Work Together and Get Things Done

Sample Activities

* 100 sit-ups
* 100 push-ups
* 500 rope jumps (How many does each team member need to do?)
* 100 jumping jacks
* 100 lunges
* 100 soccer passes with a partner (How many passes do you and your partner each need to make?)
* 100 basketball layups
* 100 basketball chest passes in pairs or threes
* 100 flying-disc passes in pairs or threes (How many passes do you and your partner(s) each need to make?)
* 100 volleyball bumps in pairs (How many bumps do you and your partner each need to make?)
* 5 laps around the gym by each team member