

SHAPE Standards:

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DPE Outcomes:

- I can pace myself in various fitness related activities.
- I can explain how force and speed impact my heart rate for various activities.

Equipment:

- Signs for Circuit Training
- Music

Instructions

Ask students to do the best they can at each station within the time limit. This implies that workloads will be varied. Children differ and their ability to perform fitness workloads differs. Make fitness a personal challenge.

Rope Jumping

Push-Ups

Agility Run

Lower Leg Stretch

Juggling Scarves

Curl-Ups with Twist

Alternate Leg Extension

Tortoise and Hare

Bear Hug

Conclude circuit training with 2-4 minutes of walking, jogging, rope jumping or other self-paced aerobic activity.

Teaching Hints

Tape alternating segments of silence and music to signal duration of exercise. Music segments (begin at 35 seconds) indicate activity at each station while intervals of silence (10 seconds) announce it is time to stop and move forward to the next station. Use signals such as start, stop, and move up to ensure rapid movement to the next station.

Ask students to do their personal best they can. Expect workloads to differ.

Encourage students to think about the impact of the speed and forces they use on their heart rate. How does this relate to pacing?