



## Core Strength: V-sits

### Equipment:

2kg medicine ball x2.

### Set-up:

Each student will use a medicine ball when performing the activity.

### Description:

Student will sit on floor with legs raised six inches off the ground. This activity will involve rotating the upper body while abdominal and glute muscles stabilize.

### Instructions:

The activity will begin with student sitting on floor and raising their legs six inches off the ground while holding the medicine ball. The student is required to rotate upper body to one side and touch ball off the floor while maintaining elevated legs. The student will then rotate to the opposite side to touch ball off floor and will continue to alternate side to side for as long as they can keep the legs elevated. The activity will end when student can no longer keep their legs elevated.

### Scoring:

Student that holds v-sit longest will score a 3. The runner-up will score a 4, and all other students will score a 5.

