

SKILL-RELATED FITNESS

Challenge Activities

Treasure Hunt

(Muscular Endurance Warm-Up)

[YouTube Video Demo](#)

What you need: 6 plastic cups

Scatter 6 cups in the activity space. Mark your home base with this page so you can see the locomotor movement chart below.

Use the locomotor movement chart and perform each movement while you collect the scattered cups.

The object of this activity is to quickly collect all of the cups, one-by-one.

Collect the first cup and return it to your home base. Then quickly move to collect the second cup. Continue until all cups are collected.

Collect Cup 1	Using a Jump
Collect Cup 2	Using a Gallop
Collect Cup 3	Using a Skip
Collect Cup 4	Using a Hop
Collect Cup 5	Using a March
Collect Cup 6	Using a Side Slide

