FitnessGram Olympics!

Each year we see how fit you are by participating in the Fitness Gram assessment. How fit are you? Let’s compete in some Olympic style games to see how fit you are. We are going to work on the areas of fitness and earn points along the way. At the end we will add up our points and see what medal we have earned. Will you earn Gold, Silver, or Bronze?

Remember… Be Safe, Show Respect, Have Fun!

**First Event:**  Standing Straight Leg Stretch  
- Keep your knee straight  
- Reach both arms toward the floor  
- Keep your back straight while looking at your toes

**Points:**
1. I can touch my knees = 1 point  
2. I can touch my shins (between knee and feet) = 2 points  
3. I can touch my toes = 3 points  
4. I can grab my feet = 4 points  
5. My palms are flat on the floor = 5 points

**Second Event:**  Crunches: How many can you do in 2 minutes?  
- Keep hands crossed over chest. Do NOT put hands behind head!  
- Get lower back off of ground.  
- Keep feet on the ground.

**Points:**
1. 5-15 = 1 point  
2. 16-25 = 2 points  
3. 26-40 = 3 points  
4. 41-60 = 4 points  
5. 60+ = 5 points

**Third Event:**  Push Ups! How many can you do in 2 minutes?  
- Keep your back flat.  
- Only bend your arms.  
- Arms bend to 90 degrees.

**Points:**
1. 1-4 = 1 point  
2. 5-8 = 2 points  
3. 9-15 = 3 points  
4. 16- 25 = 4 points  
5. 26+ = 5 points
Fourth Event: Running! How long can you run without stopping?

- Find a safe place where you can run!
- Drink some water!
- Make sure you have something to track your time.
- Pace yourself!

**Points:** Time without stopping to walk.

1. 1-2 minutes = 1 point
2. 2:01- 4 minutes = 2 points
3. 4:01 – 6 minutes = 3 points
4. 6:01 – 8 minutes = 4 points
5. 8:01 – 10:00 = 5 points
6. 10:01 – 12:00 = 6 points

BONUS ROUND EVENT Body Weight Squats

- Keep your back straight.
- Squat like you’re sitting in a chair.
- Bend your knees to 90 degrees.

**Points:** How many can you do in 2 minutes?

1. 1-15 = 1 point
2. 16- 25 = 2 points
3. 26 – 40 = 3 points
4. 41 – 50 = 4 points
5. 51+ = 5 points

WHAT MEDAL DID YOU WIN?

- **Bronze Medal** = 5 – 10 Points
- **Silver Medal** = 11 – 19 Points
- **Gold Medal** = 20 – 25 Points

AWESOME JOB!!
Do you think you can do better?
Try again!!
Who can you find to compete against?

Remember to always... Be safe, Show respect, and Have Fun!