

FANTASTIC 18 CHALLENGE

Equipment needed: 5 med balls, 3 ping pong balls, 9 pens/pencils, 3 cones

- There will be 9 fitness stations and 9 knowledge stations.
- Students will work in groups of 3.
- Students must be in a group with students from their own class.
- Each teacher (Bails & Meling) will have a set of cards (A-I for knowledge) and (1-9 for fitness). Bails will have the fitness cards, Meling will have the knowledge cards.
- Stations areas are to be labeled in the gym (A-I for the knowledge stations) and (1-9 for the fitness stations).
- Each station has a brief description of the activity posted IF it is necessary
- Groups will be assigned a station to start at
- When a group completes a fitness station they must report to Mrs. Meling for their next knowledge station.
- Students should pick up one popsicle stick out of the box by Mrs. Meling for completing a fitness station before moving on.
- When completing a knowledge station, working as a group the students must answer the questions and write down their answers
- When a group has their answers written down they must bring it to Officer Tackett (adult helper) or Mr. Bails to be checked.
- If the answers are correct, the group should collect one popsicle stick for their group from the box near Officer Tackett and/or Mr. Bails.
- If the answers are wrong, students simply move on and Mr. Bails or Officer Tackett will tell them which fitness station to go to and they will not collect a popsicle stick.
- Teachers will try to send groups to a station that they haven't been to before. If the teacher assigns the station and the group has already been there, the teacher should assign a different station. If the group has been to the newly assigned station before as well, they should just go to the station again despite that and participate in it again. They can still collect a popsicle stick for completion.
- Groups are to hang on to their popsicle sticks throughout the challenge. When the challenge is over we will see which group has the most popsicle sticks. The group that has the most will be recorded on our records board. The teacher's class to whom the group belongs to will be awarded 3 points. In case of a tie, each of the groups involved in the tie will be awarded three points.
- Students will participate in the fantastic 18 challenge for approximately 15 minutes.

Stations:

<u>Fitness:</u>	<u>Knowledge:</u>
<ol style="list-style-type: none"> 1. 30 mountain climbers (15 per leg) 2. 30 Step ups (15 per leg) 3. 20 squats 4. 15 tuck jumps 5. 30 power lunges 6. 15 squat jumps 7. 40 Jumping jacks 8. 15 dips 9. 10 burpees with a push-up 	<ol style="list-style-type: none"> A. Matching activity: Simile, Metaphor, Hyperbole, Onomatopoeia, epiphany B. Matching activity: Alliteration, Assonance, exemplify, pessimism, repulse C. Matching activity: Pervade, Simultaneously, Merciless, Stoic, rudimentary D. Matching activity: Mutiny, Grotesque, Capsize, repress, vigorously E. Matching activity: Vague, trudge, ravage, stalwart, maniacal, exasperate F. Matching activity: painstakingly, liltng, refinement, pedestrian, exasperate G. Matching activity: infuriate, condescending, contrite, pretense, euphoric H. Matching activity: fanfare, muted, secular, callous, agonize I. Matching activity: reminisce, adulation, laudable, emulate, methodical

