

JUMP ON THE FITNESS TRAIN

Objective(s):

1. Perform a circuit at Intensity Level 3 or higher.
2. Identify the primary component of fitness for each station and an alternative exercise to improve the component of fitness.
3. Demonstrate locomotor skills during station rotation.

Equipment:

- Cones
- Circuit Training Cards

Key Safety & Management Tip(s):

1. Create circuit training cards for station identification, instructional content, and quick reminders for proper form and technique.
2. Make sure students have plenty of room to use equipment at each station.

Student Explanation:

This warm-up circuit will prepare your body for more exercise. Each exercise should be performed at a minimum of Intensity Level 3. This circuit includes combination exercises such as mountain climbers and squat thrusts that will elevate your heart rate to improve cardiorespiratory endurance as well as build muscular strength and endurance. The other exercises, push-ups and crunches help build muscular strength and endurance. During rotation, you will perform the locomotor skill of running, skipping or galloping to the next station (select one)

Direction(s):

1. Introduce circuit using the student explanation above.
2. Clarify circuit rotation (clockwise, counterclockwise, locomotor skill).
3. Explain and demonstrate the stations and locomotor skill.
4. Time 30-50 seconds and then rotate students.

Assessment(s):

1. Self-assess Intensity Level throughout the duration of the circuit.
2. Name the exercise and what component of fitness it works.
3. Identify other exercises to improve each component of fitness.
4. Compare and contrast muscular strength and muscular endurance.
5. Explain the purpose of a warm-up.
6. With a partner, talk about why static stretches are not included in a warm-up.

Station/ Exercise	Fitness Component(s)
1. Push-ups	MS/ME
2. Squat Thrusts	Combination
3. Crunches	MS/ME
4. Mountain Climbers	Combination

Modification(s): Please refer to page 5 for exercise modifications.

