

<b>Fitness Component</b>	<b>Exercise/ Pose/ Position</b>	<b>Picture</b>
Flexibility	<b>Side Stretch</b> Hold for 5 to 10 seconds.	 <small>DEBRA McCUNTON</small>
Flexibility	<b>Child's Pose</b> Hold for 5 to 10 seconds.	 <small>© MICHAEL SEXTON</small>
Muscular Endurance	<b>Push-up Hockey</b> Try to hold the push-up position as long as you can without resting. Play 1 or 2 games to 5 points.	Try to score by sliding a beanbag in between your opponent's arms while in the push-up position.
Muscular Strength	<b>Push-ups</b> Try to do as many as possible.	
Cardiovascular/ Aerobic Endurance	<b>Line jumps</b> Jump until you get tired, time yourself and try to jump longer next time.	Jump back and forth over a line. Side to side or front to back, you can crisscross your legs while jumping. Be creative.