

SKILL-RELATED FITNESS

Challenge Activities

Strength or Endurance

(Muscular Fitness Warm-Up)

[YouTube Video Demo](#)

What you need: 1 six-sided die

The object of this game is to perform each activity on the chart and then determine if it is more of a muscular strength or muscular endurance activity.

Roll the die and complete the activity that corresponds with the number rolled. Write in either strength or endurance in the fitness box on the chart. If you roll a number more than once during the activity, perform the activity again, and then quickly roll again. Continue until you have completed all activities on the chart (or you've played for 5 minutes total).

Dice Roll	Activity	Strength or Endurance?	Dice Roll	Activity	Strength or Endurance?
1	1 Push-Up with a Clap		2	20-Second Plank Hold	
3	3 High-Knee Tuck Jumps		4	40-Second Squat Hold	
5	5 Walking Lunges		6	6 Sit-Ups	

Quick Question

How is a Tuck Jump related to the skill-related fitness component of balance?

