

## How to Use It

- Set up ASAP Cards and equipment prior to students' arrival. As soon as students are prepared to participate, remind them to find a card and start.
- As you teach, assess your students' comfort, interest, and capacity to perform exercises and adjust as needed using ASAP Extensions and the Mix It Up! section of each ASAP Card.
- Prompt students to begin Unit-Specific ASAPs as soon as they have completed the Fitness ASAP.

## Safety

- Teach and maintain focus on safety.
- Be sure the activity area is safe and free of unnecessary equipment.
- Teach, monitor, and maintain a consistent focus on proper form and exercise technique.
- Allow students to progress at their own rate.

## Limited Equipment/Large Class Ideas

- If equipment is limited, select ASAP Cards that require little or no equipment.