



Survivor Challenge

Overview

Survivor Challenge will appeal to students who love competition. Working in pairs, students travel from station to station, spending one minute completing the exercise posted at each and recording their results. (You can use more or less time if you wish.) The goal is for each student to have a better result (perform more reps) than his/her partner at each station. In each pair, the student who has the best result at the most stations is the winner.

Materials Needed

- Selection of Functional Fitness Charts (the number of charts will depend on the size of your class)
- Survivor Challenge worksheets (one per pair)
- Clipboards (one per pair)
- Pencils (one per pair)
- Stopwatch
- Selection of music (thirty to fifty clips)

Preparation

- Choose the Functional Fitness Charts you wish to use. Ensure that your students are familiar with each exercise you choose before using it for this activity.
- Display the charts. Ensure that there is enough room for a number of pairs to perform the exercise at each station.

Suggested Approach

- Divide the class into pairs. If possible, match students of equal athletic ability, which will make the activity more enjoyable for everyone.
- Give each pair a clipboard, worksheet, and pencil.
- Explain how the activity works. Each pair will spend one minute at each station, performing as many reps as they can of the exercise. They will each record their results on the worksheet. When the signal is given, they will move to the next station.
- Send two or three pairs to each station, so that students are equally distributed around the room.
- Signal for the students to begin the exercise at their first station. The goal is for each student to perform as many reps as they can in one minute.
- When a minute has passed, stop the students. Ask them to record both team members' results on the worksheet.
- Give the signal for the students to move to their next station.
- Continue until each pair has visited each station.
- Have students check off which partner had the best result at each station, and determine how many stations each partner won.
- The student with the best result at each station is the winner of the station. The student who had the best result at the most stations is the overall winner of the Survivor Challenge circuit.
- To add to the competition, keep track of the students who won this first round of the Survivor Challenge (season one). Have the students complete the same circuit at a later date, and keep track of the winners of the second round (season two). Then have the winners of seasons one and two face off against each other, and crown the ultimate survivor.

