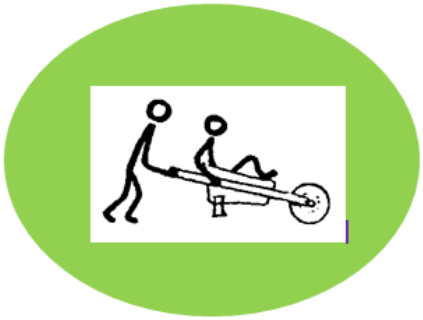
SUBMITTED BY
Irmgard

ON
2017.06.02

★ ★ ★ ★ ★
Keine Stimmen

Fitness Farm



Play fitness training - group competition with self-invented fitness exercises

Fitness farm self-design

Required:

- 6 groups of 2 to 5 participants
- 12 posts
- Central scoring board

Then it's on to the execution

- Groups set up themselves (approx. 2 hrs)
- practice
- competition

To lighten things up, there will be:

- "Joker" posts
- Risk posts
- "Double or nothing"
- Gag post
- or similar

FIND 1000's of other post ideas!

See attached PDF file

for details

Fitness



Source credits:
Authors and images: BAPSO Magglingen www.baspo.ch

Weitere Informationen

Categories
Games and activities

Tags
Fitness training
Group stage
Active game
Teamwork
Competition

Number of participants
1–20
20–30
30 – 100

Bible
This information is missing.

Duration
Up to 1 hour

Material
A lot of work

File download
File download available

KI Generierter Inhalt
Contents
Categories
Tags
Number of participants
Bible
Duration
Material

© YoungstarsWiki | https://youngstarswiki.org/en/wiki/art/fitness-farm