

DODGE & DUCK FOR CORE STRENGTH, COORDINATION & AGILITY!

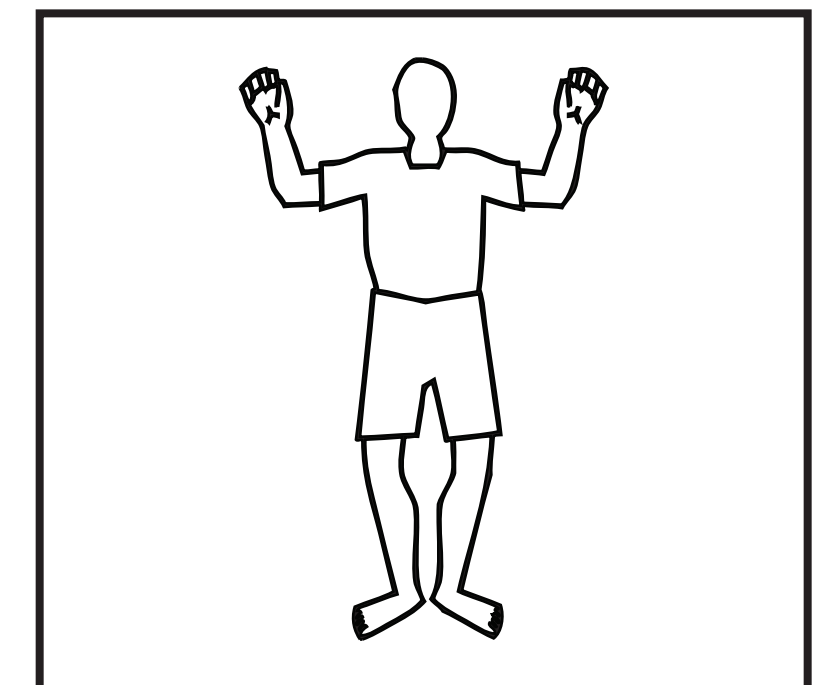
-THE REFLEX STATION-

Two players use their entire body to complete this challenge. Speed, agility, and timing are an important part of this activity.

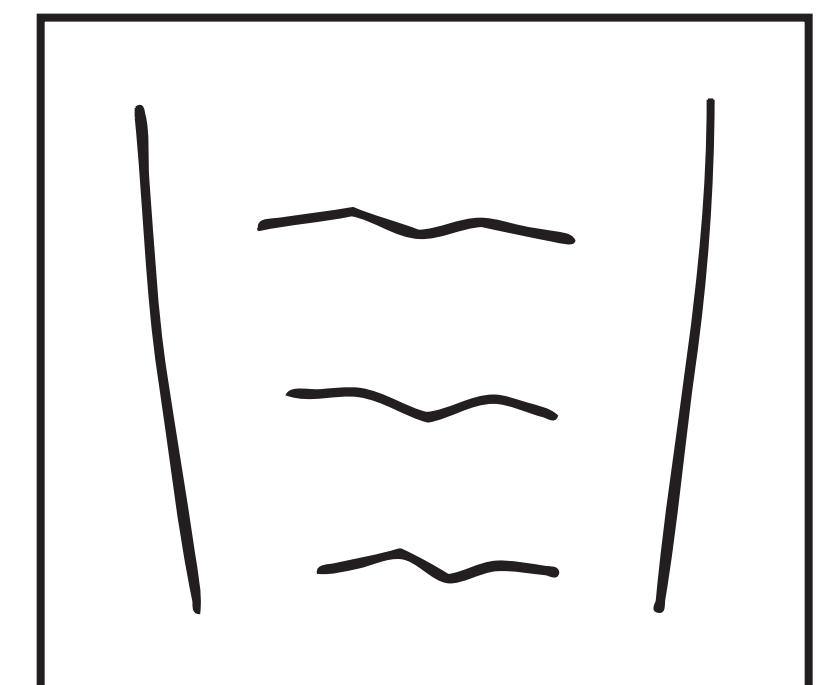
Players race on a fast moving platform. Jump, duck and dodge around obstacles in the way. Use both hands to pull the levers for a speed burst. Jump to go even faster. Reach for the coins with your arms and legs to improve your score. Quick reflexes and timing are an essential for success at this station. Ready... Set... Go!



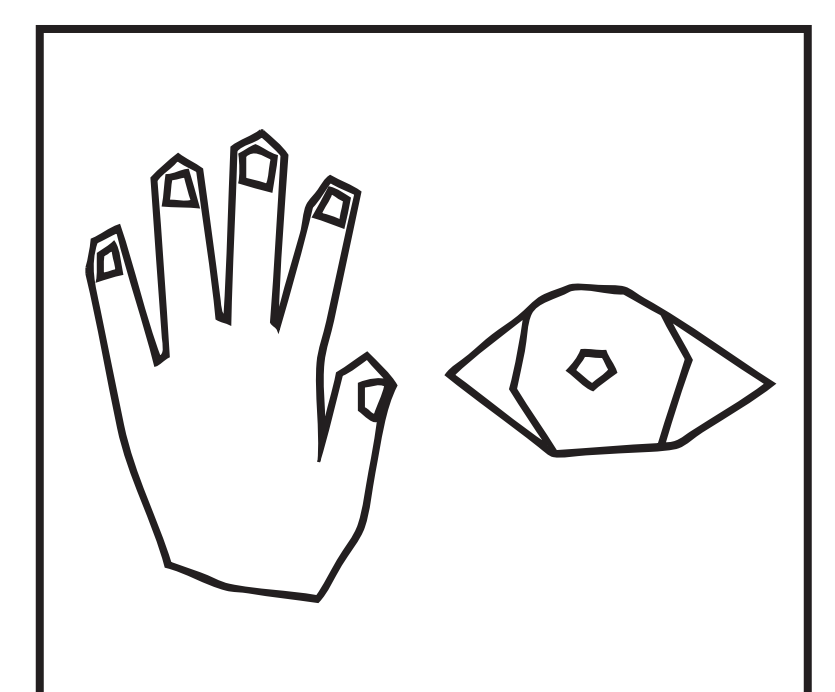
Muscles, Systems & Skills



Total Body



Core Strength



Coordination

The Reflex Station is in alignment with the following Physical Education and Health Learning Standards:

- Understand the relationship between physical activity and individual well being
- Understand the effects of activity on the body, the risks associated with inactivity, and the basic components of health-related fitness (cardiovascular, muscle strength, muscle endurance, flexibility and body composition)
- Develop physical fitness skills through regular practice, effort and perseverance

Related Sports & Activities

Dancing
Basketball
Aerobics
Martial Arts

iGame4SM

Transforming Fitness in Education