

SKILL-RELATED FITNESS

Challenge Activities

Dynamic Stretching Multiplier

(Flexibility 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.

The object of this game is to total-up as many points as possible. To score points, you will first perform the correct number of repetitions for each dynamic stretching exercise and then roll the die.

Multiply the number of reps with the number rolled on the die. Write your score for that activity on your scorecard below. When all activities are complete, add the numbers for a total.

# of Reps	Activity	Your Score (reps X roll)	# of Reps	Activity	Your Score (reps X roll)
10	March & Reach		10	Hug Chest Expansions	
4	Plank Walk-Outs		20	Backstroke Swim Arms	
6	Walking Lunges		10	Leg Raise Toe Taps	

Quick Question

How is a Leg Raise Toe Taps related to the skill-related fitness component of Coordination?

