**Trick or Treat Fitness**

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| **STUDENT TARGETS** | |
| * **Skill:** I will perform fitness exercises with a focus on form and safety. * **Cognitive:** I will discuss aerobic capacity and the benefits of being active with family and friends. * **Fitness:** I will work to actively engage in order to increase my heart rate. * **Social/Emotional:** I will share space and equipment with my classmates. | |
| **EQUIPMENT & SET-UP** |  |
| **Equipment:**   * 24 - 48 bean bags * 6 large cones * 6 task tents * Trick or Treat Fitness Station Cards   **Set-Up:**   * Create a station circuit using 6 cones, task tents, and station cards. * Place 4 - 8 bean bags at each station. * Divide students into equal groups and send each group to a station. |
| **ACTIVITY PROCEDURES** | |
| 1. This activity is called Trick or Treat Fitness! The object is to collect a treat at each station. You’ll do that by completing the exercise on the station card. 2. When the music starts, it’s time to trick or treat. Once you’ve collected a treat at your current station, jog clockwise to the next station and place your treat next to the cone. Collect a new treat by completing the exercise on the new station card. 3. Note: Students should only be carrying 1 treat at a time from cone to cone. If you have enough “treats” (bean bags) you could modify the activity to allow students to collect as many as possible. | |
| **DEBRIEF QUESTIONS** | |
| * **DOK 1:** How can you recognize an activity that helps improve aerobic capacity? * **DOK 2:** What are all of the things that you know about aerobic capacity? * **DOK 3:** How could you change the way you trick or treat during this activity that could help you improve aerobic capacity? | |
| **PRIORITY OUTCOMES** | |
| **Fitness Knowledge:**   * **Grades K-2:** Identifies the heart as a muscle that grows stronger with exercise/play and physical activity. * **Grades 3-5:** Identifies activities that require and/or improve the components of fitness. | |