



## **Fit Kids Fit Future Competition:**

Is your school the fittest?

Fit Kids Fit Future announces its first ever **“Is your school the fittest?”** competition.

Schools across New York State will be participating in the first of many upcoming **FREE** events... The Unbroken Jump Rope Challenge will last from Oct 23<sup>rd</sup> – January 25<sup>th</sup>.

Physical education teachers across the state have the opportunity to assess their classes with the event below and report to Josh at Fit Kids Fit Future their top performers: one male and one female between grades K-6 and one male and one female between grades 7-12. In addition, each participating school can also submit a “Best Effort” award nomination for a student who puts full effort toward this challenge, with a short write-up on why this student deserves the award. Fit Kids Fit Future will be announcing the winners February 1<sup>st</sup> on our website, Facebook and Twitter page. Feel free to share this challenge with your fellow educators. Every semester a new “Is your school the fittest?” competition will be announced.





## **Oct 23<sup>rd</sup> - Jan 25<sup>th</sup> Challenge: The Unbroken Jump Rope**

### **Rules:**

- 1) Students will work in pairs with one jump rope.
- 2) One person will be the repetition counter while the other jumps rope.
- 3) The objective for the student jumping rope is to see how many “single unders” in a row they can do **WITHOUT** making a mistake.
- 4) The maximum time a student can jump rope (unbroken) is 5 minutes (we recommend having the student’s jump rope on a 5 minute timer so this can be monitored). Maybe this will be a positive way to involve a student’s cell phone in class?
- 5) If a student makes a mistake, simply start the count back at zero and begin again!
- 6) It’s up to each individual teacher how to roll this out within your setting.
- 7) There is no limit to how many times a student can attempt this in the 4 week challenge period.
- 8) A submitted “top performer” score must have been completed in a PE class with the PE teacher present.

**A student’s score is the highest number of repetitions completed UNBROKEN. Maximum time spent jumping is 5 minutes.**

One female and one male in grades K-6 with the highest score

One female and one male in grades 7-12 with the highest score

One student that put forth “best effort”

**Will receive a certificate signed by the authors  
of Fit Kids Fit Future.**

Please e-mail all results to [jlewis@fitkidsfitfuture.com](mailto:jlewis@fitkidsfitfuture.com)  
Remember to submit the following by January 29th:

- One female and one male between grades K-6 with the highest score throughout New York State school districts
- One female and one male between grades 7-12 with the highest score throughout New York State school districts
- One student that put forth “best effort” with a short write-up on why this student deserves the award throughout New York State school districts

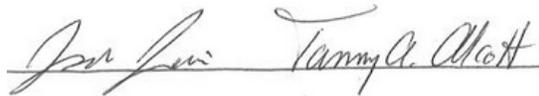
We are encouraging high levels of school pride here! This is an opportunity to showcase the hard work your students are putting forth in physical education class and to have fun at the same time!

**Fit Kids Fit Future will be announcing the winners February 1st on our Facebook, Twitter page and website.**

We look forward to receiving your scores and hearing any stories you may have....GOOD LUCK!

For curriculum information or to place an order visit us at [www.FitkidsFitFuture.com](http://www.FitkidsFitFuture.com)

Josh Lewis  
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*Using science and innovation to provide teachers with a holistic health and physical education curriculum that helps student achieve a higher quality of life.*