

# FITNESSGRAM<sup>®</sup>

The Cooper Institute

## LEARN about health-related fitness.

Watch [FitTalks by The Cooper Institute](#) to learn about Aerobic Capacity, Muscular Strength, and Body Composition.

Next, **ADDRESS** your fitness goals by participating in the Fitness-Fun Field Day Events in this packet.

Visit the [FitnessGram Playground](#) – a comprehensive online site that offers resources for Health and Fitness to improve physical and mental well-being.

Spread the word about this new resource!

[Download](#) or [Share](#) [The FitnessGram by The Cooper Institute Playground](#)

*FitnessGram by The Cooper Institute is the most widely used physical fitness assessment in the country, reaching millions of kids nationwide in tens of thousands of schools.*



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# INCHWORM RELAY

Watch this activity demo on  YouTube 

## The Goal:

Move from cone to cone with a partner using inchworm planks. Demonstrate muscular fitness and flexibility.

## What You Need:

5 cones per pair

## How To Play:

- Place the cones in a line 10 paces apart.
- Designate one cone as Starting Cone 1 and another as Starting Cone 2.
- Teams of 2 organized with a partner at Starting Cone 1 and a partner at Cone 2.
- All students in plank position. On the start signal, Partner 1 walks their feet up to their hands and then moves forward by walking hands back to plank position (like an inchworm). When Player 1 touches the next cone, Player 2 begins to inchworm toward the next cone. Player 1 will safely and quickly move to the next cone and gets ready in plank position.
- This rotation continues until the team touches the 5th and final cone.



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# JUMP ROPE 5K

Watch this activity demo on  YouTube 

## The Goal:

To jump rope with a partner for 5 full minutes.  
Demonstrate aerobic capacity.

## What You Need:

1 jump rope per student, Stopwatch, or 5-minute timer

## How To Play:

- Find your pulse and count your heartbeats for 10 seconds. Now, multiply that number by 6. That number is your Beats Per Minute (BPM) before the Jump Rope 5K. Get ready with a jump rope and enough space to jump rope safely.
- On the start signal, all participants begin jumping rope with basic 2 -foot jumps.
- Continue jumping rope for 5 full minutes with no breaks or and no resting.
- If you make a mistake with your jump rope, that's okay. Just start jumping again right away. It doesn't matter how many jumping mistakes you make.
- On the stop signal, find your pulse and count again. What is your BPM after the Jump Rope 5K?



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# 800-METER STEEPLECHASE

Watch this activity demo on  YouTube 

## The Goal:

To run 2 laps around a 400-meter course while overcoming each obstacle.  
Demonstrate aerobic capacity while running and muscular fitness while crab walking.

## What You Need:

8-16 Hula Hoops, 4-12 Jump Ropes, Cones to mark a 400-meter course, Stopwatch

## How To Play:

- Create a 400-meter course with 2 obstacles. At the 100-meter mark, create the first obstacle with a row of hula hoops across the width of the running lanes. Students can leap over the hoops, or they can step quickly inside the hoops. However, they may not touch a hoop. If they do, they move off the course and complete 3 burpees before continuing.
- At the 300-meter mark, create the next obstacle with 2 lines of jump ropes 10 paces apart. Students must crab walk from one line to the next before getting back up and continuing to run.



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# H.Y.P.E. BREAKS

Watch this activity demo on  YouTube 

## The Goal:

To complete 1 or more Fit 4 FitnessGram H.Y.P.E. Breaks – by Hip Hop Public Health.

## What You Need:

Get 60: Fit 4 FitnessGram H.Y.P.E. Breaks [YouTube Playlist](#)

## How To Play:

- H.Y.P.E. stands for “Help Young People Energize.”
- Perform 1 H.Y.P.E. Break for a bronze medal performance.
- Perform 2 H.Y.P.E. Breaks for a silver medal performance.
- Perform 3 or 4 H.Y.P.E. Breaks for a gold medal performance!



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