

Fitness Cards



Create six fitness task cards and post them around the classroom in open areas.

Divide students into six groups and assign each group to a station.

Students work at their stations for two minutes. A signal is given to move to the next station.

- Station #1 – Jump and touch wall
- Station #2 – Stand up/Sit down
- Station #3 – Jump and Twist
- Station #4 – “Can-Can” kicks (space permitting)
- Station #5 – Jog on the spot with arm circles
- Station #6 – Alternate knee lifts

Variations: Play music to start and stop the activity at a station. Students can use a fitness log after activity to chart progress over a period of time. Vary station name and activities to fit themes or units of study.

CURRICULUM LINKS:



Health and Physical Education: Active Participation

Grades 5/6: Assess progress in fitness-enhancing activities at regular intervals



Mathematics: Data Management and Probability

Grades 4/5/6: Collect and organize discrete or continuous primary data and display data on charts, tables, and graphs



EQUIPMENT: Fitness task cards