

Stations

Playing Card

Fitness



Lesson Focus: to perform a variety of physical fitness tasks.

What you'll need

- Music and music player are optional.
- A deck of cards (remove all Aces, Jokers through the number five from deck).
- One hoop to place the cards in.
- Fitness activity options printed on paper or pre-made cards.
- Mats or carpet squares optional for curl ups.
- Jump ropes.

Skills to review and demonstrate

Review four areas of fitness and the following station exercises:

Hearts/cardio vascular: jump ropes, jumping jacks, cross jacks.

Clubs/endurance: modified push-ups, mountain climbers, crab dips, walking lunges.

Diamonds/strength: curl ups, bicep curls with weight, wall sits and planks for # of seconds.

Clubs/flexibility: Straddle stretch, hamstring stretch or shoulder stretch for # of seconds.

Getting started

Place the playing cards in a hoop at the center of the room.

Arrange the stations by category (hearts, clubs, etc.), and place the printed activity options at the station along with any equipment needed.

Pair students up and scatter around the perimeter. An extra student can play in a group of three.

Student performance objectives

Psychomotor: Students will demonstrate correct form when performing the exercises 80% of the time.

Cognitive: Students can define muscular endurance, strength, flexibility and cardiovascular fitness 80 % of the time. Students will describe specific areas of the body that benefit from the cardio, strength and endurance exercises 80 % of the time.



[Watch the Video](#)

Small space
activity for grades

2-5

Begin the action

When the music starts, or on the signal, one partner begins by choosing a card at the center and reading it to their partner.

The student then goes to the appropriate station and do an activity with the number of repetitions indicated on the card. For example wall sit for six seconds, jump rope eight times (all face cards are worth ten repetitions).

At the completion, the other partner returns the card to the center and chooses another.

Students do not repeat an exercise at a station until they have tried all the options.

Play until the signal or the music stops.

Challenge

Utilize medicine balls, exercise bands or hand weights if you have them on hand.

You can also use sand filled water bottles for weights.

Recap

What muscle groups were you using to do the.....?

How many areas of physical fitness were you working on today?

Which station was most difficult for you to be? Why?

National standards

Standard 3: Cardiovascular vascular endurance; Muscular strength; Endurance & flexibility.

Standards 4&5: Participates responsibly with respect for differences; Accepts personal challenges.