

**Alphabetical Physical Activity List for 2007 Coleman Everest 5.5 Challenge
(Total # of Activities: 112)**

The following are the physical activities that children can choose for use with the 2007 Coleman Everest 5.5 Challenge. No one, including teachers and students can add or subtract from this list.

Aerobics
Aikido
Archery
Badminton
Baseball
Basketball
Baton Twirling
Bicycling
Bocce Ball
Bowling
Boxing
Calisthenics
Camping
Canoeing
Capoeira
Caving
Cheerleading
Climbing
Cricket
Croquet
Curling
Dancing
Diving
Exercising
Fencing
Fishing
Football
Frisbee
Four-Square
Golf
Gymnastics / Tumbling
Hacky Sack
Hand Cycling
Handball
Hiking
Hockey
Hopscotch
Horseback Riding

Horseshoes
Hula Hoop
Hunting
Ice Skating
In-line Skating
Jai Alai
Jogging
Ju Jitsu
Judo
Jump Roping
Karate
Kayaking
Kickboxing
Kung Fu
Lacrosse
Logging
Marching
Mountain Biking
Nordic Walking
Paddleball
Paintball
P.E. Class
Ping-Pong
Pull-ups
Push-ups
Racquetball
Rafting
Rappelling
Rock Climbing
Rollerblading
Roller Skating
Rowing
Rugby
Running
Sailing
Scuba Diving
Sit-ups
Skating
Skateboarding
Ski Jumping
Sledding
Snorkeling
Snow Skiing
Snowboarding
Snowshoeing
Soccer

Softball
Spinning
Squash
Stickball
Stretching
Surfing
Swimming
Swinging on swing set
T'ai Chi
Tae Bo
Taekwondo
Tag Games
Table Tennis
Tennis
Tetherball
Track and Field
Trampoline
Tubing
Unicycling
Volleyball
Wakeboarding
Walking
Water Aerobics
Water Polo
Water Skiing
Weight Lifting / Training
Wrestling
Yoga