

Skill Related Fitness

Perform the movement that is suggested at each station for 30 seconds. After completing the movement check off the health related part or parts of fitness that you did in that movement.

Movement	Agility	coordination	Reaction Time	Balance	Speed	Power
Stand on 1 foot while counting to 30						
Toss and catch a ball w/partner						
Walk on line without stepping off						
While skipping toss a ball back and forth between hands						
Jump back and forth over a line						
Run through ladder						
Run as fast as you can weaving through cones						
Throw ball against wall and move to try and catch the ball						
Alternate toe taps on soccer ball						
Perform 8 yard sprints						
Perform shuttle run						
Box jumps						
Hold the ball in one and drop it. Attempt to catch with the same hand before it hits the ground.						
Put beanbag between you and your partner in push-up position. See who can grab it the fastest.						
Power skips to line and back						

