Name/Title: Fitness Race Track

Purpose of Event: To teach proper exercise techniques and to increase cardiovascular endurance

Suggested Grade Level: 6th and Up

Materials Needed: Large open area that can be made into a square measuring approximately 40 X 40 feet, Cones to be placed in the corners of the square, Signs that have a list of 7-10 different exercises, that will be attached to the cones, high energy music.

Description of Idea

Have each student get a partner and go to one of the corners of the square where the exercises are listed. (Limit the number of groups per corner, i.e. no more than 4 groups per corner.) The students need to decide which one will be the **runnner** and which will be the **exerciser**.

Have all students take their resting heart rate and record that. Then have them estimate and record what they think their heart rate will be when they are done with the activity.

When the music starts (or on the teachers signal) the student who chose running will run around the square while their partner does the first exercise on the list. When the runner gets back to the corner in which he/she started he/she does the first exercise on the list and the partner that was doing the exercise will run around the square. When the second runner gets back to his corner he does the second exercise on the list and the other partner runs, etc. Continue until all exercises on the list have been completed by each partner. After the partners have completed the tasks have them students take their heart rate again and record it. See if they were close to their estimation at the beginning of the activity. Have the students walk around inside the square until their classmates have finished the activity. This is a good time for them to stretch their warmed up muscles on the inside of the track.

Variations:

Make sure that the students doing the exercises are completely inside of the square and the runners run around the outside of the square.

If inside make sure runners aren't running too close to walls and outside equipment on the ground.

Possible Station Activities

You do not need to do all of these. Choose 4-5.

- 1. Push-Ups (modified or regular)
- 2. Crunches
- 3. Bell Jumps (Student jumps back and forth side to side over a line or rope)

- 4. Pumping up a flat bycycle tire with a hand pump
- 5. Crab Walk
- 6. Student Choice of one of the other activities for that day
- 7. Jump roping
- 8. Dynabands
- 9. Safe appropriate stretching
- 10. Hopping on one foot 20 times and then alternate to other foot, etc.

Submitted by **Mike Sharp** who teaches at Gwyneth Ham Elementary School in Yuma, AZ. Thanks for contributing to PE Central! **Posted on PEC: 8/29/2001**.

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