



13.1

Activity

YOUR EXERCISE CIRCUIT

In this activity, each group is in charge of creating an exercise circuit. Plan your circuit by selecting exercises that you have already learned in class. Follow the guidelines below when creating your stations.

1. Create a circuit using four different stations. You should develop one station for each of the following fitness areas:
 - Cardiovascular
 - Flexibility
 - Muscular strength or endurance for the upper body
 - Muscular strength or endurance for the lower body
2. Use a blank sheet of paper to create a sign for each station. Write the name of the exercise on the sign and include how many times it should be done. Each station should take 1 minute to complete. If the exercise should be done continuously without counting, write “1 minute” on your sign.
3. Make sure everyone in your group understands how to do the exercises at each of your stations.
4. Demonstrate your stations for the class.
5. Once all of the circuits are demonstrated, begin working your way through each circuit as time allows. Begin at your circuit and stay with your group. Once everyone has completed the circuit, switch as a group and try another circuit.