

### STAMINA: a wild and fiery workout *Evening Program*

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<b>SUMMARY:</b>	A high-energy recess that teaches stamina, endurance and the balanced power of engaging fully. Your fire, our wilderness. Dress to sweat.  - Submitted by Becca Sykes
<b>TOPIC(S):</b>	Physical team work, self care
<b>LEARNING OBJECTIVE:</b>	If the session is successful, the participants will have had good, sweaty, team-building fun
<b>AUDIENCE:</b>	Large groups, any age
<b>TIMING:</b>	75 minutes
<b>APPENDICES:</b>	Stamina text
<b>MATERIALS NEEDED:</b>	Water supplier costume Frisbees Pool noodles Cones Stairs or workout boxes (sturdy enough to jump on and off)
<b>SET-UP DETAILS:</b>	Ideally outside or in a gym space, pre-set up cones, noodles and Frisbees for each event

#### SESSION TIMELINE & OUTLINE:

**INTRODUCTION:** A collective warm up and team creation (15 minutes)

**LARGE GROUP GAME:** Any all player game that allows people to stay warm and stay in the game.  
**Heads or Tails Tag:** at the GO, each player declares themselves to be HEADS or TAILS (hand on head/hand on tail), everyone is IT and takes on the identity of the person who tags them. Within a few minutes, everyone will be warmed up, and in one team.

**ROUND TWO:** same game, variation: FIRE/WATER/WILDER TAG (it never ends because there's more possibility...the game of TAG with stamina)



## CORNERSTONE 2020 RESOURCE

**DIVIDE INTO GROUPS OF FOUR:** Declare yourself (Fire, Water, Wild) and find a group of 4 that has at least one of each. Sometimes, you need a little more of one. What do you need to be for yourself? What can you be to complete your team?

**TEAM MEETING:**

Create strategy for lasting the whole workout, address limitations (injury, intense dislike, variations necessary)

**PLAY:** (45 minutes)

Play Challenges: 2 minute-long high intensity efforts interspersed with water breaks. Include individual and team efforts. Facilitators will encourage safe variations appropriate for every body and every level.

**FIRE:**

BURPEES

PLANKS

BOX JUMPS

**CONE TAG:** all group

**WATER:**

SWIMMING RELAY ON LAND: all group

**WATER BREAKS**

MAYIM STEP ACROSS THE FIELD

**WILDERNESS:**

POLE VAULT

HIGH JUMP

JAVELIN

FRISBEE DISCUS

LEAP FROG

**COOL DOWN:** yoga and debrief (15 minutes)

Include stretching of major body parts, and allow each team to answer questions among themselves

**ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:**

This is a great way for sports staff to be involved in a Jewish concept, bringing their specialty to the forefront.