

## **Cup It Up Challenge**

Using the outdoor PFA equipment, I put signs at each station with "X" number of repetitions. I also include Heavy Hoops, jump ropes, crab walk, jog a lap around PFA, jumping jacks, burpees, knee to belly button, pull up bars, dips on parallel bars, sit up station, and box jump on high PFA Step up.

I divide class into equal teams with 3-4 students on each team. Each student goes to a station and does not have to be at the same station as the rest of their group members. Students complete one station and earn two cups. The goal is for the team to make the tallest cup tower by stacking.