

DPA Pages!

Try 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 DAILY PHYSICAL ACTIVITY: Endurance, Strength, Flexibility

EQUIPMENT:

- TV, DVD Player
- CD player (optional)
- Station activity signs (posted around the room)
- Tape, hula hoops or ladder
- DVDs: Get Strong 101 and 65 Energy Blasts (optional)
- Head-to-Toe Stretch Poster
- Stopwatch (or watch or clock)

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.

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

The DPA Pages! offer one Action Schools! BC DPA idea per page and are posted on www.actionschoolsbc.ca. See Quick Links – Support and Resources.



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Try Get Strong 101 Circuits (con't)

CIRCUIT BREAKDOWN:

	Red Moderate	Yellow Intermediate	Blue Most Challenging
Upper Body	Push Ups <ul style="list-style-type: none"> • Wall • Partial • Full 	Bands <ul style="list-style-type: none"> • Shoulder Front • Shoulder Side • Lateral 	Bands <ul style="list-style-type: none"> • Bicep • Tricep • Chest press • Chest pull
Lower Body	Lunges <ul style="list-style-type: none"> • Standing • 3-point • Leaps 	Squats <ul style="list-style-type: none"> • Standing • Hops • Jumps • Single leg • Sumo 	<ul style="list-style-type: none"> • Standing cone touch 2 • Standing cone touch 1
Quickness	Foot taps <ul style="list-style-type: none"> • Taps • Switches 	Foot Taps <ul style="list-style-type: none"> • Shuffle • X shuffle 	Ladder <ul style="list-style-type: none"> • Run 1 • Run 2 • Shuffle
Agility	Ladder <ul style="list-style-type: none"> • Icky shuffle • Forward 2 • Lateral 2 • X-over 	Stand Up <ul style="list-style-type: none"> • 4 point • Sitting to stand up • Lying to stand up • Sprawl to stand up 	Hurdles <ul style="list-style-type: none"> • Shuffle • X-shuffle
Speed	Swings <ul style="list-style-type: none"> • Standing swings • seated swings 	High knees on the spot	Butt kickers on the spot
Core/Balance	Core Holds <ul style="list-style-type: none"> • Table leg • Table arm • Table arm & leg • Superman 	Core: Trunk <ul style="list-style-type: none"> • Knee Drives • Wipers 	Balance on the spot <ul style="list-style-type: none"> • 747 • Karate kid • Figure 8's

Refer to Get Strong 101 DVD



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