

ENDURANCE - II

Nombre: _____ Curso/Clase _____

To obtain "Endurance-II" badge, you have to complete all three challenges with the specified heart rate.

INSTRUCTIONS:

- Each challenge will be validated by a different person:
 - Challenge 1: The partner.
 - Challenge 2: Another pair.
 - Challenge 3: The teacher.
- To prove that you have passed the challenge, you must have the signature of the person who checked it in the correct square.
- If you don't get one of the tasks you can try the next one, but you must get all of them if you want to win the badge.
- You can only try each task twice, although you can practice as long as you want.
- If you don't get all the tasks in less than two attempts, you will have to repeat all three.

CHALLENGE 1

During 2 minutes you have to alternate each side of the red court as follows:

One side skipping knees ups; one side normal run; one side skipping kick back; one side normal run,...

You have to finish with **150-170 heart rate**. (Check by partner)

CHALLENGE 2

Choose the activity and do the task during 2 minutes:

- aerobic choreography-

-Ball handling-

-Run and bounce a ball-

You have to finish with **120-140 heart rate**. (Check by an other pair)

CHALLENGE 3

Choose the activity and do the task during 2 minutes:

- Jump with a skipping rope -

-Run up and down stairs-

-Jump up and down a bench-

You have to finish with **150-170 heart rate**. (Check by the teacher).

RETOS	1er Intento	2º Intento	FC
Challenge 1			
Challenge 2			
Challenge 3			

REGISTRO ANECDÓTICO

