

<h2 style="text-align: center;">Fitness Circuit</h2>	<p style="text-align: center;">Time 20 minutes</p>	<p style="text-align: center;">Facility</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <input checked="" type="checkbox"/> Classroom <input checked="" type="checkbox"/> Gymnasium </div> <div style="width: 45%;"> <input checked="" type="checkbox"/> Multipurpose <input type="checkbox"/> Outdoors </div> </div>	
<p>Equipment Audio equipment (optional), fitness-task cards</p>		<p style="text-align: center;">Physical Activity Level</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <input checked="" type="checkbox"/> Moderate </div> <div style="width: 45%;"> <input checked="" type="checkbox"/> Vigorous </div> </div>	
<p>Safety</p> <ul style="list-style-type: none"> ● Remind students to be cautious when moving and to be aware of the personal space of others. ● Ensure there is enough space at each station to do the fitness tasks safely. 			
<p>Warm-up</p> <ul style="list-style-type: none"> ● Have students march on the spot, slowly increasing the speed. ● Point to one body part at a time, and have students move that body part in a variety of ways. If you are not pointing to a body part, the students continue to march in place. ● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). <p>Activity: Fitness Circuit</p> <ul style="list-style-type: none"> ● Set up stations around the activity area and, on your cue, have students travel in groups of three to five from one station to another until they have completed all the fitness tasks. Have students spend 60–90 seconds at each station, changing at a signal. Have students march or jog on the spot for 30 seconds between each task. Sample stations may include the following fitness tasks: <ul style="list-style-type: none"> ○ station 1: tuck jumps ○ station 2: toe raises ○ station 3: jumping jacks ○ station 4: heel touches ○ station 5: wall push-ups ○ station 6: jogging on the spot ○ station 7: knee lifts ○ station 8: jump up, touch the ground <p>Cool-down: Moulded Clay Statues</p> <ul style="list-style-type: none"> ● Have students move around as if they were clay statues drying, their movements slowing down until they are frozen. ● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). Students hold the stretch as if they were statues. 			
<p>Variations</p> <ul style="list-style-type: none"> ● Have students brainstorm and create other stations for the fitness circuit. ● During the warm-up, hold up cards with the names and/or pictures of body parts printed on them to reinforce literacy skills. ● Have students illustrate station cards that will be put around the activity area each time the students participate in this activity. 			
<p>Notes for Teachers</p> <ul style="list-style-type: none"> ● Model correct technique for each station before students begin the fitness circuit. ● Discuss with students the way their bodies feel after completing each of the stations from the circuit (e.g., “The wall push-ups make my arms feel stronger.”). 		<p style="text-align: center;">Planning Notes and Reflection</p>	