

# SKILL-RELATED FITNESS

## Challenge Activities

### Star Jumper

[YouTube Video Demo](#)

**What you need:** 6 (or more) plastic cups

The object of this game is to star jump over as many cups as you can.

Start with 1 cup. Stand with the cup in front of you on the floor. Bend your knees to build power and then star jump over the cup to the other side.

Next, stack a cup on top of the cup you just cleared. Jump back over the 2-cup stack.

Continue stacking your cups as high as you can and clearing them with a star jump. Record the number of cups cleared each day for 5 days and track your progress.

**How many cups did you jump?**

Day 1 Score	Day 2 Score	Day 3 Score	Day 4 Score	Day 5 Score

**Reflection questions:**

- 1) What exercises can you perform to help increase the power in your legs?
- 2) What do you think will happen to your Star Jumper performance over time if you perform that exercise at least 3 times per week?

