**Run Jam **

**This is an individual activity for any grade level. Just modify the course! Each student completes a station and then sprints 200 meters, or jogs around a designated area, and earns one point**

**1. Jump rope 120 times or 30 double-unders (attempts count)**

**2. 25 Squat thrusters with a medicine ball or kettlebell**

**3. Kettelbell farmer carries 200 meters or three gym laps**

**4. Burpee box jumps 15 times**

**5. plank hold 1 minute**

**6. push up 25 times**

**7. 50 mountain climbers**

**8. goblet squats with kettlebell 25 times**