

## How to Use It

- Instruct your students on the FITT principles (use the Home Play) to teach the relevancy of fitness activities and help educate, motivate, and engage them.
- Read through the Fitness Circuit Skill Cards (SPARKfamily.org). Note that the specific fitness component reached by completing the skill is shown on each Skill Card. Be aware of the needs of individual students (e.g., abdominal strength or aerobic capacity), and then choose specific Skill Cards to help them reach these objectives.
- Print the Fitness Circuit Skill Cards from the SPARKfamily.org website. For longevity, use card stock and laminate the cards.
- Once you know which stations you will be using, pull out the equipment needed. Create stations with markers such as hoops or cones, the Fitness Circuit Skill Card, and any equipment needed.
- Review the assessment samples provided on the SPARKfamily.org website. The Think About is a self-assessment of knowledge of the FITT principle and the 5 components of health-related fitness. The Performance Rubric is an observational assessment you can use to collect data on proper form and skill performance. Ideally, plan to take rubric observations throughout the unit.
- There is a sample unit plan on SPARKfamily.org, built on a 3 PE classes-per-week model. Use this as a guide to adjust and create a unit plan that meets your particular instructional requirements.
- Remember to use a short 5-7 minute ASAP activity before the main activity in your lesson. Choose several from the ASAP sections to rotate throughout the unit.

## Teaching Tips

- When creating circuits, SPARK recommends placement so students practice a variety of activities as they move through the stations. For example, mix upper-body, trunk, and legs in a circuit to lessen the fatigue-factor and increase student motivation.
- When introducing a new skill/exercise, it is important to take the time to teach the proper technique to all students before they begin moving through the stations. As always, continue to provide feedback on technique throughout the year to ensure students do the activity properly and reap maximum benefits.
- There are a variety of circuit formations and methods of rotating from station to station. Formations range from purely teacher-directed to student-centered, with many in between. These types and methods are further described in each of the activities in this unit, and variations are given in the SPARK It Up! section.

## Safety

- It is important for students to experience the activities prior to beginning the circuit to ensure they are capable of completing the tasks properly.
- Provide various levels of each activity to adapt to individual strengths and weaknesses.
- Be sure your play area surface is conducive to the chosen stations. If only blacktop is available, provide carpet squares or mats for activities on the ground.