



Fun Fitness Circuit Guidelines

What is a Fun Fitness Circuit?

A Fun Fitness Circuit is a set of stations arranged to form a circuit in the school gym. It acts as circuit training for your physical education classes. All Fun Fitness Circuits are linked to [Alberta Education's Physical Education Program of Studies](#). Each circuit is created with a balance of cardiovascular, strength, and stretching activities.

We recommend that you set up a different fitness circuit each week, but schools are welcome to use the circuits as they see best, weekly, monthly, or for special events such as Halloween parties.

The Goal

Get students moving and engaging in various development skills to improve their physical literacy.

Guidelines:

1. **Set up:** Set up each station around the gymnasium, refer to the schematic on page 3. Set up stations towards the centre of the gymnasium to leave space for a running track. Ensure each station includes a poster explaining the activity, and any supplies the students might need. The posters are included with each Fun Fitness Circuit file.
2. **Organizing the circuit:** Explain and demonstrate each station to the students. Split the class evenly between stations and adjust the time duration per station according to number of stations you plan to use.
3. **Warm up:** Get students to warm up first by running 3 laps around the running track or doing an activity that increases their heart rate.
4. **Running the circuit:** Each station activity should be 1-3 minutes long. Keep the time short! Use music to distinguish intervals, having the students clean up when the music

stops and move to the next station after running one lap on the running track after the music starts again.

5. Repeat this until all the stations are complete or the class time is up.

Tips and Tricks:

1. Play kid-friendly, upbeat music during the stations. When you stop the music, have the students clean up and get ready to run and rotate. Start the music to indicate when to start the next station.
2. Throughout the year, have teachers sign up to be in charge for a month.
3. Plan ahead of time who will set up the stations (e.g., teachers, PALS, a class, etc.)
4. Have student helpers or PALS set up the centres every week.
5. Older (grade 5 and up) students can work on literacy/PE projects by creating their own stations.
6. Host a buddy class. Older students work with younger students to help them complete the activity at each station.
7. If you don't have the equipment for a station, come up with a creative alternative.

Fun Fitness Friday Circuit Schematic

