**TIC TAC TOE FITNESS CHALLENGE**

**EQUIPMENT:** photocopied instruction sheets (1 per student), 27 hula hoops, 12 red gator skin balls, 12 blue gator skin balls (substitute other colors if needed), 4 soccer balls, about 10 skipping ropes to mark start and finish lines, 1 beanbag per student; Each student should have their own beanbag.

**PLAYING AREA:** field

**SET-UP:**

* Set up a 5 x 5 array of hula hoops in the middle of the field. Set the gator skin balls on each side of the field as shown in the diagram.
* Set up pylons and soccer balls for the soccer dribbling race.
* Set up a hula hoop and soccer balls for the ball kick target. This can also be used for the beanbag target.
* Place skipping ropes in various places around the field to mark starting and finish lines or use other lines marked on the field.
* Divide the class into two teams, each with their own color of gator skin balls.
* Give a photocopied sheet of instructions to each student.

**OBJECTIVE:**

The objective is to get five balls in a row - vertically, horizontally, or diagonally in the hula hoops.

**RULES:**

* By winning head-to-head fitness challenges, students will be able to dribble a gator skin ball for their team to a hula hoop in the 5 x 5 Tic Tac Toe grid or kick away one of their opponents’ gator skin balls from a hoop.
* Players will compete in quick head-to-head fitness activities against opponents. An opponent can challenge you whenever you are not already involved in a head-to-head match. If an opponent challenges you, you must accept. Then have a rock-paper-scissors contest to see who chooses the challenge activity.
* Many challenges will take place simultaneously. As soon as a student is finished competing in one challenge, they move to a new one with a different opponent.
* The winner of each challenge has two options. They may dribble one of their team’s gator balls to a hoop and leave it there, or they may remove one of their opponents’ gator balls from a hoop by kicking it away.
* If players tie in a challenge, they just leave it as a tie and move on to a new opponents.
* After each head-to-head match, each player must find a new opponent to compete against. They must also go to a different activity.
* The first team to have 5 gator balls in a row vertically, horizontally, or diagonally wins.

**GAME VARIATIONS**:

* Adjust the size of the array to 4 x 4
* Modify or replace head-to-head challenge activities to suit your class.

**Tic Tac Toe Challenge Options**

You will compete in head-to-head challenges against players from the opposing team. If someone challenges you, you must accept. If you win a challenge, you can dribble one of your team’s gator skin balls to a hula hoop in the middle of the field, or you can kick one of your opponents’ gator skin balls from a hoop. After each challenge, you must find a new opponent and move to a new activity. The first team to get 5 gator skin balls in a row vertically, horizontally, or diagonally wins.

**A brief description of the various fitness challenges are:**

* **Left Foot Balance:** Start at the same time. Stand on your left foot only. The last person to touch the ground with their right foot wins.
* **Right Foot Balance:** Start at the same time. Stand on your right foot only. The last person to touch the ground with their left foot wins.
* **Crabwalk Race:** Start at a skipping rope. Have a crabwalk race to the finish line skipping rope. Whoever gets there first wins.
* **Long Hopper:** Hop on one foot for 10 continuous hops. Whoever goes farther wins.
* **Ball Kick Target:** Start at a skipping rope. Kick a soccer ball toward the hula hoop. Whoever is closer to the center of the hoop wins.
* **Hold That Pose:** Both players start doing a plank at the same time. Whoever can hold the plank for the longer time wins.
* **Standing Long Jump:** Start at a skipping rope. Each player will jump as far as they can from a standing position. (Hint: swing your arms and bend your knees.) Whoever jumps farther wins.
* **Soccer Dribbling:** Start at the skipping ropes by the pylons. Agree on a dribbling course around the pylons. Then have a race. Whoever completes the course first is the winner.
* **Beanbag Target:** Start at a skipping rope. Throw your beanbag toward the hula hoop. Whoever is closer to the center of the hoop wins.
* **Beanbag Clap:** Throw your beanbag high into the air. While it is in the air, clap as many times as possible and count your claps. Then catch the beanbag before it touches the ground. You can only count the claps if you catch the beanbag. Take your total of three throws. The player with the higher total wins.
* **Left Foot Hop:** Start at a skipping rope. Race to the finish line skipping rope by hopping on your left foot.
* **Right Foot Hop:** Start at a skipping rope. Race to the finish line skipping rope by hopping on your right foot.
* **Straight Race:** Agree on a starting and finish line for a race. Whoever gets to the finish line first wins.
* **Long Strides:** Walk as far as you can in ten steps. Whoever goes farther wins.
* **Quick Stand:** Start at the same time with both players seated on the ground. Whoever can stand up first without using their hands is the winner.

**Tic Tac Toe Fitness Challenge**