



Physical Activity Strength Challenge – Push-ups

The goal of the Physical Activity Strength Challenge is to measure participants' physical strength, encourage physical activity, goal setting, and sustaining a healthy life. Strength will be measured through the **Push-ups**, which youth may be familiar with through their physical education classes in school. Through proper instruction and execution this challenge will give youth the opportunity to practice goal setting skills by striving to improve in their total amount of push-ups through being active during T.R.A.I.L. implementation.

When to Implement

The Physical Activity Strength Challenges must be implemented following **even-numbered chapters** of the T.R.A.I.L. curriculum (i.e. chapters 2, 4, 6, 8, 10, and 12). If chapters are taught over multiple days/sessions then the youth should be introduced to the challenge on the first day the chapter is taught and tested on the last day the chapter is taught. The T.R.A.I.L. Coordinator should encourage youth to practice in order to improve their skills, though practice is not required.

Materials Needed

- Stop watch
- Clean, flat surface
- Pen/pencil
- Recording sheets
- Clip board

Procedure

A standard push-up begins with the hands and toes touching the floor, the body and legs in a straight line, feet slightly apart, the arms at shoulder width apart, extended and at a right angles to the body. Keeping the back and knees straight, the subject lowers the body to a predetermined point, to touch some other object, or until there is a 90-degree angle at the elbows, then returns back to the starting position with the arms extended. This action is repeated, and test continues until exhaustion, or until they can do no more in rhythm or until one minute has expired.

Scoring

Record the number of consecutive, correctly completed push-ups in one minute.

Instructions

1. Begin on your hands and knees with your hands underneath your shoulders but slightly wider than your shoulders.
2. Walk the feet back until you are in the high plank position. Keep your hips lifted to avoid the lower back bowing so the belly sags towards the ground. This is the first phase of the push-up.
3. Begin to bend your elbows, lowering your body down towards the floor. Your elbows will bend out to the side, not behind you.
4. Lower yourself down until your chest is about an inch or two from the ground and then slowly push yourself back up to the starting position. Push through your hands in order to return to the starting position.
5. Breathe in during the “down phase”, and breathe out during the “up phase”.
6. Do as many as possible until one minute has expired.