



## Trick or Treat Fitness

### 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.

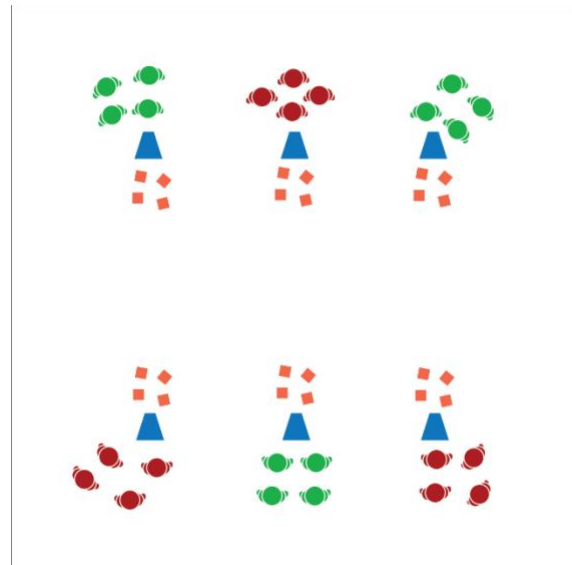
### EQUIPMENT & SET-UP

#### 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.