

SHAPE Standards:

3, 4

DPE Outcomes:

- I can choose words associated with flexibility.
- I can work with a partner during Racetrack Fitness.

Equipment:

- 1 jump rope for each student
- Music for Racetrack Fitness
- Tumbling Mats (optional)

Instructions

Five or six fitness activities are arranged in the center (the pit) of a large circle outlined with marking spots (the race track). If desired, tumbling mats can be placed in the center of the race track to delineate the pit stop area. Students work with a partner and alternate running (or doing other locomotor movements) or rope jumping around the race track and going to the pit to perform a strength or flexibility exercise. A different exercise should be performed each time so students assure variety in their workout.

The following are some examples of exercises that can be used for Pit exercises.

1. Arm Circles
2. Bend and Twist
3. Abdominal Challenges
4. Knee to Chest Curl
5. Push-up Challenges
6. Trunk Twister

Teaching Hints

Intervals of 30 seconds of music with 10 seconds of silence are used to signal role changes. The student who was running the track now goes to the pit to exercise and vice versa.

Assure that students run under control (not as fast as they can) and in the same direction.

Allow students to perform at a level they feel comfortable. Youngsters are genetically different and should not be expected to do the same amount of exercise repetitions.