Name/Title: **Fitness Stations**

Purpose of Event: To prepare students for success on the Physical Fitness Tests.

Suggested Grade Level: 6-8

Materials Needed: Stop watch, a signal to switch stations (i.e. drum, a clap, a whistle, etc.), paper for exit (assessments), pencils, 4 mats (2 folded, 2 unfolded), 3 jump ropes, 18 five pound weights, 18 two pound weights, 6 hoops, 3 step aerobic benches, and a tape/cd player for upbeat music. Posters with the following information on them should be included at each station so the kids will know where to go next and what to do.

Description of Idea

There are 12 stations. Divide class into 12 groups (if there are 36 students, 3 per station). Listed below are the station numbers, the equipment needed and the performance tips (i.e., cues) for each station.

Each group will start at a different station. Take 5 minutes to explain all of the stations (have the students walk from station to station with you while you demonstrate skills). Students have 30 seconds at each station and 15 seconds to put there equipment away and get to the next station and begin. They will go around the stations twice. Students will check their heart rate at the beginning of the class and at the end of the class. As an assessment, they will answer the following questions.

Assessment questions:

- What was your heart rate at the beginning and end of class?
- Is it different? Why or why not?
- List three of your favorite stations and tell which fitness test it was preparing you for.
- Why did we have you do these stations?
- What would you change about today's lesson about fitness?

Station 1: Dance

- Dance any school appropriate dance in the time allowed.

Equipment: tape/cd player and music

Station 2:

Push-ups

- Do as many push-ups as you can in the time allowed
- You can do them on your knees or on your toes
- Cues: Hands shoulder width apart

Equipment: 1 mat

Station 3: Jump Rope (Individual ropes)

- Jump rope as many times as you can in the time allowed
- You can jump frontwards, backwards or with a partner (one turning, two jumping).
- Cues: Use wrists and fingers to turn the rope and not your arms, jump only high enough to clear the rope

Equipment: 3 (or 4 depending on number in each group) jump ropes and plenty of space

Station 4:

Front Extensions

- Do as many front extensions as you can in the time allowed
- Cues: Keep your arms straight and shoulders down

Equipment: 6 (or 8) 5 pound weights and 6 (or 8) 2 pound weights.

Station 5:

High Steps

- Walk with high knees to the PE teacher, give teacher a **"high five"** and walk with high knees in general space during the time allowed

Station 6:

Front/back hops

- Do as many front/back hops as you can in the time allowed
- Cues: Jump high enough to get over the hoop, Remember to land inside the hoop so you don't slip on it.

Equipment: 3 (or 4) hoops

Station 7:

Lateral Extensions

- Do as many lateral extensions as you can in the time allowed
- Cues: Keep your arms straight and shoulders down

Equipment: 6 (or 8) 5 pound weights and 6 (or 8) 2 pound weights

Station 8:

Bench Steps

- Do as many bench steps as you can in the time allowed
- Cues: Plant each foot on the bench before transferring your weight, Step with right foot, then left foot

Equipment: 3 (or 4) step aerobic benches, bleachers, or steps

Station 9:

Reverse Push-ups

- Do as many reverse push-ups as you can in the time allowed
- Cues: Completely straighten your arms after each reverse push-up.

Equipment: 2 folded mats

Station 10:

Crunches

- Do as many crunches as you can in the time allowed
- Cues: Keep your elbows pointed out to the side, concentrate on tight stomach muscles

Equipment: 1 mat

Station 11:

Side hops

- Do as many side hops as you can in the time allowed
- Cues: Remember to land inside the hoop so you don't slip on it.

Equipment: 3 (or 4) hoops

Station 12:

Tricep Extensions

- Do as many tricep extensions as you can in the time allowed
- Cues: Keep your elbows by your ears

Equipment: 6 (or 8) 5 pound weights and 6 (or 8) 2 pound weights.

Submitted by **Melinda Fuller.** Thanks for contributing to PE Central! **Posted on PEC: 9/21/2001**.
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