

# Fitness Circuits

## Introduction

Fitness circuits (or stations) are a great way to provide students with a variety of challenging activities that promote the 5 components of health-related fitness: aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition. Activities in this unit can be adapted for all fitness levels. Aligned with National PE Standards and grade-level outcomes, these activities are designed to include and challenge all students' physical skills, while maintaining enjoyable, health-promoting, moderate-to-vigorous physical activity during class.

## What You Have

### SPARK Manual

- **Activities**
  - 6 activities to provide variety and cover all aspects of health-related fitness.
- **PACE (Physically Active Choices to Enjoy) Activities**
  - 3 activities designed to allow students to practice fitness skills, while they work independently at their own pace with a partner or small group.
- **Inclusive Strategies**
  - Instructional tips and equipment suggestions to help meet the needs of all students.
- **Supplemental Lesson Content**
  - **Reflection Questions:** discussion questions are provided to reflect on what students have learned.
  - **Teaching Suggestions:** instructional hints from SPARK PE specialists who have instructed the activity before. Read prior to teaching for the "inside scoop."
  - **SPARK It Up!:** variations provide extensions to address the developmental needs of students.
  - **Integrations:** ideas to connect PE to academic content, wellness concepts and promotion of physical activity outside of school. Can be read to students during warm-up, transitions, or cool-down.
  - **Standards:** indicates which National PE Standards and grade level outcomes are addressed.
  - **SEL Competencies:** shows the lesson's alignment with CASEL's SEL competencies and related skills.
  - **Vocabulary:** a list of words used to highlight academic content during the lesson.

### SPARK Instructional Media

- **Unit Plan**
  - A model of three 30-minute PE classes per week and can be used as is or modified to meet your needs.
- **Fitness Skill Cards**
  - Half-sheets graphically and/or verbally depicting fitness exercises. English on the front; Spanish on the back. Use to create stations, as visuals for you and your students, to help with creating routines, etc. Print on card stock and laminate for durability.
- **Task Cards**
  - Includes instructions for PACE activities. Print quantities recommended for each activity.
- **Assessment Samples**
  - Performance rubric and goal setting assessment samples to document and guide learning.
- **Home Play Activity**
  - A take-home page with interesting facts and information on 1 side, and fun challenges on the other side. Designed to go on the refrigerator. This is the only Focus on Fitness unit with a Home Play.