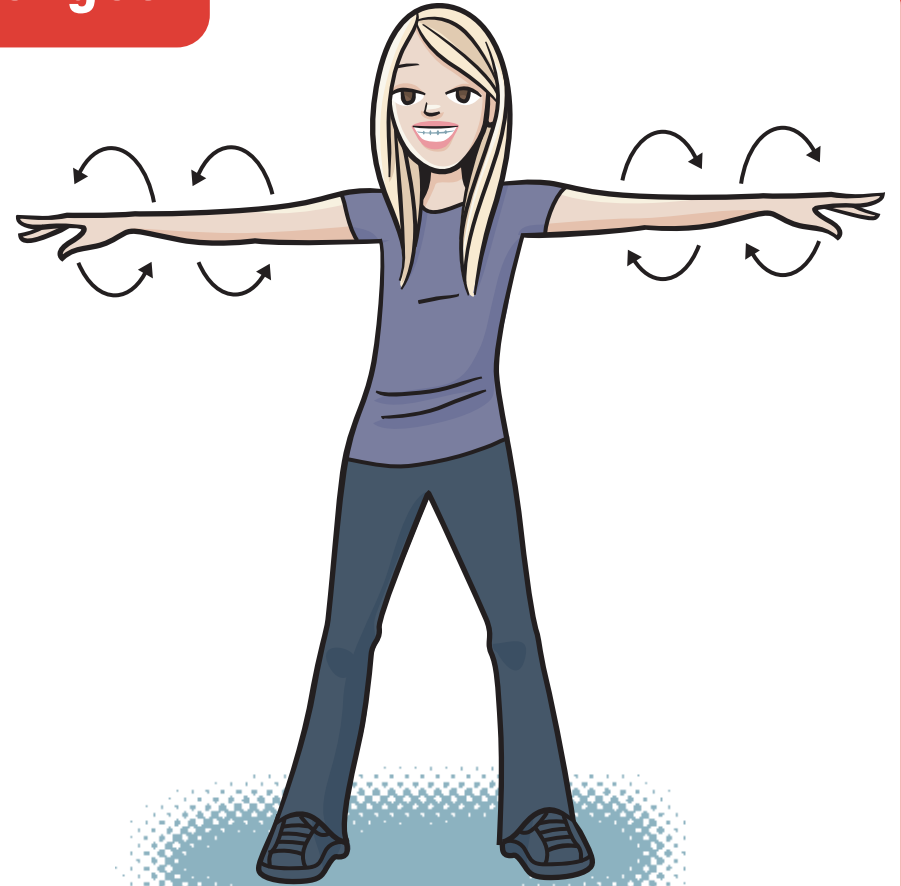
Tossing, Rolling, or Bouncing a Ball

Partners work together tossing, rolling, or bouncing a ball back and forth. Balls can be tossed one at a time or two at a time, while stationary or moving, for an additional challenge.



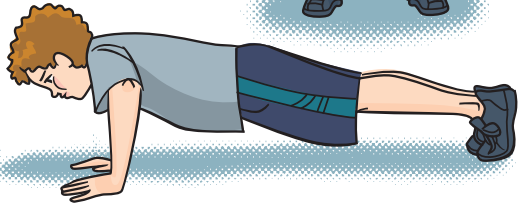
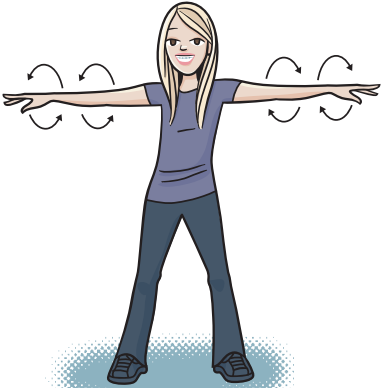


Upper Body Fitness Challenges



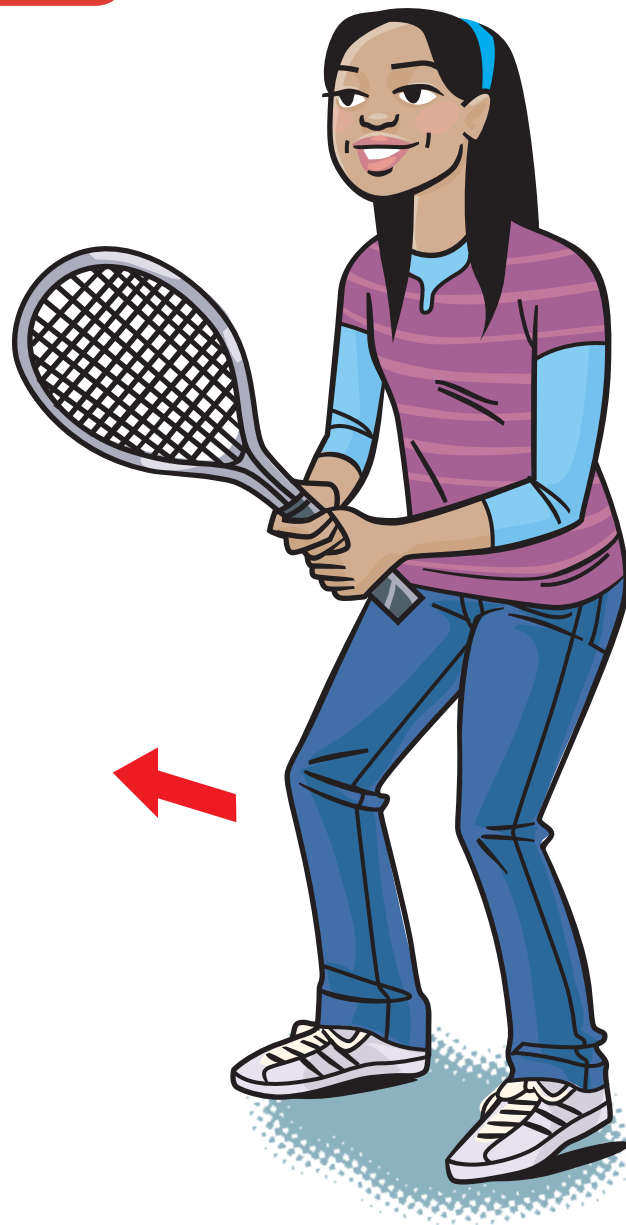
Upper Body Fitness Challenges

Student choice of activity



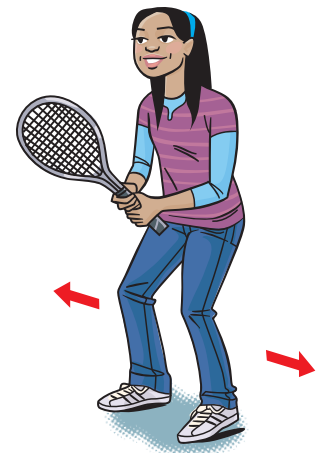


Side Shuffle



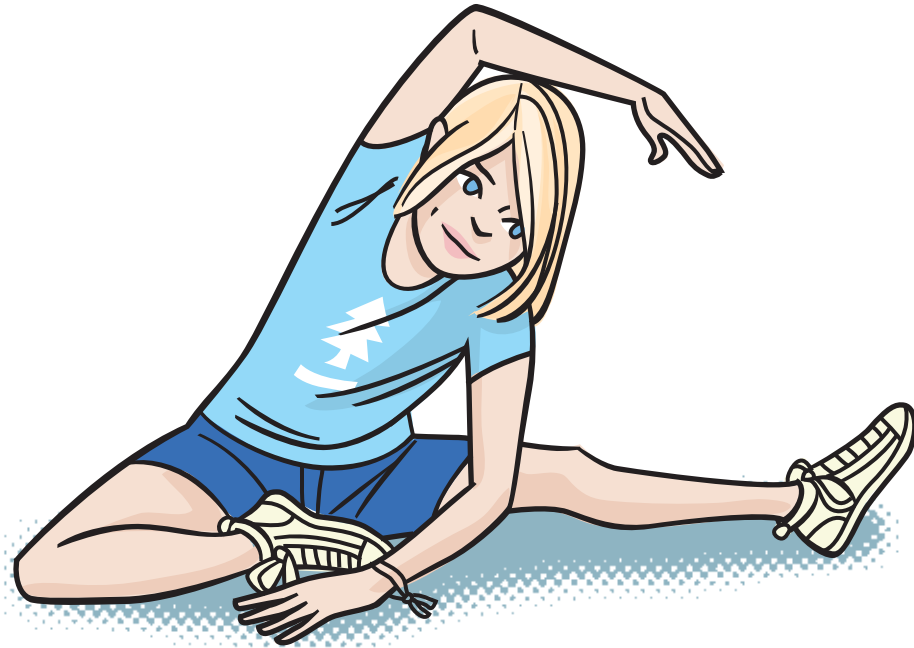
Side Shuffle

With the racquet held in the ready position, students shuffle their feet moving sideways 4-5 steps to the right and then 4-5 steps to the left.



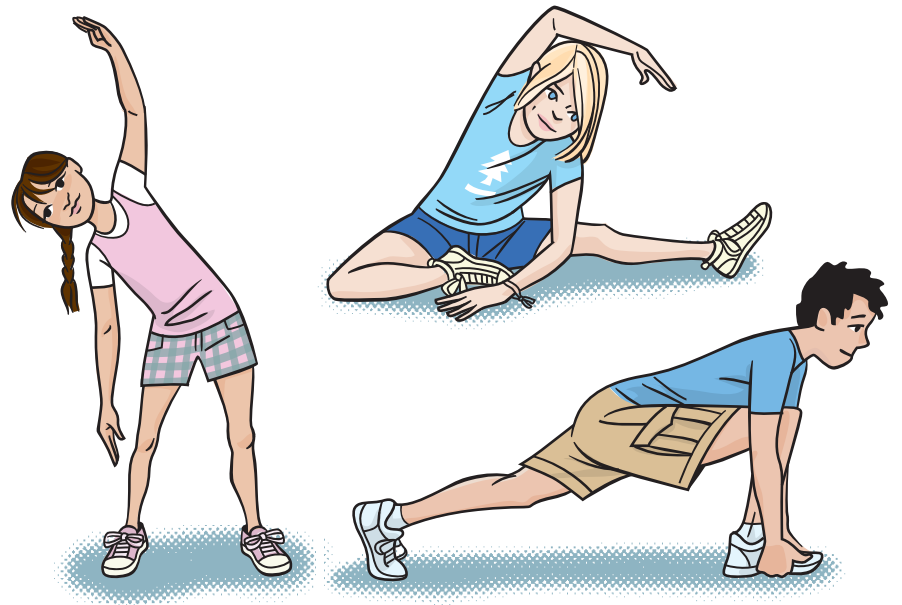


Flexibility Challenges



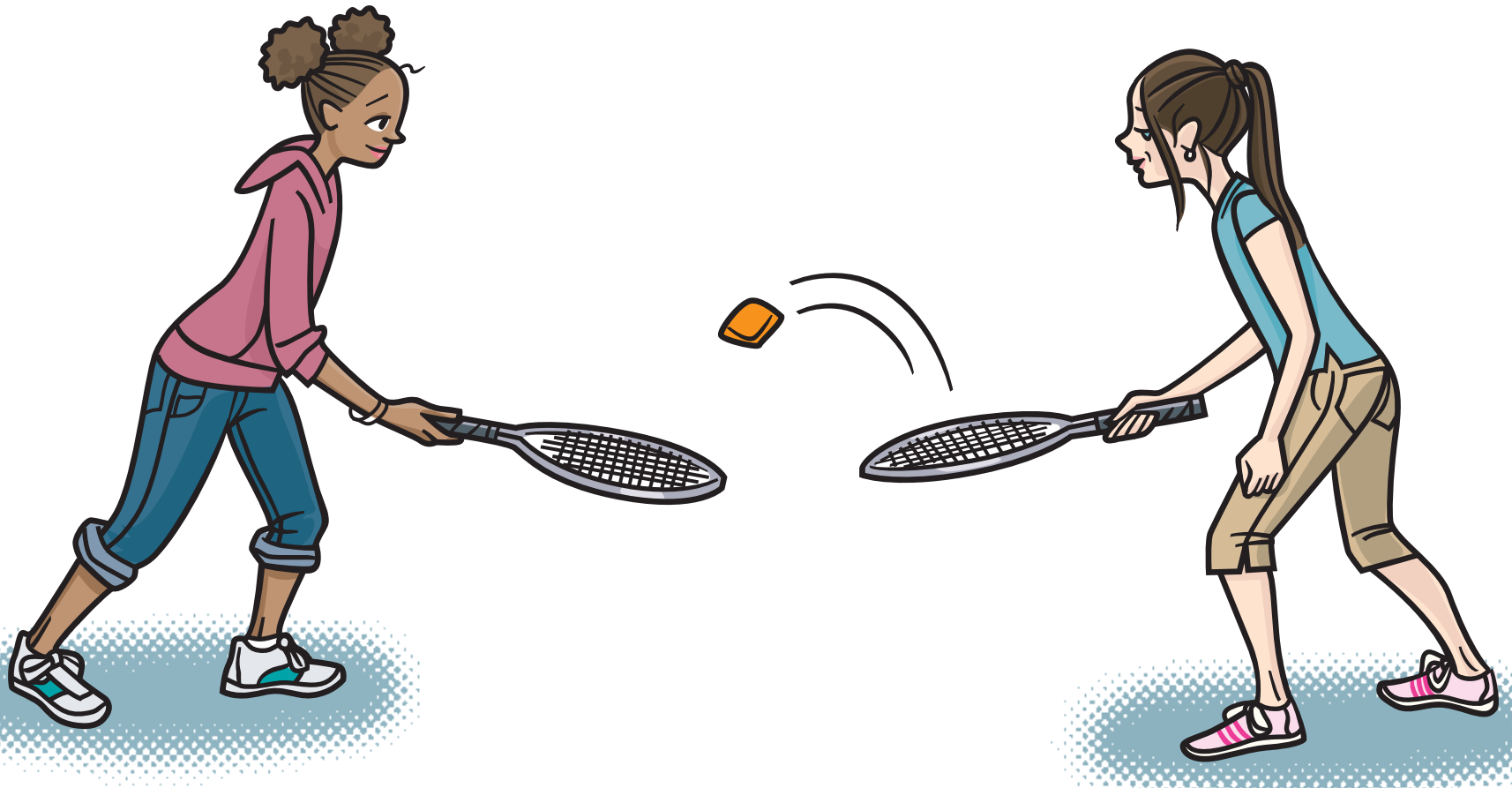
Flexibility Challenges

Student choice of activity



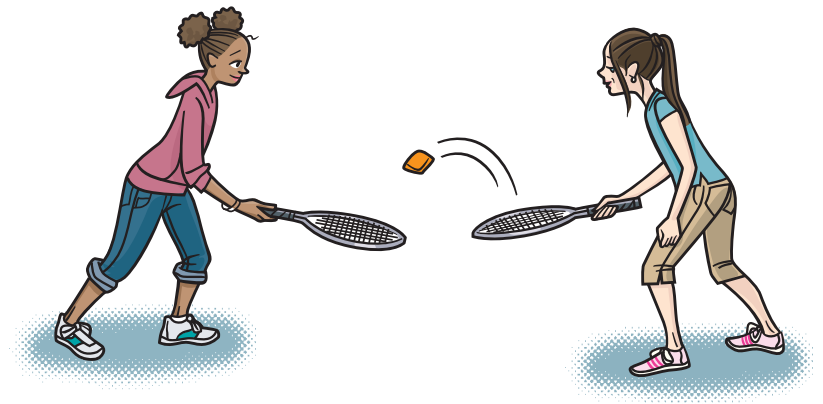


Beanbag Pass While Moving



Beanbag Pass While Moving

Students pass the beanbag back and forth while sideshuffling several steps to the left and right.





Abdominal Fitness Challenges



Abdominal Fitness Challenges

Student choice of activity





Racquet Quickness with a Partner



Racquet Quickness with a Partner

Partners are about 3 feet apart while balancing their racquets upside down on the ground. On signal, they release their racquet and try to catch their partner's racquet before it falls to the ground. If both partners catch their racquet, they each step back one step and repeat the challenge. An additional challenge is to make a full turn after the release and before catching the racquet.

