Kuser Elementary Schools
Wednesday, June 3rd

ACTIVITY #1 - PUSH-UPS
How many push-ups can you do in ONE minute?
Push-Ups for Beginners

ACTIVITY #2 - SHUTTLE RUN
- Make 3 lines 5 yards apart.
- Start by straddling the middle line; in a 3-point stance.
- Run 5 yards either to the right or left, and touch the line with your hand.
- Reverse direction and sprint 10 yards to the far line.
- Have someone record your time.
4 x 10 Shuttle Run

ACTIVITY #3 - HIGH JUMP
- Stand along a wall with your hands by your side.
- Jump up as high as you can and touch the wall with one hand.
- Have someone mark the place where your hand touched the wall.
- Use a ruler or measuring tape and count the height in inches.
How to Measure a Vertical Jump At Home

ACTIVITY #4 - GARBAGE CAN TOSS
- Crumple 10 pieces of paper into 10 balls.
- Stand 10-feet away from an empty garbage can or bucket.
- See how many balls you can make in 40 seconds.
Real-Life Paper Toss Trick Shots

ACTIVITY #5 - 50 YARD DASH
- Mark 50 yards with a starting line and a finish line.
- Have someone time how long it takes to reach the finish line, from the starting line.
50 Yard Sprints

Have fun! Good luck!