

CIRCUIT TRAINING

STUDENT TARGETS

- ✓ **Skill:** I will perform exercises with attention to safety & form.
- ✓ **Cognitive:** I will discuss the benefits and challenges of using technology such as heart rate monitors and activity trackers as tools to support an active lifestyle.
- ✓ **Fitness:** I will work at a target zone intensity level.
- ✓ **Personal & Social Responsibility:** I will use supportive and encouraging language with classmates.

TEACHING CUES

- ✓ Focus on Form
- ✓ Think Safety
- ✓ Work in My Zone
- ✓ Encourage Classmates

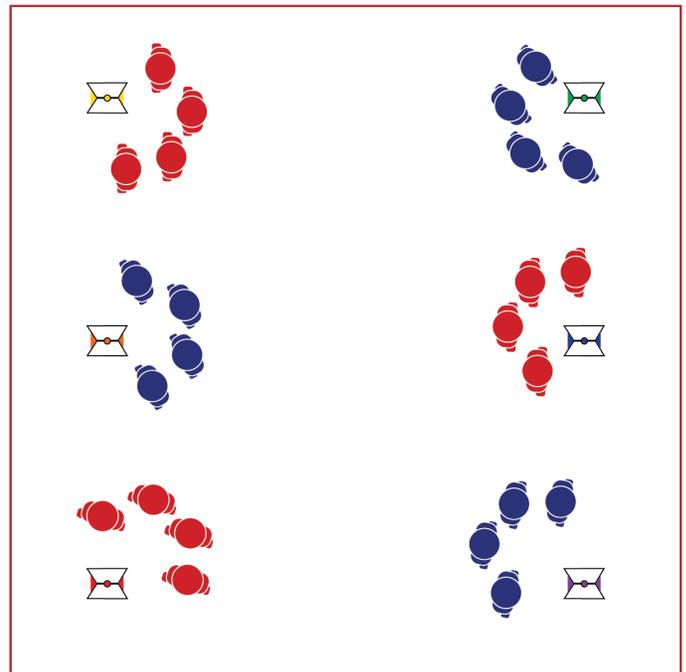
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✓ 6 cones (6-color set)
- ✓ Task tents
- ✓ Station cards
- ✓ Fitness equipment to match station cards
- ✓ Heart rate monitors (HRMs)

Set-Up:

1. Using cones, task tents, station cards, and create a circuit of 6 fitness stations using appropriate station cards. A list of station types/colors are listed in the procedures below.
2. Divide students into 6 equal groups. Send each group to a different station to begin.
3. Distribute HRMs according to class routine.



Activity Procedures:

1. Activity Circuit Training is a great way to get a balanced workout with a focus on a variety of fitness components. Today, each group will work through a circuit of fitness stations. Again, your individual target heart rate zone is 60-90% of your maximum heart rate.
2. On the start signal, begin working at your station. After 2 minutes (or another set time), you'll hear a stop signal letting you know it's time to rotate. We'll continue through the circuit, exercising at each station.
3. Focus on good form and safe movement. Be sure to ask if you have any questions about a movement or exercise.
4. Notice that each station is marked with a differently colored cone. Each color represents a component of health- or skill-related fitness. Red is aerobic endurance, orange is muscular fitness, yellow is flexibility, green is skill-related fitness, blue is balance & flexibility, purple is muscular fitness (with equipment).

Grade Level Progression:

- L1:** Rotate students as station leaders for their group. Station leaders are responsible for monitoring and providing feedback on exercise form and safety.
- L2:** Rotate an additional student as a station zone leader. Station zone leaders are responsible for pacing and encouraging groupmates to maintain target intensity.



CIRCUIT TRAINING

UNIVERSAL
DESIGN
ADAPTATIONS

- ✓ Complete circuit training workouts without a heart rate component, focusing on exercise form and safety.
- ✓ Group students with physical or cognitive limitations with students that are able and willing to assist.
- ✓ Provide different activity intensity and/or exercise options, allow students to choose an exercise they can complete safely.

ACADEMIC
LANGUAGE

Circuit Training, Activity Tracker, Heart Rate Monitor, Active Lifestyle, Support, Encouragement

STANDARDS
& OUTCOMES
ADDRESSED

- ✓ **Standard 1 [H3.L1-L2]** Demonstrates competency in one or more specialized skills in health-related fitness activities (L1); Demonstrates competency in two or more specialized skills in health-related fitness activities (L2).
- ✓ **Standard 3 [H2.L2]** Analyzes and applies technology and social media as tools to support a healthy, active lifestyle (L2).
- ✓ **Standard 3 [H10.L1-L2]** Calculates target heart rate and applies HR information to personal fitness plan (L1); Adjusts pacing to keep heart rate in the target zone, using available technology (e.g., pedometer, heart rate monitor) to self-monitor aerobic intensity (L2).

DEBRIEF
QUESTIONS

- ✓ **DOK 1:** How would you describe an activity tracker and how is it used in day-to-day life? (Provide the Polar A360 or FitBit as an example.)
- ✓ **DOK 2:** How does an activity tracker affect personal habits?
- ✓ **DOK 3:** What are the pros and cons of using an activity tracker?
- ✓ **DOK 4:** If you were trying to convince someone to buy you an activity tracker, what evidence could you gather to support a persuasive discussion?

TEACHING
STRATEGY
FOCUS

Help students examine their reasoning: Many students want the latest technology gadget with little to no evidence that it will improve or enhance their lifestyle. Activity trackers are no different. There’s always a new and improved version just being released. Tiered discussion questions can help students produce and defend their claims and arguments, which in turn can help make their use of fitness technology more thoughtful and purposeful. It will also help to highlight that technology devices on their own are not magical gateways to being healthy and fit.