



## Fitness Fun Zone Program

### **Program Overview**

The CDC recommends that children should participate in 60 minutes of vigorous physical activity each day. Fortunately, it does not state that these need to be 60 continuous; it can be broken up throughout the day. It can be a combination of recess, physical education, and after school activities. However, even with this flexibility it still is a challenge to fit in physical activity that not only is enjoyable for the students but easy to implement.

The **Fitness Fun Zone** is a program that not only addresses the **NASPE Physical Education Standards** it also offers solutions to the challenges of how to get 60 minutes of vigorous activity in the day.

In a typical school setting there are challenges that hinder the ability to achieve the goal to provide 60 minutes for physical activity throughout a school day. The **Fitness Fun Zone** addresses each challenge with a doable solution.

- **Large Class Sizes**
- **Lack of Activity Choices**
- **No time to Set Up**
- **Exercises & Activities that are Age Appropriate**
- **Rainy Days**

### Large Groups of Students

In schools today, it is very common that you have extra large classes for physical education and there always is an abundance of children out at recess and afterschool. How do you keep them from being bored and out of trouble? You need to keep them active by providing a wide variety of activities. The **Fitness Fun Zone** court is painted directly on the blacktop and instantly offers activities by having stations (activity ideas). The stations include fitness and jump rope challenges. There are also group games and a nutrition activity. There are many choices that can be used in a variety of ways.

For physical education, the class can be divided up into groups and they can rotate from station to station or do the class group activities.

For recess, the court reminds them of fun fitness activities and students on their own can do the fitness or jump rope stations.

Since the **Fitness Fun Zone** court is permanently painted on the blacktop, it not only can be used for afterschool programs it can be used by numerous groups in the community such as Boy and Girl Scout troops that use the school sites for their meetings. If a court is painted in a public park or recreation facility families and individuals can easily utilize the markings as fitness stations on their own. Not having equipment is not an issue since many of the exercises don't require equipment. The **Fitness Fun Zone** court reminds everyone of their fitness choices and provides easy access to simple exercises for successful participation for all.

### Variety of Activities

The advantages are the variety and flexibility of the activities. There are so many options that a class can do a different activity each day and yet still using the same painted **Fitness Fun Zone** court. You want children to enjoy exercising and to achieve that you need to make it fun. Variety is necessary to keep their interest and by creating "games" they don't even realize they are exercising.

### No Time to Set Up

Time is precious especially during the school day. It does not matter if it is the best activity in the world and the kids love it, if it requires a lot of set up and equipment, it is not going to happen. Teachers want and need activities that are effective but must be easy to implement. With having the **Fitness Fun Zone** court painted on the blacktop, there now is no need to set up. Not only is the great for the teacher but for the students as well because they can get moving right away. The other plus to the **Fitness Fun Zone** is that the activities require little or no equipment. This not only is beneficial in the school setting but afterschool as well because they can still do activities even if they don't have any equipment. The main required equipment is a jump rope (but not necessary because you can do the various jumps and pretend to have a jump rope.)

### Age Appropriate Activities

There is flexibility to the activities to meet the needs of your students. You can make the exercises more challenging or modify as needed. The objective of the program is to be easy access for all children, all ages, and all abilities. We are all at different fitness levels but at any level success can be achieved. We know that a student is more likely to continue an activity that not only is fun but one that they have success doing.

## Rainy Days

No matter where you may live, you have rainy days. Many have snow days or really, really hot days. Wherever you may live you will have days that you just can't go outside. So what do you do? How do you get those fitness minutes in on these days? The **Fitness Fun Zone** thought of that as well. Included in the kit is a **Skillastics Fitness Game** that can easily be done inside. The exercises are similar to the activities that are done outside and both activities follow the same game rules. As with the **Fitness Fun Zone** outside, **Skillastics Fitness** game also requires no prep time or set up and minimal equipment. Ease for the teacher to implement, instant "fun fitness" activities for the students.

Bottom line, we know we need to incorporate physical activity in the day for students. We know it needs to be easy to implement so teachers will actually do the activities. We know it needs to be fun. We are human, no matter what age you are; if it is not fun we are less likely going to do the activity. **Fitness Fun Zone** not only recognizes these challenges they provide effective solutions.

## **NASPE Curriculum Standards**

Moving into the Future:

National Standards for Physical Education, 2nd Edition (2004)

**Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.**

A physically educated person:

### **Standard 1:**

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

### **Standard 2:**

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

### **Standard 3:**

Participates regularly in physical activity.

### **Standard 4:**

Achieves and maintains a health-enhancing level of physical fitness.

### **Standard 5:**

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Standard 6:**

Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

©2011 Fitness Fun Zone Peaceful Playgrounds & Skillastics All Rights Reserved

**Fitness Fun Zone Activities Alignment to NASPE Standards Chart**

Fitness Fun Zone Activity	Skills/Objectives	NASPE Standards
<p><b><u>Skillastics® Fitness</u></b>                      Quick Jumps                      Twister                      Piano Keys                      Imaginary Jump Rope                      Helicopter                      Jump to the Sky                      Jog in Place                      Side Slide                      Long Jump                      Scissor Splits                      One Legged Squats                      Squat Jump</p>	<p>12 exercise activities to help develop total body fitness by incorporating three of the fitness components – <b>cardio respiratory endurance, muscle strength and muscle endurance</b>. This activity develops confidence, facilitates cooperation, and instills positive exercise habits that last a lifetime.</p>	<p><b>1,2,3,4,5,6</b></p>
<p><b><u>Jump Rope Circuit</u></b>                      Basic Jump                      Side Swing &amp; Jump                      Skier                      Bell                      Straddle                      Scissors                      Straddle Cross                      Wounded Duck                      Heel to Heel                      Toe to Toe                      Cross Over</p>	<p>12 jump rope activities to help develop total body fitness by incorporating three of the fitness components – <b>cardio respiratory endurance, muscle strength and muscle endurance</b>. This activity develops confidence, facilitates cooperation, and instills positive exercise habits that last a lifetime.</p>	<p><b>1,2,3,4,5,6</b></p>

<p>Double Swing &amp; Jump</p>		
<p><b><u>Four Corners</u></b>                  Walking                  Running                  Hopping                  Jumping                  Skipping                  Galloping                  Sliding                  Leaping</p>	<p>The 4 sides of the court designate 4 different locomotor movements that can be performed (<b>cardio respiratory endurance</b>). This activity develops confidence, coordination, facilitates cooperation, and instills positive exercise habits that last a lifetime.</p>	<p><b>1,2,3,4,5,6</b></p>
<p><b><u>Nutritional Component</u></b>  <b><u>Healthy Plate</u></b>                  Create a                  Healthy dinner plate                  Healthy lunch plate                  Healthy breakfast plate                  Healthy snack                  Unhealthy plate</p>	<p>Learn healthy eating habits by determining what foods establish a healthy, nutritious plate.</p>	<p><b>5 &amp; 6</b></p>