

PowerBall

1. Hop To It

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power
☐ Cardiorespiratory ☐ Flexibility ☐ Anaerobic ☐ Strength ☐ Endurance

2. Over Under

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time ☐ Power
☐ Cardiorespiratory ☐ Flexibility ☐ Anaerobic ☐ Strength ☐ Endurance

3. Rock, Paper, Scissors Football Revisited

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These are all medicine ball activities. Choose ball weights that are appropriate for participants' current fitness level.

1. Hop To It

Can be done with two or more students on a team. Give them a specific distance that the medicine ball must travel. They can only take 4 big hops with the ball and then set it down and run back to teammate. Teammate then runs to ball and hops with it. Keep going until the set distance has been covered.

2. Over Under

Teams of 6+ students line up in single file. Pass the ball between the legs and then next person passes ball over the head and continue pattern. Last person in line must drag the ball underneath all teammates back to front and start again. Task is complete once all students are back to where they started.

3. Rock, Paper, Scissors Football Revisited

Use a medicine ball as the football and instead of running they must hop with the ball.