

Mission Push-Up Possible Card

- Your mission is to design five different push-ups that range in difficulty from *least difficult* (everyone in your group can do at least 5) to *most difficult* (no one in your group can do more than one).
- You may use the wall, a bench, a chair, or a mat to help design your five progressively difficult push-ups.
- Use your chart paper to draw an illustration of each push-up, and label each illustration with a different title that helps describe the push-up. Draw push-ups in the order of difficulty, from least difficult to most difficult. Stick figures are acceptable.

Activity 4.7 Mission Push-Up Possible Card

From *Physical Best activity guide: Middle and high school levels*, 2nd edition, by NASPE, 2005, Champaign, IL: Human Kinetics.



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