

ACTIVITY 4.2

FITNESS ACTIVITY

During Cadet Great Start, cadets will participate in a team-based fitness activity. Any sport, game, or fitness drill that promotes team spirit and builds a sense of camaraderie would be appropriate. Volleyball, ultimate Frisbee, soccer, and tug-o-war are suggested. Ensure cadets properly warm up and cool down.

Suggested Instructors

Cadet officers and NCOs

Duration

50 min

Objectives

1. Actively participate in the sport, game, or fitness drill
2. Demonstrate teamwork and good sportsmanship