

STATION 1: HEARTBEAT CHALLENGE



- 1. Set timer for 1 minute.**
- 2. Without moving the bucket or the cup, move water using the measuring cup from bucket 1 to bucket 2.**
- 3. Reset station when finished.**

STATION 2: DIGESTIVE DASH



- 1. Line up, stretching the “intestines” out along the group.**
- 2. Place the “food” inside the end of the intestines.**
- 3. Push the food through the tube until it makes it to the next person in line.**
- 4. Re-set station when finished.**

STATION 3: BUBBLE BREATH



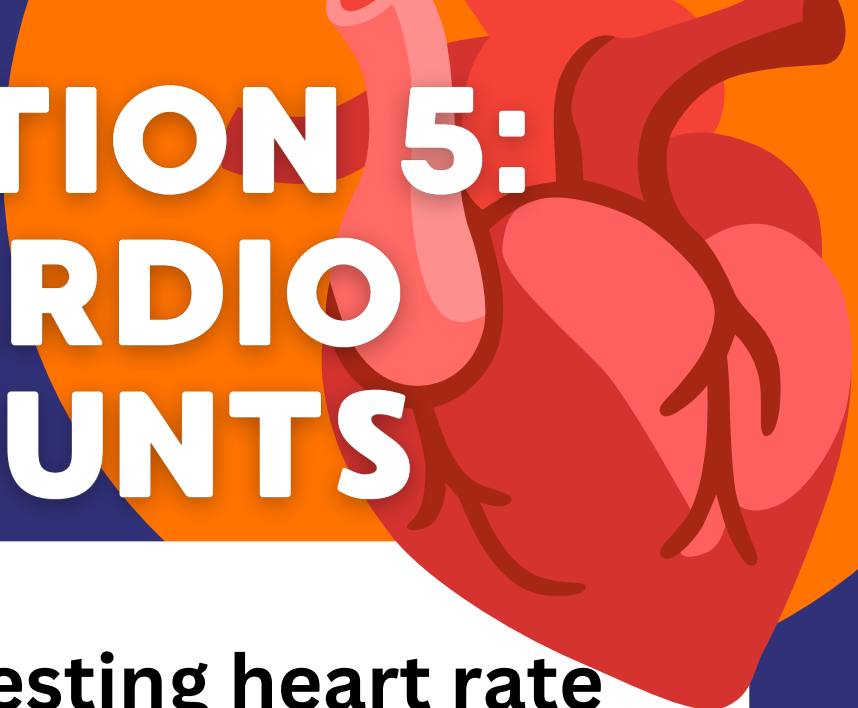
- 1. Pour some bubble solution on the table.**
- 2. Place the end of the straw in the solution.**
- 3. Take one big breath in and blow the biggest bubble you can.**
- 4. Measure the diameter of your popped bubble.**

STATION 4: REFLEX RULER



- 1. Partner 1 will hold the ruler the height listed above Partner 2's hand.**
- 2. Partner 1 drops ruler, as partner 2 tries to catch it.**
- 3. Look at the ruler to see where you caught it, and record the measurement in your data table.**
- 4. Repeat until you have dropped/caught from all heights.**

STATION 5: CARDIO COUNTS



- 1. Take your resting heart rate by finding your pulse in your neck or on your wrist. Count how many heartbeats you feel in 15 seconds. Multiply by 4 and record in your sheet.**
- 2. Do 15 jumping jacks.**
- 3. Take your heart rate again, and record your new heart rate in your sheet.**

STATION 6: BIONIC GRIP



- 1. Carefully put on the bionic hand.**
- 2. Try to pick up and move the items that are on the table.**
- 3. When finished, carefully pass your hand to the next person.**
- 4. IF there are ANY issues with the hand, seek adult help.**

STATION 7: BALANCING ACT



- 1. Using the stopwatch to keep time, see how long you can balance on your right foot.**
- 2. Now, try again with your left foot.**
- 3. Record your times on your sheet.**

STATION 8: IMMUNE TAG



- 1. You will be assigned either pathogen, a white blood cell, or a healthy cell.**
- 2. Pathogens: You're IT! Try to tag as many healthy cells as possible.**
- 3. If you are a healthy cell who becomes "infected", FREEZE. You can become healthy again by getting tagged by a White Blood Cell.**
- 4. White blood cells-your job is to "un-freeze" the healthy cells who were infected.**

STATION 9: BODY BUILDERS



- 1. Your job is to work as a team to assemble the human body!**
- 2. Make note of the body parts you struggle with, so you can answer your reflection questions.**

STATION 10: NERVE RELAY



- 1. Person 1 will be whispered a message from the teacher/leader.**
- 2. You are to pass the message along to the next person in line.**
- 3. The last person is to shout out what they heard.**
- 4. Compare this to the original message.**
- 5. Repeat as time allows.**