

## STEM Fitness Challenges: Science

### SCIENCE FACT

#### Density is...

1. the concentration of matter within an object
2. the number of individuals of the same species living in a given area
3. the amount of a substance in a given area

#### Challenge:

Create a densely formed circle with all group members locking elbows in a tight chain. Jump 10X together. Then, rotate to the next challenge.

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## STEM Fitness Challenges: Science

### SCIENCE FACT

#### A planet is...

- a large body in space that orbits a star and does not produce light of its own.

#### Challenge:

Choose 1 group member to be the star, the remaining members are planets. On the star's signal, planets orbit the star 3X by side sliding. Then, rotate to the next challenge.

## STEM Fitness Challenges: Technology

### TECHNOLOGY FACT

#### An adaptation is...

- a characteristic of an organism that increases its chance of survival in its environment. The human body adapts to regular exercise by getting stronger.

#### Challenge:

Help your body adapt by completing 5 push-ups. Every group member must complete 5 before rotating to the next challenge.

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## STEM Fitness Challenges: Technology

### TECHNOLOGY FACT

#### A closed circuit is...

- a complete electrical circuit around which current flows or a signal circulates.

#### Challenge:

Form a small circle with all group members. Start the “wave” with the youngest group member and continue it 3X around. Then, rotate to the next challenge.