



Pleasanton / Tri-Valley SELPA School Partnership Virtual Unified Fitness Challenge

DATES: Start March 25-April 16, 2021

DESCRIPTION All Secondary Grades 6th-12th +

WHO: Dublin, Pleasanton, Livermore

LIST EXERCISES : Pick 3 of the 4 challenges to try.

(see visual doc with exercise gifs)

How many can you do in 60 seconds?

- 1 Curl ups (abdominal/ core strength) Options: "spaghetti and meatball" curl ups (PE Chef) or cross crawls, (stand or sit)
2. How many arm circles can you perform forward for 30 seconds and reverse for 30 seconds.? Add numbers together.
3. There are 5 different push up options, from regular, wall push up to several modified push up versions. Choose the one for you "just right challenge".
4. Leg swings; facing sideways to a wall, place hand on wall near shoulder level, remain balanced while outside leg swings forward and back for 30 seconds and switch letting other leg swing forward and back, while maintaining balance and upright position.

