

PFA Challenge Day

Length of Activity: 15 minutes or less

Student Grade Level: Grades 2-6

Equipment: PFA equipment, sound system, tapes and timers

Outcome: To allow students to forecast their current PFA fitness status.

Gayle's Notes: I pair students according to their ability level. The students love this activity and get so excited that I hear my name being called over and over to watch a challenge. If I see an especially creative challenge I have all the students stop and observe the challenge.

Activity:

Students challenge each other at PFA stations. The students decide the criteria together at each station for the partner challenge. They might agree to sit on the bark with their knees on either side of the climbing pole and see who can make it to the top first.

Challenger ideas:

- Number of dips at parallel bars
- Number of vaults in X amount of seconds
- Number of steps in X amount of seconds
- Best time to cross the parallel bars before needing to dismount
- Number of times up and down the horizontal ladder