

## Functional Fitness for Large Groups and Small Spaces

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Fairfax County Public Schools - South County Middle School - Lorton, Virginia

This program is great for anyone who wants to get their students moving. No matter what size class, or the space constraints, this program works for all age groups and abilities. Select activities for what your students need, decide a time frame and number of segments you would like to use, add some music, and you're all set! Encourage participants to modify the activities as needed. Play around with your format and activities. Did something not go as planned? Was it too challenging, or not challenging enough? Change it up! Decide when to add new challenges to your group – increase time, add a second round of core, add more upper-body activities – whatever you need to help your students achieve!

The content and format of our program is completely flexible and can be catered to fit the needs of your population, or on a class-by-class basis. Use movements/skills/fitness components that fit the needs of your students. We've had success with students of all fitness levels, adapted PE students, adults, even ourselves. All it takes is buy-in on the part of the teachers and students. Lead by example, and your students will follow (they might even like it).

### Equipment

- Stop-watch (phone, clock, anything where someone can keep time)
- Music (this can be done without music, but everyone does better with music)

### Components of physical fitness we address (see bottom)

- Cardiorespiratory endurance (CRE)
- Muscular strength (MS)
- Muscular endurance (ME)
- Flexibility (F)

### Basic format configuration

#### Warm up - light cardio

- 3 rounds
- 20 seconds each activity
- Static Stretch
  - Lower body - primary target

#### 1 minute water break

#### Workout 1

- 3 rounds
- 20-30 seconds each activity
- 30 second break between each round

#### 1 minute water break

#### Workout 2 - *distinctly different from workout 1*

- 3 rounds
- 20-30 seconds each activity
- 30 second break between each round

#### 1 minute water break

#### Core

- 30 seconds each activity
- 1-2 rounds

#### Stretch

- Start with core stretch
  - Superman (reach wall to wall)
  - Cobras
  - Low back
- Seated hamstrings
- Butterfly
- Quads
- Calves
- Arms

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### Sample Program

#### Warm Up (3 x 20 seconds each activity)

- 1-Jog (CRE)
- 2-Jump rope (ME, CRE)
- 3-Jump squats (ME, MS)
- 4-High knees (ME)
- 5-Butt kicks (ME, F)
- 6-Mummy kicks (ME)

#### Stretch (teacher led)

- 1-Breathing (inhale, exhale – open chest)
- 2-Standing hamstring (Center, Right, Left) (F)
- 3-Right leg calf (F)
- 4-Warrior left (ME, F)
- 5-Left leg calf (F)
- 6-Warrior right (ME, F)
- 7-Squat (F)
- 8-Quads (F)
- 9-Arm circles (forward, backward, elbows) (F)

#### Workout 1 (3 x 30 seconds each activity)

- 1-Belt kicks with punches (MS, ME)
- 2-Jumping lunges/hop squats (MS, ME, CRE)
- 3-Walking push-ups (MS, ME)
- 4-Russian kicks (ME, CRE)

#### Workout 2 (3 x 30 seconds each activity)

- 1-V-push-ups (MS, ME)
- 2-Obliques (MS, ME)
- 3-Downhill ski (ME, CRE)
- 4-Ladder climb (ME)

#### Core Workout (1 x 30 seconds each activity)

- 1-Stationary hold (ME)
- 2-Side-to-side (MS, ME)
- 3-Right leg raise (ME)
- 4-Left leg raise (ME)
- 5-Elbow to knee (ME)
- 6-Flutter kicks (ME)

#### Stretch (instructor led)

- 1-Straight leg crossover (supine) (F)
- 2-Cobra (prone) (F)
- 3-Superman (F)

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