

FLYING DISC TASK CARD

GROUP CHALLENGE

SUPER SPORTS

FLYING DISC

Your goal is to do as many of the tasks below as you can with your group. It is not a race. Have fun!

1. While moving around the perimeter clockwise 1X; pass the disc back and forth with your group.
2. Skip to your leader and tell him/her 3 fruits and 3 vegetables you have eaten in the past 3 days.
3. Face a partner with about 10 paces between you. Complete 10 catches with this partner.
4. Put your discs on the ground in a circle about 10 paces in diameter. All run around the circle 1X clockwise. All jump over each disc 1X clockwise. All run a slalom course through the discs 1X clockwise (weave in and out).
5. All start at 1 endline. Stay in a line and toss the disc down the line and back as you move to the opposite endline. Use only Backhand Passes. When you get there, turn around and come back.
6. Complete a total of 60 Curl-ups (your choice of style) with your group.
7. Complete a total of 80 catches. (Your group may use all your discs.) Catches must include at least 10 2-Hand Catches, 10 Clap Catches and 5 1-Hand Catches total.
8. While moving around the perimeter counterclockwise 1X, pass the disc back and forth with your group.
9. All stand on the perimeter. On signal, all throw your discs out and away from the center of the activity area as far as you can. After all have thrown, retrieve your disc and return to the perimeter. Play 3 rounds and see if you can better your distance each round.

Beat the Buzzer?

If you are finished before the stop signal, do the following:
Find some open space and play catch with your partner until the signal.

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AFTER SCHOOL

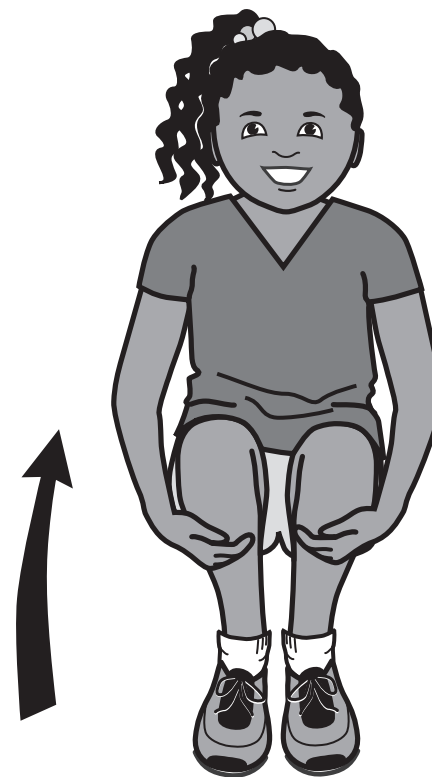
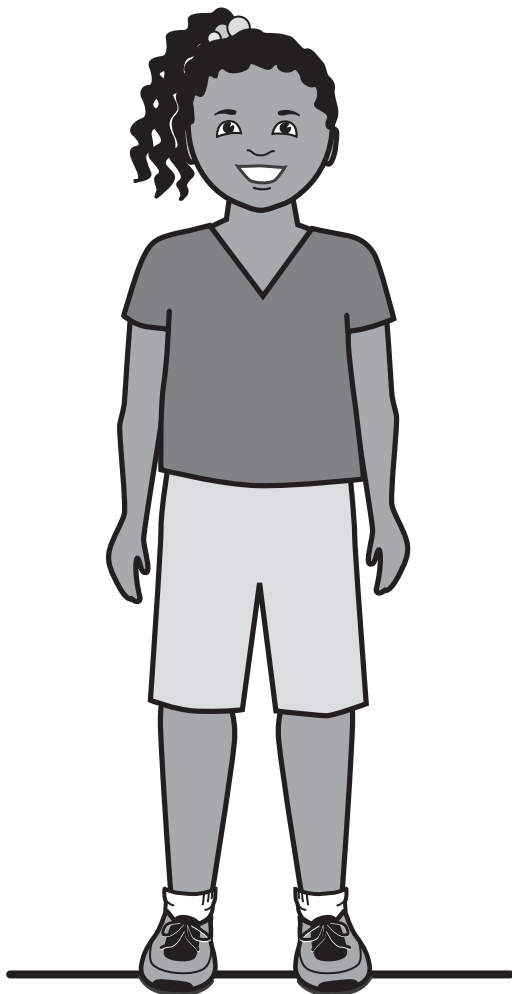


FITNESS FUN

FITNESS CIRCUITS

FITNESS STATION CARDS
AEROBIC

JUMP TUCKS



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AFTER SCHOOL

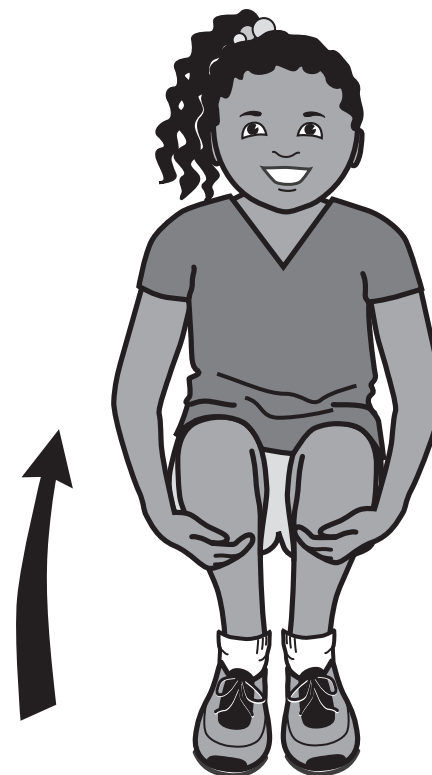
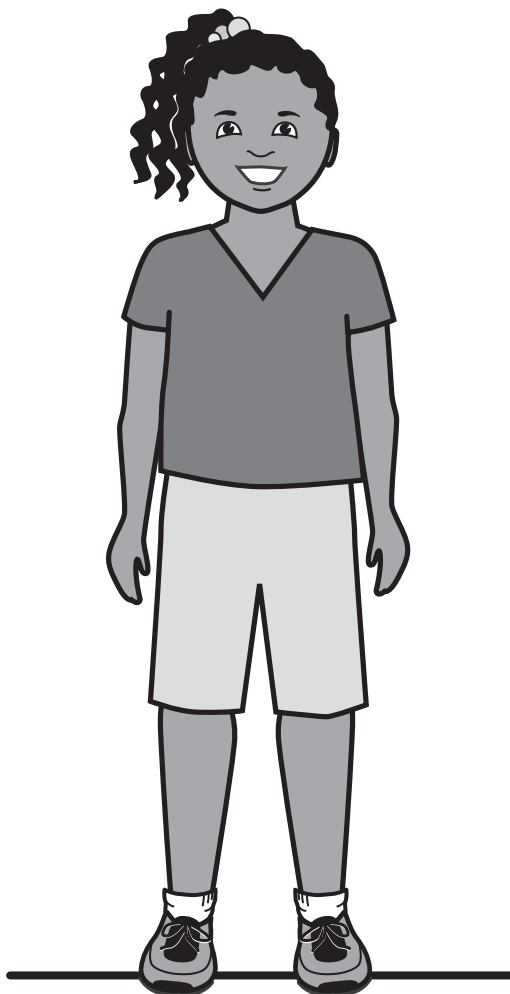


FITNESS FUN

FITNESS CIRCUITS

FITNESS STATION CARDS
AEROBIC

SALTOS CON RODILLAS AL PECHO



SPARK™

AFTER SCHOOL