



Core Strength: Push-Up Challenge

Equipment:

N/A

Set-up:

N/A

Description:

Students will compete to see who can make the most push-ups without taking a break. This will develop upper body and core strength.

Instructions:

All students in the group will assume a prone position on the floor ready to begin push-ups. The coach will instruct group to begin and will count at a steady pace at which the students will perform a push-up at each number. The last remaining student will be the winner.

Scoring:

The student that wins the push-up challenge scores a 3. The runner-up will score a 4 and all others in the group score a 5.

