

DPA Pages!

Get Strong 101 Circuits

This circuit gets hearts pumping and muscles moving without requiring a lot of space. Combining strength and conditioning moves from the Get Strong 101 DVD, this circuit provides a quick and effective workout for the classroom, gym, multi-purpose room or outside. Students rotate through six stations, completing Upper Body, Lower Body, Quickness, Agility, Speed and Core moves at one of three difficulty levels. All students come together in between each station activity for a recovery activity.

DPA Endurance, Strength, Flexibility

EQUIPMENT:

TV, DVD Player
 CD player (optional)
 Get Strong 101 Circuit Station Cards
 Tape, hula hoops or ladder
 DVDs: Get Strong 101 and 65 Energy Blasts
 Head-to-Toe Stretch Poster (F)
 Timing device

PREPARATION:

- Use the Get Strong 101 DVD to teach the station activities before initiating the circuit.
- Hang signs around room - six stations with three signs per station. The signs at each station should correspond to the same type of activity (Upper Body, Lower Body, etc.) but should be of differing difficulty.
- Set up tape, hula hoops or ladders at the Quickness Station and the Agility Station.
- Prepare 6 recovery activities. Students can choose recovery activities.

IMPLEMENTATION IDEAS:

- Divide class into six groups and assign each group to a station: Upper Body, Lower Body, Quickness, Agility, Speed, Core.
- Students choose their own level: Moderate (red), Intermediate (yellow), or Most Challenging (blue).
- Start on the signal (whistler, music, voice command).
- Do the skill for 30-60 seconds (students or teacher chooses).
- Stop on the signal.
- All students turn to face the centre of the room and participate in a recovery activity (e.g. Energy Blasts DVD, moving to music, Head-to-Toe Stretch, speed walk (or light jog if outside) for one minute. Students move to the next station.
- Repeat steps 4 to 7 until circuit is complete or as time permits.



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Inspiration by Action Schools! BC Master Trainer Debbie Keel, Lorna Harmston (Harry Hooge Elementary, SD 42) and Anita Winch (Golden Ears Elementary, SD 42).

Get Strong 101 Circuits

CIRCUIT BREAKDOWN:

	Red Moderate	Yellow Intermediate	Blue Most Challenging
Upper Body	Push Ups • Wall • Partial • Full	Bands • Shoulder Front • Shoulder Side • Lateral	Bands • Bicep • Tricep • Chest press • Chest pull
Lower Body	Lunges • Standing • 3-point • Leaps	Squats • Standing • Hops • Jumps • Single leg • Sumo	• Standing cone touch 2 • Standing cone touch 1
Quickness	Foot taps • Taps • Switches	Foot Taps • Shuffle • X shuffle	Ladder • Run 1 • Run 2 • Shuffle
Agility	Ladder • Icky shuffle • Forward 2 • Lateral 2 • X-over	Stand Up • 4 point • Sitting to stand up • Lying to stand up • Sprawl to stand up	Hurdles • Shuffle • X-shuffle
Speed	Swings • Standing swings • seated swings	High knees on the spot	Butt kickers on the spot
Core/Balance	Core Holds • Table leg • Table arm • Table arm & leg • Superman	Core: Trunk • Knee Drives • Wipers	Balance on the spot • 747 • Karate kid • Figure 8's

Refer to Get Strong 101 DVD

RESOURCES: (refer to Action Pages! at www.actionschoolsbc.ca for these and other resources)

1. Action Schools! BC *Classroom Action Resource* (F) (in all Action Bins) or contact info@actionschoolsbc.ca
2. Get Strong 101 Circuit Station Cards – downloadable at www.actionschoolsbc.ca
3. Get Strong 101 DVD (in 4 to 7 and Middle School Action Bins) and Energy Blasts DVD (in all Action Bins)
4. Head-to-Toe Stretch Poster (F) (in all Action Bins)



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