

Bear Fit Challenge

What is the BEAR FIT CHALLENGE (BFC)?

The BFC is an 8 bodyweight exercise fitness workout that is used in the CMS Physical Education Department to assess improvements in your overall fitness. Every exercise was carefully selected and tested before it became part of the Bear Fitness Challenge. The challenge incorporates muscular strength, muscular endurance, cardiovascular and flexibility. The exercises are considered foundational movement patterns (like a squat), cross functional (like a push up and jump rope) and common in the fitness world as ways to condition and train the body.

The idea is that as your overall fitness improves (strength, cardio and flexibility), students will see an increase in their overall total reps.

The 8 exercises are (in this order)- push ups; jump rope; squats; burpees; superman back bends; shuttle run; hand slap curl ups and mountain climbers. You will need to watch the video explaining how to perform each exercise.

How does the BFC Work?

Students will use their BFC Template to record their reps. The structure of the BFC is different for 6th, 7th and 8th Graders. The idea is that as you get older and improve your fitness levels, you need less rest between the exercises. The progression is below:

- **6th Graders:** You will use a 40/40 timing structure (40 seconds of work/40 seconds of rest) for 2 rounds. You will go from one exercise to the next. After you complete all the exercises, that is one round. You need to count every rep for every exercise while you are performing it. You will then record that total in the box on your template.
- **7th Graders:** You will use a 40/20 timing structure (40 seconds of work/20 seconds of rest) for 2 rounds. You will go from one exercise to the next. After you complete all the exercises, that is one round. You need to count every rep for every exercise while you are performing it. You will then record that total in the box on your template.
- **8th Graders:** You will use a 40/20 timing structure (40 seconds of work/20 seconds of rest) for 3 rounds. You will go from one exercise to the next. After you complete all the exercises, that is one round. You need to count every rep for every exercise while you are performing it. You will then record that total in the box on your template.

After performing the BFC, you will tally up your total reps for each exercise and then put that total number on the individual BFC graphs. This will be shown to you in class and/or screen cast video. Over time, you will see trends on the graphs relating to the individual exercises.

FILLING OUT YOUR TEMPLATE

How do you fill out the 8th Grade Template?

Follow these instructions and you will fill your template out correctly every time. Note: You will do the exercises in the order on your template. After completing all exercises, that is one round.

For your 1st Bear Fit Challenge

- Make sure you complete the top of the BFC Template by putting in your Grade, Challenge #, Challenge Date and if wearing a Pedometer, you will fill this in at the end of the Challenge.
- While performing the BFC, silently count each rep that you do in 40 seconds. Record the reps in the box for that exercise (if it is Round 1, the reps go in the Round 1 column; etc., etc.)
- After completing all 3 of your rounds, you will add up columns 3, 4 and 5 for each exercise and put that number in column 6 called, TOTAL REPS (all 3 rounds).
- If this is your first BFC of the year, you will use all of those totals in column 6 and transfer them to column 7 (Personal Best Reps). These will become your baseline Personal Best Reps to start the year. Also, take these same numbers and fill out Column 7 in the next blank Template that you will use for your next BFC.
- You can not fill out columns 8 or 9 until your 2nd BFC. (See For your 2nd Bear Fit Challenge)
- You will take all of your numbers from Column 6 and graph them. This will be done in class the first time.

For your 2nd Bear Fit Challenge

- Look at your Personal Best Reps in Column 7 and to help you determine your goals and then fill out Column 1 (Total Rep Goal). You want to do this before you start the challenge to motivate you to try and beat your Personal Best Reps.
- While performing the BFC, silently count each rep that you do in 40 seconds. Record the reps in the box for that exercise (if it is Round 1, the reps go in the Round 1 column; etc., etc.)
- After completing all 3 of your rounds, you will add up columns 3, 4 and 5 for each exercise and put that number in column 6 called, TOTAL REPS (all 3 rounds).
- Now, to determine Rep Difference (Column 8), you need to subtract Column 7 from 6. If you get a negative number, then you DID NOT beat your Personal Best. If you get a positive number, you earned a new Personal Best and if the numbers are the equal, you tied your Personal Best.
- Find the next blank Template Box and carry all of your Personal Best #s to Column 7. Column 7 should be filled out before you start your next BFC.
- You will take all of your numbers from Column 6 and graph them. This will be done in class the first time.