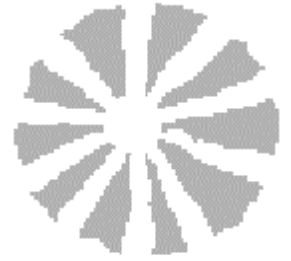




Sunbeams



Fitness Fun

1. List at least four things that contribute to physical fitness.
2. Do three different stretches. Hold a minimum of 15 seconds.
 - a. Leg
 - b. Back
 - c. Arms/shoulders
3. Do three of the following:
 - a. Run, jog or walk one_half mile
 - b. Make a high jump. Record the highest of four jumps
 - c. Jump rope for three minutes
 - d. Climb a pole, rope or tree
4. Participate in two of the following:
 - a. Obstacle course
 - b. Leap frog
 - c. Relay race
5. Demonstrate your ability to do four of the following:
 - a. Forward roll
 - b. Ten sit ups
 - c. Cartwheel
 - d. Handstand or headstand
 - e. Hang from a bar with hands and knees
 - f. Back bridge
6. Participate in an organized game that requires physical exercise.
7. Participate in a recognized fitness test:
 - a. President's Challenge
 - b. An equivalent program