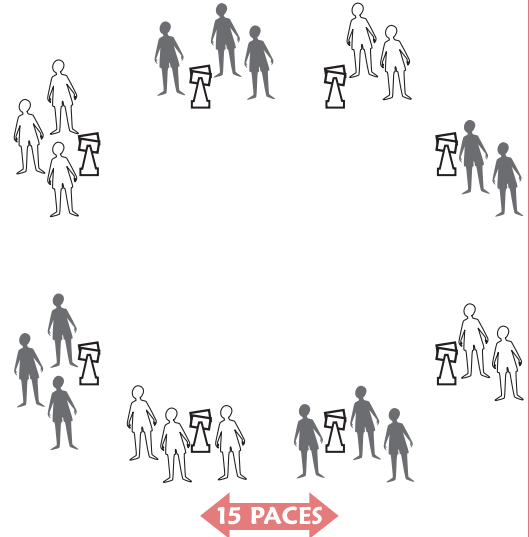




## Ready...

- 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](http://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



= Cone with 2 Skill Cards

## 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.

### CHALLENGES

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

## 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.

### 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?

# BODY COMPOSITION CIRCUIT

## \*SPARK™ IT UP!

### ★ **New Stations**

(Choose different Fitness Circuit Skill Cards each time to keep it fresh.)

### ★ **My Own Pace**

Move through the stations at your own pace and in any order. You may choose to stay longer at stations you need to focus on, or those you enjoy most. (Provide any guidelines you see fit.)

### ★ **Pedometer**

(Need 1 pedometer per group at a station.) Clear your pedometer at each station. See which station promotes the most steps. Rotate who wears the pedometer every other station.



## WELLNESS

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.



## STANDARDS ADDRESSED

### **National PE Standards**

#### **Fitness:**

Improve health-related fitness

#### **Personal/Social:**

Accepting challenges

#### **Your State** (Write in here)

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## 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.

## NOTES

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