**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.
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| **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.
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| **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.
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| **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?
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| **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.
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