

## Do Work Get a Cup

I divide the class into six teams and each team lines up on a different colored poly spot. In the gym, I have the following stations set up:

- Rope climb
- Gymnastic rings
- Sit up mat/push up/ burpee/ high-low plank
- Weighted hoops
- Step up
- Box jump
- Potato sack hop
- Tee ball
- Resistance training bands
- Medicine balls

Students complete a station for “X” amount of reps and get a cup for their team. At end of game, students make a straight line with cups to see has longest line in order to find out which team did the most work.