

## Summer Games Sports & Fitness Challenge First Half Activity Requirements



Sports & Fitness: Earn ten (10) points for each day that any combination of three (3) activities are completed from the <i>Fit 5</i> and <i>Sports</i> sections below.	Quantity Required per Day		
	L1/M	L2	L3
<b>Fit 5</b>			
Anytime Fitness: Virtual Workout <a href="https://www.facebook.com/anytimefitness">https://www.facebook.com/anytimefitness</a>		1 class	1 class
Bicep Curls	5 per arm		
Burpees		10	20
Lunges		10 per leg	15 per leg
Overhead Press	5 per arm		
Planks		30 sec.	1 min.
Pushups - Standard or Knee		10	20
Situps or Crunches	5	15	30
Squats	5	10	20
WWE School of Strength: 1 video = 1 activity (can do 3 videos to fulfill daily requirement) <a href="https://www.specialolympics.org/school-of-strength">https://www.specialolympics.org/school-of-strength</a>		1 video	1 video
<b>Sports</b>			
10m Walk or Roll	5		
10m Wheelchair Slalom	5		
10-minutes of Brisk Physical Activity (approved by CC)	10 min.	10 min.	10 min.
1-mile Walk or Run		1 mile	1 mile
50m Walk or Run		5	10
Ball Catch	10 attempts		
Ball Throw - Accuracy	10 throws	15 throws	20 throws
Ball Throw - Distance	10 throws	15 throws	20 throws
Basketball - Dribbling	20 dribbles	25 per hand	50 per hand
Basketball - Shooting	10 attempts	20 attempts	40 attempts
Basketball - Wall Pass	10 passes	20 passes	40 passes
Bocce - Roll for Accuracy	10 rolls	20 rolls	
Soccer - Free Dribble		50 touches	75 touches
Soccer - Passing		10 passes per foot	20 passes per foot
Soccer - Pendulum		25 touches	50 touches
Soccer - Toe Touches		25 touches	50 touches
Standing Long Jump	5 jumps	10 jumps	
Volleyball - Bumping or Setting	10 bumps or sets	20 bumps or sets	40 bumps or sets
<b>Health &amp; Well-being:</b> Earn five (5) points for each day that two (2) of these activities are completed.			
	<b>L1/M</b>	<b>L2</b>	<b>L3</b>
Drink Water	5 bottles	5 bottles	5 bottles
Eat Fruit & Vegetables	5 servings	5 servings	5 servings
Strong Minds: Prayer, Meditation, Journaling, Listen to Positive Music	10 min.	10 min.	10 min.
Strong Minds: Yoga, Stretching, Flexibility	10 min.	10 min.	10 min.