

SKILL-RELATED FITNESS

Challenge Activities

Flip Reaction Relay

[YouTube Video Demo](#)

Sometimes life is unpredictable and it's a challenge to react positively and keep emotions balanced and regulated. Mindful breathing is an important strategy for staying focused under pressure. The coin flip reaction relay will help us practice using mindful breathing to regulate our heart rate.

The object is to use 5 equal breaths (5-count inhale and 5-count exhale) to balance and slow our heart rate after intervals of jogging in place. The entire activity will last 4 minutes.

Record your heart rate in Beats Per Minute (BPM) before you begin. Use a heart rate monitor or count heartbeats for 15 seconds and multiply by 4.

Start the relay by flipping a coin. Use a timer/stopwatch to time 4 minutes.

- Heads = jog in place for a 30 count.
- Tails = take 5 equal breaths.

If you flip 2 heads in a row, you'll jog in place for a total of 60 counts. If you flip 2 tails in a row, you'll take 10 equal breaths.

At the end of the 4 minutes, use equal breathing for 1 full minute to lower your heart rate, and regulate your body's response to the exercise. Then record your heart rate below.

Heart rate BEFORE the relay.	Heart rate AFTER the relay.
Trial 1:	
Trial 2:	

Calculate the difference between your BEFORE heart rate and your AFTER.

For example, if your HR BEFORE the relay was 85 BPM and your HR AFTER the relay was 105 BPM, then the difference is 20 BPM. The goal is to have the smallest difference possible.

