

10-20-30 Rep PFA Day

Length of Activity: 8-10 minutes

Student Grade Level: Grades 2, 3, 4

Equipment: PFA equipment, sound system and tapes

Outcome: Children will work on their individual fitness development

Performance reps: 10-20-30

Vault

Hang on the pole climb pole

Modified pull-ups

Sit-ups

Hang on parallel bars the required seconds

Steps

Horizontal bars (money swing one, two or three times).

Performance reps are determined by:

- Student vote
- Teacher selection
- Thrown from dice

Procedure: Student can pick his/her starting PFA station with the restriction that there are no less than 4 or more than 6 students per PFA station. I send the students to PFA by:

- Month of birthday
- Squad placement selection (esp. third person in squad formation)
- First name initials
- Color of eyes
- Student attire (shorts, long pants, jumpers etc.)
- Shoe color