

Name/Title: Wheel of Fitness for HPE at Home

Purpose of Event: To get students to participate in fitness exercises at home in a creative way by adding an interactive random wheel name selector. The students had an input as to which activities made it to the wheel therefore they were excited to see if it will land on their exercise specifically.

Prerequisites: Students have prior knowledge of all the exercises on the wheel. For example, students have practiced squats, lunges, and burpees before.

Suggested Grade Level: 6-8

Materials Needed: No equipment required this is a body weight activity.

Description of Idea

Here is a [video](#) of me explaining the activity and performing it.

Video

Assessment Ideas:

You can have an exit ticket to assess students knowledge by asking students to identify a component of fitness that was practiced in this activity and which exercise achieved that component of fitness.

Adaptations for Students with Disabilities:

Modification to the exercises to meet the student with disabilities needs. For example, a modified jumping jack for a student in a wheel chair they can lift their arms up and down.

Submitted by **Idrissa Gandega** in New York, NY. Thanks for contributing to PE Central! **Posted on PEC: 9/4/2020.**

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