

Teaching Cues

- Move safely, always watching for others.
- Share activity stations if you arrive at the same time.
- Read challenge carefully completing all repetitions.

Standards Addressed

- Read and comprehend informational text
- Apply operations and algebraic thinking
- Use numbers
- Multidisciplinary teamwork

SEL Competencies

Self-Awareness

Self-efficacy

Self-Management

Self-discipline, self-motivation

Relationship Skills

Cooperation, teamwork

READY

- 6 half cones
- [STEM Fitness Training Cards](http://SPARKfamily.org) (*SPARKfamily.org*)
- Up-tempo music and player (optional)



SET

- Create 6 activity stations using half cones as markers.
- Space the half cones with enough room for safe physical activity.
- Choose 6 different *STEM Fitness Training Cards* to use for this training circuit.
- Place 1 selected training card near the half cone in each activity area.
- Create groups of 4-6 students with each group starting at a different station.



GO!

1. Lesson Objective

- The object of **STEM Fitness Training** is to learn fun facts in the areas of science, technology, engineering and math while being active. You'll do that by working cooperatively with your group to complete the *Fitness Training Challenge* at each activity station.

2. Instructions

- On the start signal (*or when the music starts*), read the challenge card at your station.
- Complete the challenge as a group, then move on to the next activity station, rotating clockwise.
- Freeze when you hear the stop signal (*or when the music stops*).
- (*When all activity stations are complete, place new challenges at each station and begin again.*)

3. Challenges

- Can your group complete all of the stations before the stop signal?
- Can your group demonstrate 1 or more Character Matters traits (*e.g., cooperation, respect, etc.*)?

STEM Fitness Training

Reflection Questions

- Which activity station was your favorite? Why?
- Which fun fact was your favorite? Why?
- Every person has unique interests and strengths. What are some of your interests and strengths?

Mind/Body Connection

Aerobic fitness aids cognition

Researchers have found that people who were the most aerobically fit had the fastest cognitive responses, measured by reaction time, the speed that individuals processed information, memory span, and problem solving. Aerobic activity not only increases blood flow to the brain, but has also been shown to speed recall and reasoning skills.

Home Play

It's important for everyone to be able to communicate effectively using many different types of media. For example, are you good at writing easy to read emails? Can you create a word processing document that delivers a clear message? Good communication takes practice. You can practice by creating a 1-page document that explains how to play your favorite game. When you're done, print out a few copies and give them to your friends.

Teaching Tips

- How few words can you use to prompt activity? Using the provided GO! script can help you practice clear and concise instructional cues.
- Once students are moving, provide supervision and feedback. Provide positive and specific feedback 3x more often than corrective statements.

Teacher Reflection
