

Teaching Tips

- The focus should be on quality not quantity or speed.
- Encourage others in your group to do their best.
- On the stop signal, put the equipment back and rotate to the next station.

Guidelines Addressed

- Aerobic Capacity, Muscular Fitness, Flexibility
- Greater than 50% MVPA
- Initiative

SEL Competencies

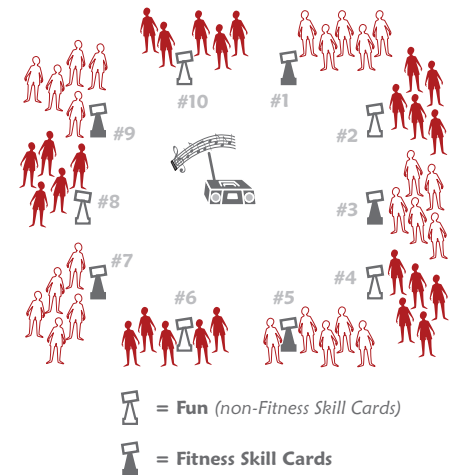
- Self-Awareness**
Self-efficacy, healthy self-perception
- Self-Management**
Self-discipline, self-motivation
- Relationship Skills**
Cooperation

READY

- 8-10 [cones](#) (to create stations)
- 8-10 [Fitness and "Fun" Station Cards](#) (Read station cards for needed equipment)
- Music and player (optional)

SET

- Create circuit by placing station cards on cones.
- Form stations around perimeter. Alternate "fun" and "fitness" stations.
- Place needed equipment at stations.
- Disperse participants equally among stations.



GO!

1. Activity Objective

- The object of **Fun and Fitness Circuit** is to build fitness by moving through a circuit made up of both fun and fitness-themed stations.

2. Instructions

- As we go around the circuit, each group will show and tell station instructions.
- On music, be active at your station. When music stops, rotate to the next station clockwise.
- Continue until you hear the stop signal.



Fun and Fitness Circuit

Reflection Questions

- Which stations did you enjoy the most?
- Were the “fun” stations as active as the “fitness” ones?
- How could you make the stations more challenging?

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.

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.

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.

Leader Reflection

