

SPARKfit Circuits Unit: What You Have & How To Use It

Designed for High School PE – Functional Fitness, Aerobic Capacity, Flexibility, Muscular Strength & Endurance

Introduction

This unit develops overall fitness through circuit-based activities targeting functional fitness, aerobic capacity, flexibility, and muscular strength/endurance. Students learn proper form, pacing, and progression strategies to improve health-related fitness components.

Lesson Plans in This Unit

- Functional Fitness
- Aerobic Capacity
- Flexibility
- Muscular Strength and Endurance

What You Have

Teacher resources to organize circuit training, assessment, and progression.

- Unit overview and daily lesson plans with fitness objectives and safety cues.
- ASAP warm-ups for readiness and engagement.
- Inclusion strategies for students with varying fitness levels.
- Skill progressions for form, pacing, and intensity control.
- Assessment toolkit: observation checklists, performance rubrics, self-reflection prompts.
- Peer coaching cards for technique feedback.
- Reflection questions aligned to SEL and fitness goals.
- Vocabulary and exercise technique summaries.
- Teacher reflection prompts for continuous improvement.

Instructional Media

- Sample 15-day unit map (adaptable to 10–20 lessons).
- Printable station signs and circuit cards.
- Skill/task cards for functional movements and flexibility drills.

- Leveled assessments for strength, endurance, and aerobic capacity.
- Limited equipment & large class adaptations.

Core Equipment by Lesson

Lesson	Standard Equipment	Low-Cost/DIY Substitutions
Functional Fitness	Mats, resistance bands, cones	Towels, rope loops, chalk marks
Aerobic Capacity	Cones, jump ropes, stopwatches	Tape lines, homemade ropes, phone timers
Flexibility	Mats, straps	Towels, belts
Muscular Strength and Endurance	Balls, dumbbells, mats	Water bottles as weights, towels for mats

How to Use It

Sequence circuits to build endurance and strength progressively, culminating in a fitness challenge day.

- Days 1–3: Intro to circuits and functional movements.
- Days 4–6: Aerobic capacity circuits with pacing strategies.
- Days 7–9: Flexibility and mobility circuits.
- Days 10–12: Muscular strength and endurance circuits.
- Days 13–15: Culminating SPARKfit Circuit Challenge with mixed stations.

Daily Flow (Prep → Set → Teach)

- Prep: Check space and equipment; post station signs and safety cues.
- Set: Quick warm-up; review form and pacing.
- Teach: Rotate through stations; monitor technique; close with reflection.

Assessment & Evidence of Learning

- Observation checklists for form and effort.
- Student self-reflection on fitness progress.
- Performance rubrics for circuit completion and pacing.

Safety

- Ensure proper form and controlled movements.
- Monitor hydration and rest breaks.
- Avoid overcrowding at stations; maintain clear space.

Limited Equipment / Large Class Ideas

- Use bodyweight exercises instead of equipment.
- Pair students to share bands or weights.
- Create timed circuits with minimal props.

Reflection Questions

- Which exercise challenged you most today?
- How did you manage pacing and effort across stations?
- What goal will you set for the next circuit session?

Appendix A: Circuit Rotation Template

Use this template for organizing stations and recording performance.

Station	Round	Student	Reps/Time	Notes
	1			
	2			
	3			
	4			
	5			
	6			
	7			

Appendix B: Equipment Checklist

- Mats, resistance bands, cones
- Jump ropes, dumbbells, towels
- Station signs, score sheets, pencils