

OVERVIEW

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|---|---|
| DURATION | 10 mins |
| AGES | 12 - 16 |
| PACE | 0.00 - Stationary |
| STAGE(S) OF ATHLETIC DEVELOPMENT | Learn to Train (Age 9-12) Train to Train |
| SKILL LEVEL | Intermediate |
| DEVELOPMENT FOCUS | Physical Capacities: Strength |
| EQUIPMENT | Beanbags |
| ENVIRONMENT | Field, Gym, Track |
| CAN BE USED AS... | Game / Activity |
| SHAPE America Standards: | <p>Standard #1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <ul style="list-style-type: none">• S1.M24 Individual-performance activities <p>Standard #3: The physically literate individual demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.</p> <ul style="list-style-type: none">• S3.M9 Fitness knowledge <p>Standard #4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <ul style="list-style-type: none">• S4.M5 Working with others |

Setup

- Divide participants into teams of six.



Activity Instructions

- Leader introduces and demonstrates the forearm plank position (forearms on ground with elbows in line with shoulders, arms parallel to the body at about shoulder width distance, ground toes to the floor, neutralize the neck and spine).
- Teams line up shoulder to shoulder in forearm plank position or any other modified plank position as needed (e.g. using hand, placing knees on ground, etc.) on one side of the playing area.
- The first team member passes a beanbag under their stomach to the next member.
- As soon as a participant passes a beanbag they get up and move forward (closer to the other side of the playing area).
- The first team to get everyone to the other side of the playing area wins.
- Leader now introduces and demonstrates the crab walk position (on hands and feet with stomach facing up and hips off the ground, fingers pointing towards heels). Allow hips to drop momentarily if tired.
- The first team member places a beanbag on the stomach of the teammate next to them, then gets up and walks forward (closer to the other side of the playing area).
- The first team to get everyone to the other side of the playing area wins.