FITNESS CIRCUITS

Ready...

- 8-10 cones (1 per station)
- Choose 16-20 Fitness Circuit Skill Cards - half Body Composition, the other half Muscular Strength and Endurance - (SPARKfamily.org) to use as stations (2 per station). Throw in a few types for variety and fun.
- Read through the chosen Fitness Circuit Skill Cards for specific equipment needs.
- Music and player

Set...

- Create the circuit by placing cones around the perimeter with at least 15 paces between stations. The greater the distance, the more aerobic the activity.
- Place 2 Fitness Skill Cards on each cone: 1 each of Body Composition, and Muscular Strength and Endurance. Students answer the question on the Body Composition Card, while completing the task on the other.
- Place needed equipment at each station.
- Disburse students equally among stations.

GO!

1. The object is to increase nutrition awareness by answering questions and completing tasks at each station.
2. (Describe and have students demonstrate all stations, with a focus on proper technique. Describe the rotation between stations.)
3. When you arrive at the station, read the Body Composition Card first. Answer the question, and complete the task on the other card. When the music stops, rotate to the next station.
4. Continue until you hear the stop signal.

CHALLENGES

- If you finish the answer before it is time to rotate, embellish it.

CUES

- If you don’t know the answer, ask others at your station.
- Focus on your body cues. Is your heart beating faster? Are you breathing faster and harder? Can you still talk with your group?
Did you know that some types of food fat are good for you and others are not? Experts say that kids your age (9-12) should eat between 60 and 75 grams of fat each day. Look at food labels to see how many grams of fat a serving of a specific food has. Try to stay away from “transfats,” reduce your saturated fats, and eat the “good” fats found in fish and some vegetables.

**TONY’S TIPS**

- Choose and place the Muscular Strength and Endurance tasks to offer a good mix of high and low intensity, challenge and fun.
- Use fun music to motivate your students. Pre-recorded music with built-in intervals for learning and/or working at each station and rotation allow you to move around the stations to provide feedback to all your students.

**STANDARDS ADDRESSED**

**National PE Standards**

**Fitness:**
Improve health-related fitness

**Personal/Social:**
Accepting challenges

**Your State** (Write in here)

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**NOTES**