

The Rules

Children's Fitness Challenge

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A 100 yard obstacle course: Forward or log roll (student's choice), 5-foot chute, 15-foot running grid, 5 cone weave, 6-foot balance beam, 3 hurdles (sized per age group and skill level – 12 inch, 18 inch, 21 inch), long jump, under bar, and sprint.

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Shuttle Run: 5 bean bags will be placed 20 feet from a riser. The athlete must pick up one bag at a time and placed in the riser. Repeat for all the ban bags.