**Team Marathon:**

The goal of this activity is to be the first team of three to complete the list of activities below. Each group member needs to be numbered as a 1, 2, or 3. You only do the task when it is your number, or it says that everyone must do so. Each task must be completed in order before anyone from your team can move on.

GET ORGANIZED, BUT WAIT FOR YOUR TEACHER TO BEGIN!

Run a lap (everyone)

Person 1: 50 jumps with a jump rope

Person 2: Jump and attempt to touch the rim, backboard, or net on a basket

Person 3: 20 pushups

Run a lap (everyone)

Person 1: 15 tuck jumps

Person 2: 10 burpees

Person 3: 25 jumping jacks

Run a lap (everyone)

Person 1: 15 star jacks

Run a lap (everyone)

Person 2: Do walking lunges from wall to wall across the gym – run back

Run a lap (everyone)

Person 2: Superman stretch for 15 seconds

Run a lap (everyone)

Person 3: 30 second plank

Run a lap (everyone)

Person 1: 10 squats

Person 2: Make a fist 25 times

Person 3: 25 toe raises/heel raises

Run a lap (everyone)

Person 1: 5 toe-kicks with each leg

Person 2: Run and touch all four walls of the gym

Person 3: 20 sit-ups

Run a lap (everyone)

Person 1: Flap chicken wing arms 25 times

Person 2: Jump over a line 25 times

Person 3: Do a standing long jump as far as possible landing on two feet

Run a lap (everyone)

You’re done! Now get a worksheet and answer the questions.

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_\_\_\_\_

Team Marathon Activity Questions

1. From the list of activities/exercises, identify 2 that fit in each of the following components of physical fitness.

Cardiovascular Endurance: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Muscle Strength: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Muscle Endurance: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Flexibility: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Name 1 exercise from the list that could fit into multiple components. Which components do you think it fits under? Why?

3. In what ways did you work to improve your cardiovascular endurance?

4. Person #3 had to do 20 push-ups at the beginning, which was a measure of muscle endurance. How could it have been changed so it would be a measure of muscle strength?

5. Did this activity impact your body composition in any way? If so, how?