



# Beat the Clock Fitness Challenge

InterActive4Life

INTERACTIVITY IN A SNAP SHOT





# Beat the Clock Fitness Challenge



## FITNESS INTERACTIVITIES

### Student Targets



#### Movement Competence

Develop stability and locomotor skill related fitness components in combination while responding to external stimuli in order to increase physical literacy.



#### SEL

Apply skills that help them to recognize sources of stress and cope with challenges in order to support the development of personal resilience.



#### Relationship

Build capacity to connect in a synchronous way by mirroring their partner's movements and moving in unison.



#### Physical Distance

This InterActivity can be performed at a 2 meter distance.



#### Online

This game can be played online using visual educational technology.



[CLICK HERE to watch this InterActivity in action!](#)

### Activity Overview

In a short amount of time, students are to complete exercise tasks while maintaining a synchronous connection with their partner.



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### Getting Started:

With family members, friends or classmates:

- Decide on an appropriate time to set your timer at (i.e., 1 minute).
- Draw a task card. You will have that allotted time to complete the task. No breaks until all of the exercises have been completed!
- The object of the game is to complete all of the tasks in the allotted amount of time while maintaining connection with your partner. This means you must move as if you are mirroring each other. You cannot go ahead or fall behind.

### Modifications to the Game:

- **Tasks:** Modify the amount of repetitions, the version of the task/exercise or the amount of tasks to complete on the task card. Participants may also create their own tasks cards.
- **Communication:** Participants may have the option to offer positive reinforcement like a clap between each repetition of the exercise or count out loud together to promote teamwork.
- **Speed:** Option to modify the tempo by performing the exercises as slow as possible while maintaining a synchronous connection with their partner.
- **Strategy:** Allow participants time to discuss a pace/strategy that will work for both students based on their strengths/weaknesses.

### Adaptations to Rules of the Game:

- **Competitive Score:** Both partners perform the exercise, however Partner A has a goal of trying to keep the same pace as Part B. Partner B's goal is to try and lose Partner A.
- **Cooperative Rally:** While the timer is running see how many or how few repetitions you can perform together of a given exercise OR see how many repetitions you can do in synchronous connection with your eyes closed. How might you connect without visual cues?



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## FITNESS INTERACTIVITIES

### InterActive Function2Flow Assessment:

#### InterActive Function

(Connecting Postures)

- What ways can you adjust your postural alignment and position to facilitate a better connection with your partner?

#### InterActive Form

(Connecting Positions)

- How can you adjust the way you perform the motion improve form while aiming to also move in synchronous configuration with your partner?

#### InterActive Feeling

(Connecting Sensations  
of Timing & Force)

- What feelings indicate that you need to speed up or slow down your movement to maintain synchronous connection with your partner?

#### InterActive Flow

(Connecting Energies)

- What feelings of life/energy do you feel when you and your partner are moving as one?