

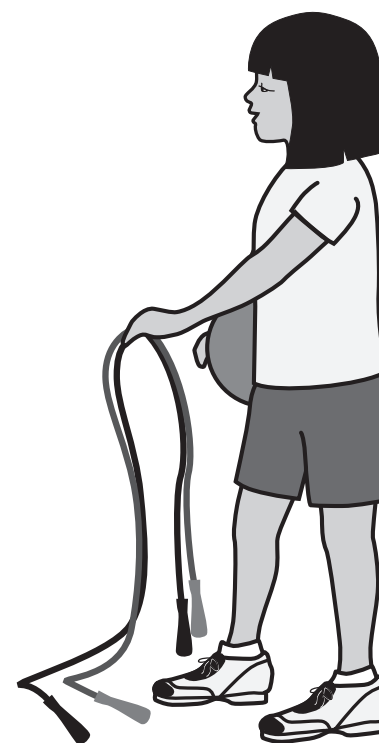


FITNESS FUN

FITNESS CIRCUITS

FUN STATION CARD

EQUIPMENT MANAGER



(Need 10-12 various pieces of athletic equipment.)
Choose 1 participant to be the “Equipment Manager.”
Hand them as many pieces of equipment as they can hold. If time, try with a different person.

SPARK™
AFTER SCHOOL

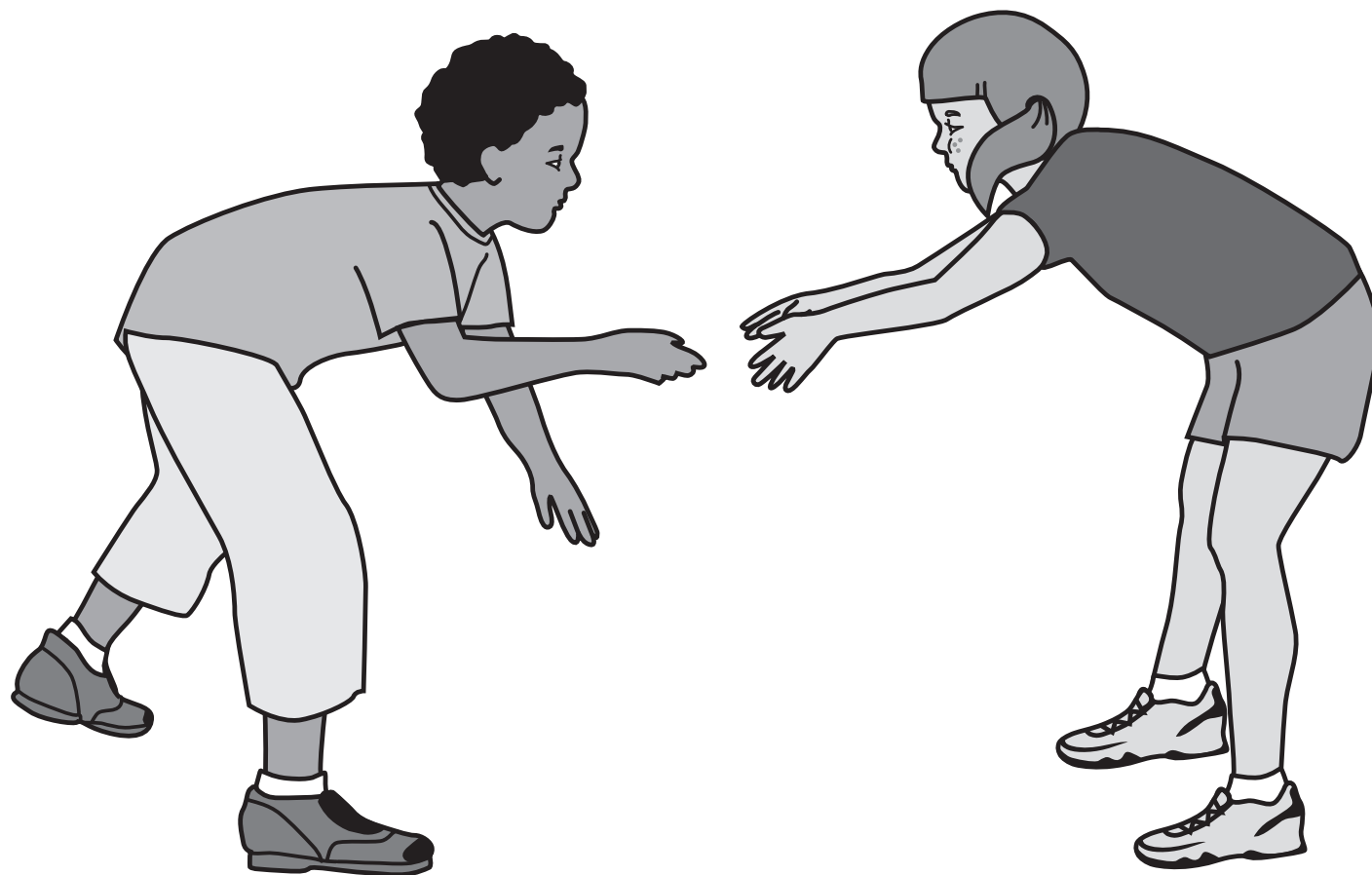


FITNESS FUN

FITNESS CIRCUITS

FUN STATION CARD

KNEE TAG



On signal, try to tag each other's knees.
Play for points until signal.

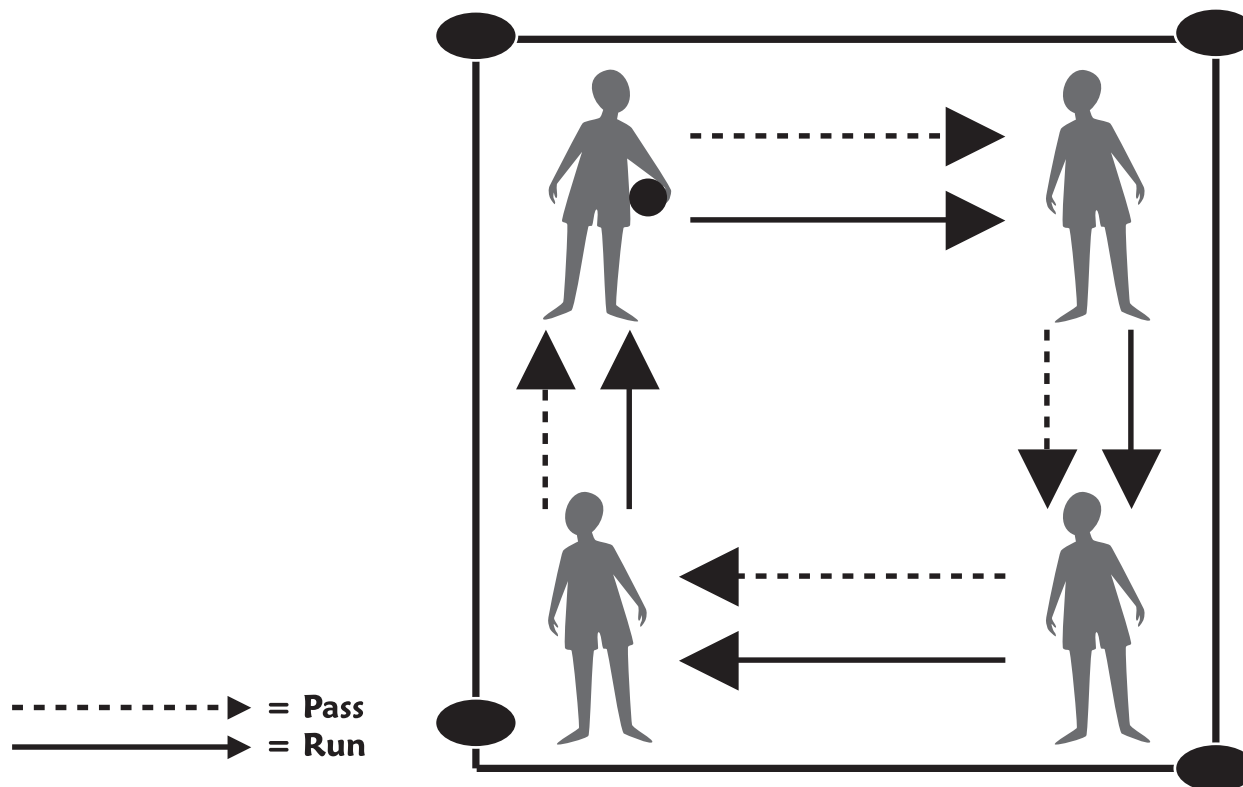


FITNESS FUN

FITNESS CIRCUITS

FUN STATION CARD

CORNER TO CORNER GIVE AND GO



1 person per corner. Pass to your R, follow the pass and stay at the new corner. Ball goes 5X around to the R, then switch directions.



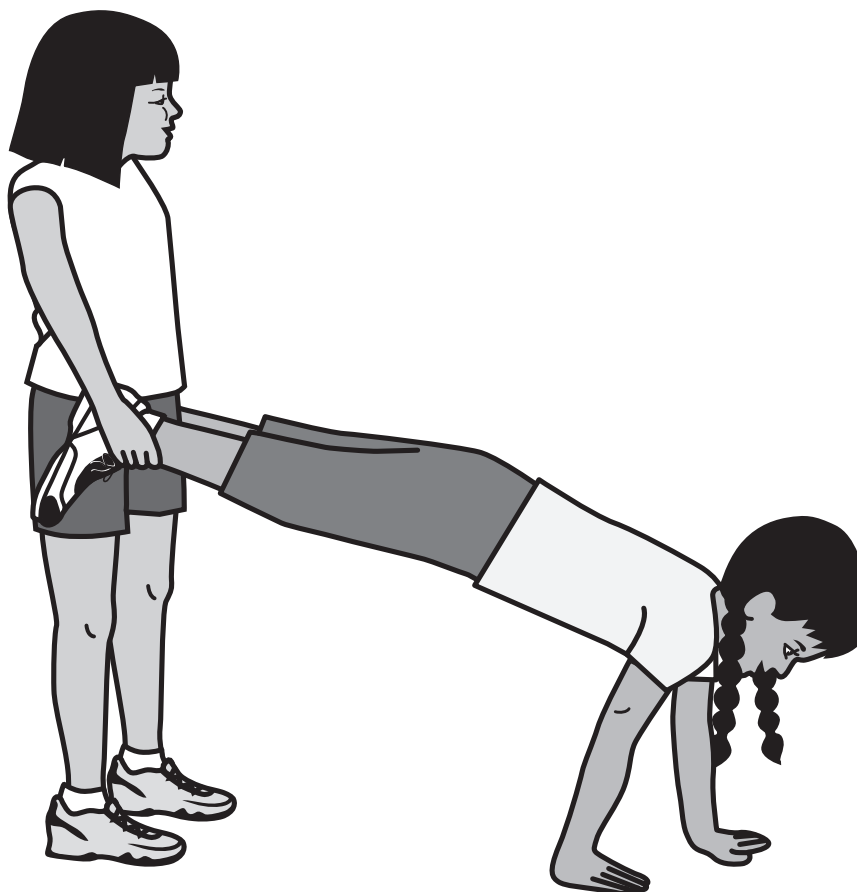
FITNESS FUN

FITNESS CIRCUITS

FUN STATION CARD

PARTNER STUNTS #5

WHEELBARROW



Base partner in push-up position. Top partner grabs 1 ankle then the other of base. Base walks using hands, top follows carrying legs.



FITNESS FUN

FITNESS CIRCUITS

FUN STATION CARD

PARTNER STUNTS #6

HORIZONTAL STAND



Base partner, lay flat on your back, knees bent. Top partner straddles base, facing feet with hands on base's knees. Base grabs top's ankles. When base says "Ready, go" the base straightens arms up holding top's ankles. Top pushes off and extends body horizontally. Top is now parallel to the floor.



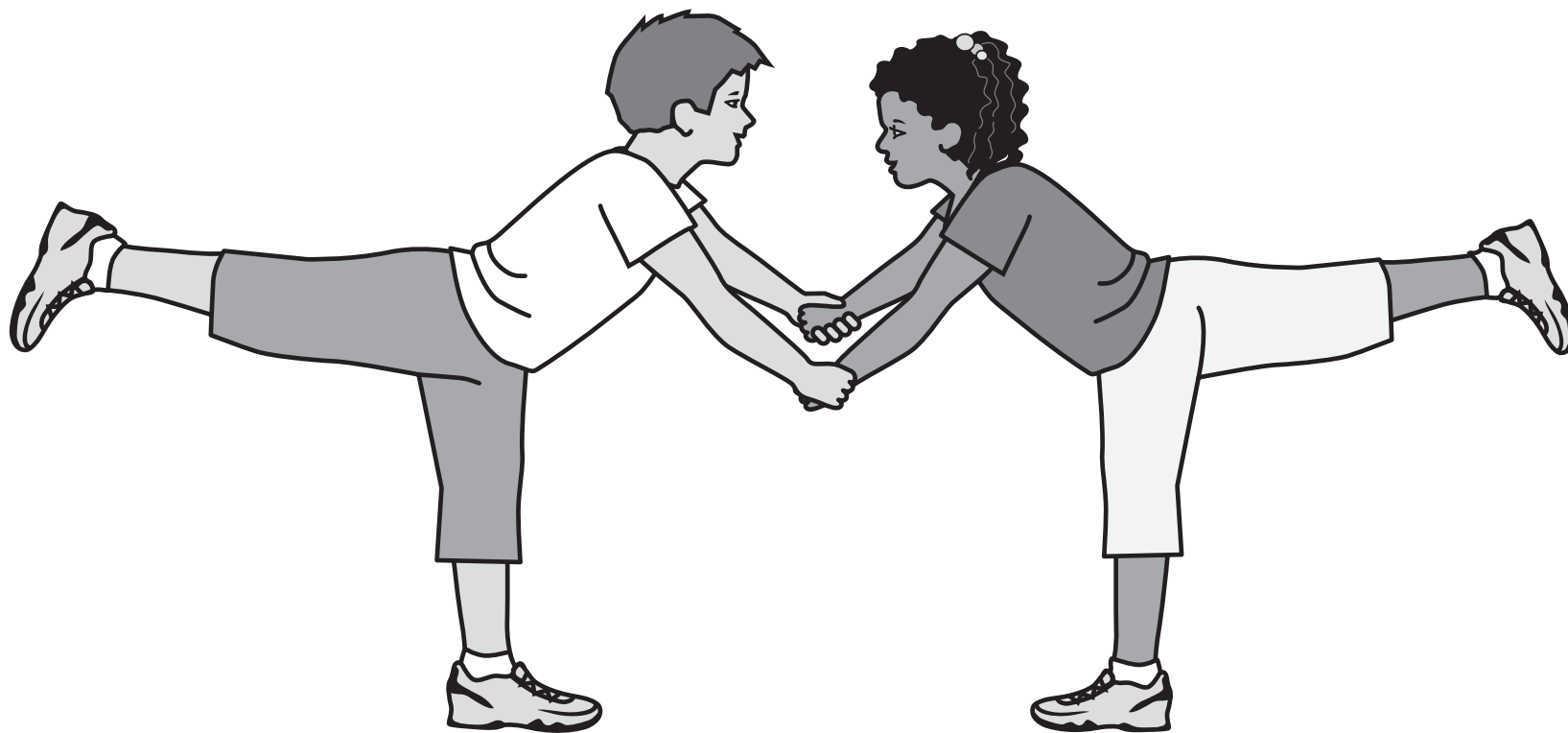
FITNESS FUN

FITNESS CIRCUITS

FUN STATION CARD

PARTNER STUNTS #8

DOUBLE SCALE



Stand facing partner. Both lift 1 leg behind you and lean toward each other. Hold each other's hands, arms outstretched. Hold.