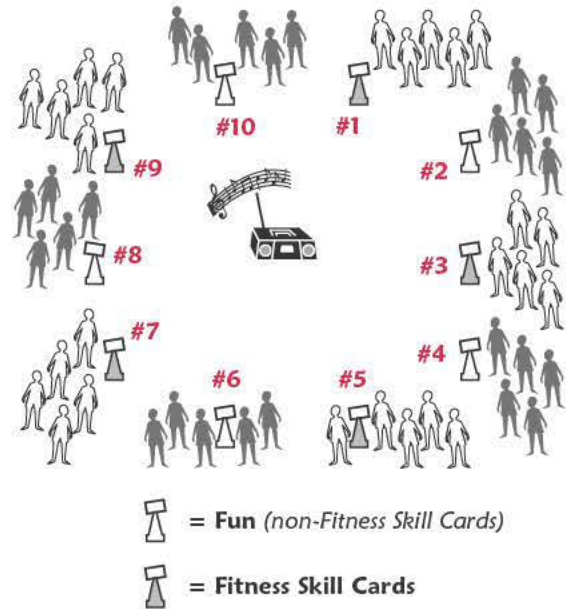


Ready

- 8-10 cones (to create stations)
- 8-10 *Fitness and “Fun” Station Cards* (Read station cards for needed equipment)
- Music and player (optional)
- 8-10 Shoulder Folders (optional)

Set

- Create circuit by placing station cards in Shoulder Folders, forming stations around perimeter. Alternate “fun” and fitness stations.
- Place needed equipment at stations.
- Disperse participants equally among stations.



GO!

1. Today's activity is a *Fun and Fitness Circuit*. You will move through a circuit made up of both fun and fitness-themed stations.
2. As we go around the circuit, each group will show and tell station instructions.
3. On music, be active at your station. When music stops, rotate to the next station clockwise.
4. Continue until you hear the stop signal.
5. **Skill-it!**
 - Enjoy “fun” stations and look forward to working hard at fitness stations.
6. **Move More**
 - Which stations did you enjoy the most?
 - Were the “fun” stations as active as the “fitness” ones?

Safety First

- The focus is on quality not quantity or speed. Never sacrifice proper technique to achieve higher repetitions.

FUN AND FITNESS CIRCUIT

GAME RESET

Rewind

- **Your 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 that you enjoy.

Fast Forward

- **Get in the Zone** – Check your heart rate. Work to get and stay in Zone 3, which is 70-80% of your maximum heart rate.



HOME PLAY

Move More

You don't need to be a cardiologist (heart specialist) to know your heart is important. It beats around 35 million times per year. There are many benefits to giving it regular workouts. Regular activity reduces risk of heart disease, lowers blood pressure, improves cholesterol levels, and decreases body fat. It has also been shown to decrease anxiety and depression. So, keep your heart going strong. Get it pumping every day.



GUIDELINES ADDRESSED

1. Aerobic Capacity; Muscular Fitness; Flexibility
2. Greater than 50% MVPA
3. Initiative

NOTES





THE RIGHT FIT

Group Size

- Small – Can be done with as few as 1 participant.
- Large – Choose skill cards using little or no equipment to accommodate more players.

Limited Space

- Use grids instead of a perimeter-style circuit to make the most of limited space.

Wide Age Range & Skill Levels

- Players can be of equal or mixed skill levels and ages.