

BEAR FIT CHALLENGE MAKE UP ASSIGNMENT

If you missed the BFC in class, you must complete this assignment to get full credit. Please submit this assignment in Google Classroom within one week of the Bear Fit Challenge done in class. If this is submitted more than a week after the BFC, you will not receive credit.

1. You need to complete all 3 rounds of the BFC on your own. You can do it at school during a lunch (on your own) or sometime outside of school hours. For the shuttle run, be sure to measure how many of your steps it takes to get across so that you can set up an accurate shuttle run distance on your own.
2. You need to have a sheet of paper or the notes app on your device to record reps for each of the 3 rounds.
3. You need some type of timer set to 40 seconds of work and 20 seconds of rest for 8 rounds. You will do this time format for 3 rounds. You can have someone manually time you as well keeping track of the 40/20 intervals. Do the first 2 rounds consecutively and then take a short rest after the 2nd round before starting the 3rd round.
4. The entire 1st round has to be video recorded in its entirety (work and rest) which should be about 8 straight minutes. You can bring me the video file or keep it in your device. As long as I can watch it back. If you want to record the entire thing, that is ok but not required. You can submit this video in Google classroom, on a USB Drive and/or any other method you can use to share the video with me.
5. Transfer the data from this make up assignment to your BFC Template in your Sportfolio and show me.
6. Submit this assignment in Google Classroom and send me an email letting me know that you have turned it in.