

Using Circuits to Fire Up Your Secondary PE Classes

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Skill-Related **Fitness Components**

Agility - the body's ability to change directions quickly while maintaining control

Balance - the ability to maintain equilibrium while moving or standing still.

Coordination - the ability to control body parts while performing movement skills smoothly and accurately.

Power - the ability to move body parts swiftly while applying the maximum force of the muscles

Reaction time - the ability to react or respond quickly to what you hear, see, or feel.

Speed - the ability to move your body or parts of your body swiftly, the amount of distance traveled divided by time taken to travel; the time-rate at which any physical process takes place

Health-Related **Fitness Components**

Body composition is the ratio of fat mass to lean mass in the body

Cardiorespiratory Endurance - the ability of the heart and the lungs to deliver oxygen to muscles for an extended period of time

Flexibility - the range of motion available at a given joint of the body

Muscular endurance - the ability of the muscles to perform without fatigue over an extended period of time

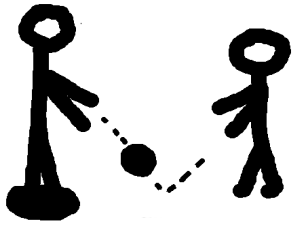
Muscular strength—the maximum force exerted when contracting muscles a single time

Why circuits?

Because circuits can...

- ...accommodate many students
- ...provide variety for student activity
- ...be adapted to a variety of target fitness goals, student ages and skill levels
- ...provide students with experiences with a variety of equipment
- ...address NASPE Standards #1, 4, and 5
- ...address various state standards
- ...keep students active ...help students learn and apply fitness concepts
- ...help students improve fitness and skills while having fun!

Skill-Related Fitness Circuit Stations



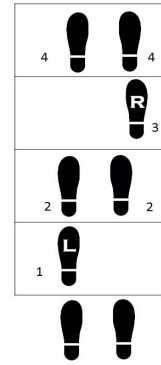
Balance Toss and Catch

(Balance, Coordination)



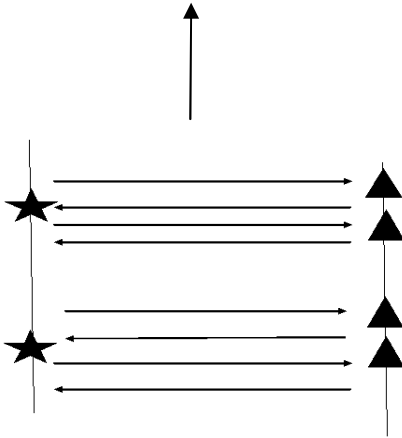
3-6-3 Stacking

(Coordination)



Agility Ladder Tasks

(Agility, Speed, Coordination)

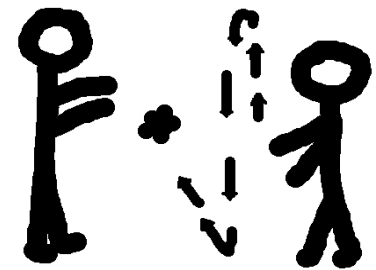


Shuttle Run

(Agility, Speed)

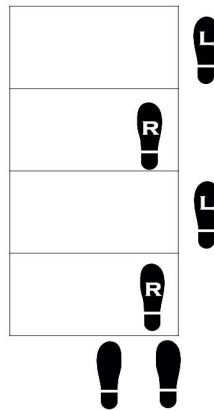


Students rotate in small groups on music signal



Reaction Ball

(Reaction time, Coordination)



Agility Ladder Tasks

(Agility, Speed, Coordination)



Crab Kick with a Beachball

(Balance, Reaction time)



Push-up Hockey

(Reaction time)

Example of standards: Florida Next Generation Sunshine State Standards

6	PE.6.C.1.9	List the components of skill-related fitness.
	PE.6.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
	PE.6.R.2.2	Recognize the potential benefits of participation in a variety of physical activities.
7	PE.7.M.1.9	Demonstrate principals of biomechanics necessary for safe and successful performance.
	PE.7.C.1.6	Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.
	PE.7.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
8	PE.8.M.1.7	Apply skill-related components of balance, reaction time, agility, coordination, power, and speed to enhance performance levels.
	PE.8.C.1.6	Describe how movement skills learned in one physical activity can be transferred and used in other physical activities..
	PE.8.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
9-12	PE.912.C.1.22	Explain the skill-related component of balance, reaction time, agility, coordination, power, and speed and how they enhance performance levels.
	PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.

Music!!!!

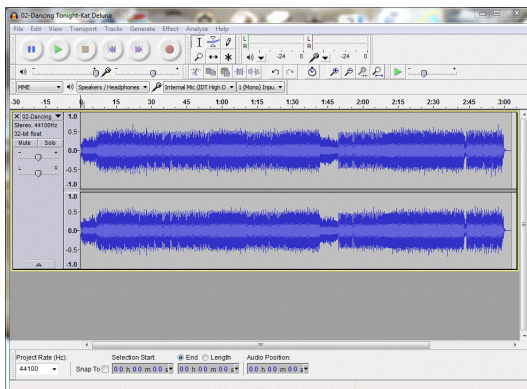
When moderate-to-cardio tempo music is playing, students just can't help moving, smiling, and forgetting that they are actually working out!

Music editing program:

Audacity

This is a free audio editor and recorder program. Useful for creating gaps at desired intervals in music that you already own, recording your own narration for inserting it into digital presentations, combining multiple songs, and more.

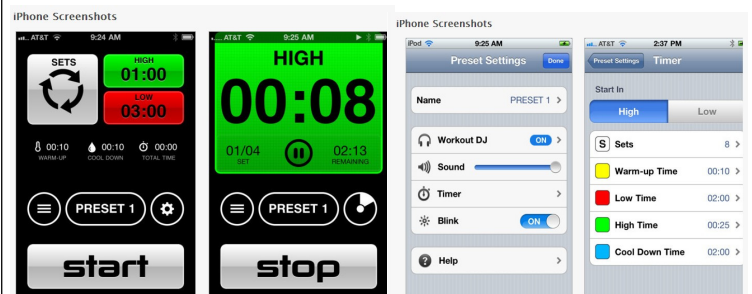
<http://audacity.sourceforge.net/>



Interval Pro

iPhone, iPod app

Use music on your phone/ipod,
select interval time



Task Cards and Graphics

Stick Figures/Images:

Drawing Programs:

Examples: Adobe Photoshop Elements, Microsoft Paint, Jot! Whiteboard (ipad app)

—draw figures freehand, save as picture files, insert on task cards, with or without labels

Google Image Search:

Search images appropriate for grade level

Photos of students performing tasks—regular or with effects



Example of Photoshop effect

Circuit Equipment Lists

Options for circuits are endless, and so are the possibilities for equipment!

Skill-Related Fitness Circuit

- Agility Ladders
- Balance discs
- Bean Bags
- Shuttle Safes
- Foam balls
- Markers/Cones
- Music-gapped for intervals
- Reaction balls
- Shoulder folders
- Small inflatable beach balls
- Sport Stacks
- Spots
- Task cards

Physical Education online resources

Presenter handouts from PE conferences	http://www.mygymshorts.schoolspecialty.com/
Free music (mostly instrumental)	http://www.freeplaymusic.com/
Free music	Freegal music to download through your public library system, includes songs from Sony's music catalog
Shoulder Folders	http://store.schoolspecialty.com/OA_HTML/ibeCCtpItnDspRte.jsp?section=&minisite=10028&item=87687 #030846 \$71.99 set/12