



VIRTUAL SCHOOL GAMES INTRA SCHOOL RESOURCE

FITNESS CIRCUIT ACTIVITY CARDS

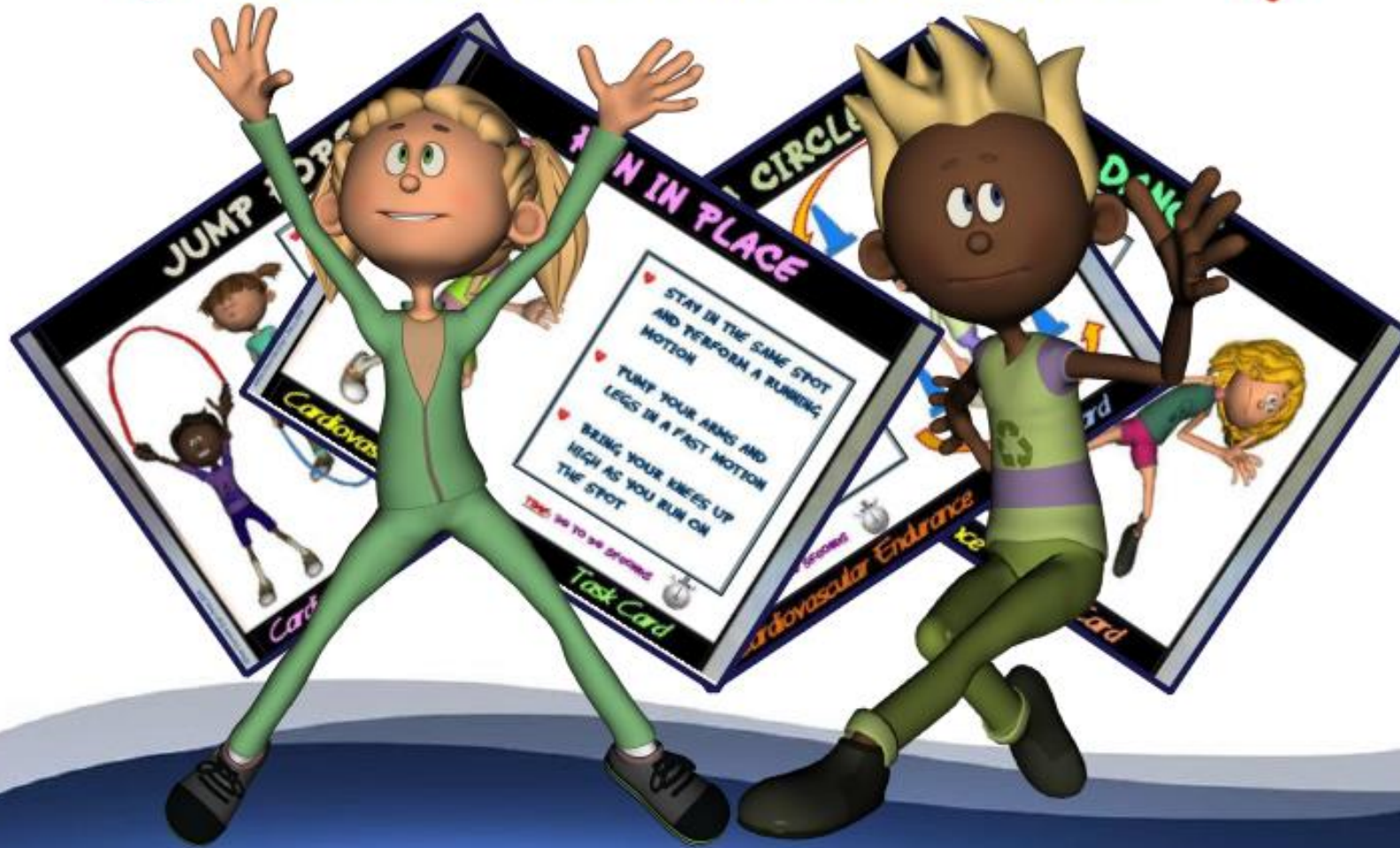
@TRAFFORDSSP

#TRAFFORDVIRTUALSCHOOLGAMES



FITNESS CIRCUIT TASK CARDS

♥ "CARDIOVASCULAR ENDURANCE" ♥



TASK CARDS, LESSON PLAN AND ASSESSMENT



CARDIOVASCULAR ENDURANCE



Definition: The ability of the circulatory system (heart and blood vessels) to supply oxygen to working muscles during exercise.



To improve your cardiovascular endurance, you want to perform activities that keep your heart rate elevated at a safe level for a continued length of time such as walking, swimming, or bicycling.



BASKETBALL JUMPS

- ♥ JUMP UP IN THE AIR AND PRETEND TO SHOOT A BASKETBALL "JUMP SHOT"
- ♥ JUMP UP HIGH AND TAKE YOUR PRETEND SHOT AT THE "MID FLIGHT" OF YOUR JUMP
- ♥ USE BOTH YOUR LEFT AND YOUR RIGHT HAND WHEN YOU PRETEND TO SHOOT



TIME: 30 TO 90 SECONDS



ACTIVITY CARD 1



BOXER BOUNCE



- ♥ **BOUNCE ON YOUR TOES, ALTERNATING FROM ONE FOOT TO THE OTHER**
- ♥ **PRETEND YOU ARE A BOXER PREPARING FOR A MATCH- BOB AND DUCK YOUR UPPER BODY AND HEAD AS YOU BOUNCE**
- ♥ **YOU CAN DOUBLE OR TRIPLE BOUNCE ON EACH LEG**

TIME: 30 TO 90 SECONDS



ACTIVITY CARD 2



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CRISSCROSS JUMPS



- ♥ JUMP UP IN THE AIR AND CRISSCROSS YOUR LEGS AND THEN JUMP BACK TO A STRADDLE
- ♥ CONTINUE THAT MOTION; CROSS, UNCROSS - CROSS, UNCROSS
- ♥ CHANGE THE LEG THAT CROSSES IN THE FRONT EACH TIME YOU JUMP

TIME: 30 TO 90 SECONDS



ACTIVITY CARD 3



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DANCE

- ♥ SHOW EVERYONE YOUR BEST DANCE MOVES
- ♥ FEEL THE RHYTHM OF THE MUSIC AND "LET LOOSE"
- ♥ TRY BREAK DANCING, HIP-HOP, DISCO, SALSA, BALLET, JAZZ, TAP, ROBOT DANCING OR CREATE YOUR VERY OWN TYPE OF DANCE



TIME: 30 TO 90 SECONDS



ACTIVITY CARD 4



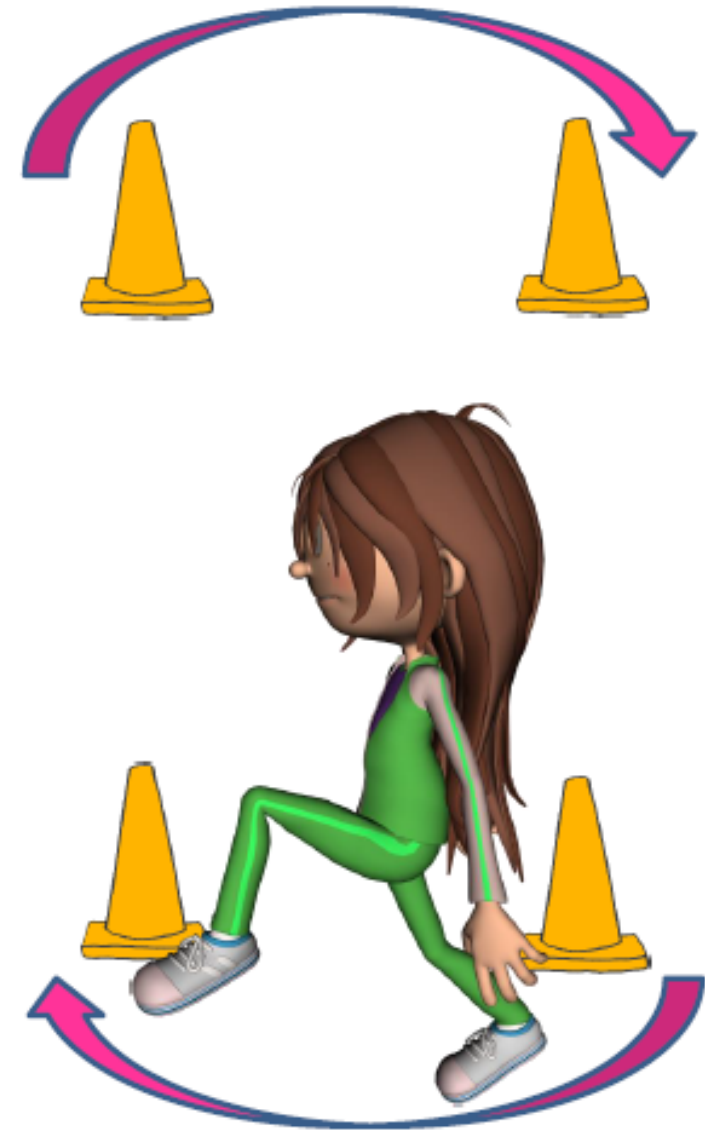
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GALLOP IN A CIRCLE

- ♥ GALLOP AROUND THE CONES IN A CLOCKWISE DIRECTION
- ♥ STAY OUTSIDE THE CONES AND BE CAREFUL OF OTHERS AS YOU TRAVEL
- ♥ REMEMBER WHEN YOU GALLOP TO BRING YOUR BACK FOOT UP TO YOUR FRONT FOOT AND THEN STEP FORWARD



TIME: 30 TO 90 SECONDS



ACTIVITY CARD 5



HOOP TWIRL



- ♥ WITH OR WITHOUT A HULA HOOP, TWIRL AROUND IN YOUR PERSONAL SPACE
- ♥ SWIVEL YOUR HIPS SIDE-TO-SIDE OR FRONT-TO-BACK
- ♥ TRY PUTTING ONE FOOT IN FRONT OF THE OTHER TO HELP YOU BALANCE

TIME: 30 TO 90 SECONDS



ACTIVITY CARD 6



JOG IN A CIRCLE



- ♥ JOG AROUND THE CONES IN A COUNTER-CLOCKWISE DIRECTION
- ♥ STAY OUTSIDE THE CONES AND BE CAREFUL OF OTHERS AS YOU TRAVEL
- ♥ REMEMBER THAT JOGGING IS A SLOW, EVEN-PACED RUN

TIME: 30 TO 90 SECONDS



ACTIVITY CARD 7



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JUMP AND TWIST



- ♥ JUMP UP AND TWIST YOUR BODY EACH TIME YOU LAND
- ♥ YOUR TOES WILL GO BACK AND FORTH FROM YOUR LEFT TO YOUR RIGHT SIDE
- ♥ COUNTER-BALANCE BY MOVING YOUR ARMS TO THE OTHER SIDE THAT YOUR FEET ARE FACING EACH JUMP

TIME: 30 TO 90 SECONDS



ACTIVITY CARD 8



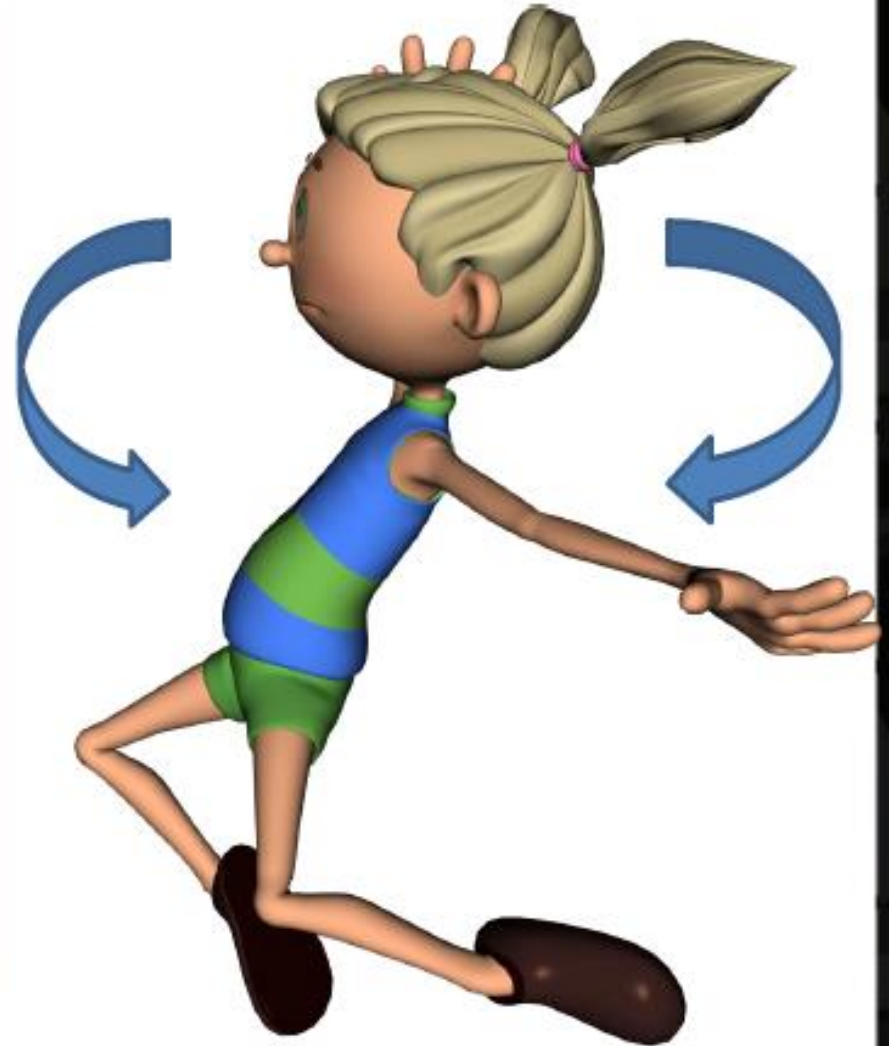
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JUMPING HALF TURNS

- ♥ JUMP UP IN THE AIR AND TURN 180 DEGREES AND LAND BACK DOWN ON BOTH FEET
- ♥ JUMP AGAIN AND RETURN TO THE DIRECTION YOU WERE ORIGINALLY FACING WHEN YOU STARTED
- ♥ TRY GETTING A RHYTHM GOING OR TRY PERFORMING FULL 360 DEGREE TURNS



TIME: 30 TO 90 SECONDS



ACTIVITY CARD 9



JUMPING JACKS



- ♥ JUMP TO A POSITION WITH YOUR LEGS SPREAD APART IN AN "A" AND YOUR ARMS OUTSTRETCHED IN A "Y"
- ♥ QUICKLY RETURN BACK TO A POSITION WITH YOUR FEET TOGETHER AND YOUR ARMS AT YOUR SIDES
- ♥ KEEP YOUR ARMS AND LEGS AS STRAIGHT AS YOU POSSIBLY CAN

TIME: 30 TO 90 SECONDS



ACTIVITY CARD 10



JUMP ROPE



- ♥ WITH OR WITHOUT A ROPE, JUMP ROPE IN YOUR PERSONAL SPACE
- ♥ JUMP AND TURN YOUR ROPE (OR PRETEND ROPE) WITH YOUR ARMS- JUMP WITH BOTH FEET AT THE SAME TIME
- ♥ JUMP ROPE FORWARD AND BACKWARD ON TWO FEET AND THEN TRY IT ON ONE

TIME: 30 TO 90 SECONDS



ACTIVITY
CARD 11



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PENDULUM SWING



- ♥ **ALTERNATE 1 LEG AT A TIME, KICKING THEM OUT STRAIGHT FROM SIDE TO SIDE**
- ♥ **WHEN YOUR LEG COMES BACK TO THE GROUND, IT AUTOMATICALLY MAKES THE OTHER LEG KICK OUT**
- ♥ **YOUR LEGS WILL LOOK LIKE A CLOCK TICKING BACK AND FORTH**

TIME: 30 TO 90 SECONDS



ACTIVITY CARD 12



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RUN IN PLACE



- ♥ STAY IN THE SAME SPOT AND PERFORM A RUNNING MOTION
- ♥ PUMP YOUR ARMS AND LEGS IN A FAST MOTION
- ♥ BRING YOUR KNEES UP HIGH AS YOU RUN ON THE SPOT

TIME: 30 TO 90 SECONDS



ACTIVITY CARD 13



SCISSOR STEPS



- ♥ JUMP UP AND SWITCH YOUR LEGS EACH TIME YOU LAND
- ♥ YOUR LEGS SHOULD ALTERNATE FROM THE FRONT TO THE BACK
- ♥ STAY ON YOUR TOES AND GET A RHYTHM GOING AS YOU JUMP

TIME: 30 TO 90 SECONDS

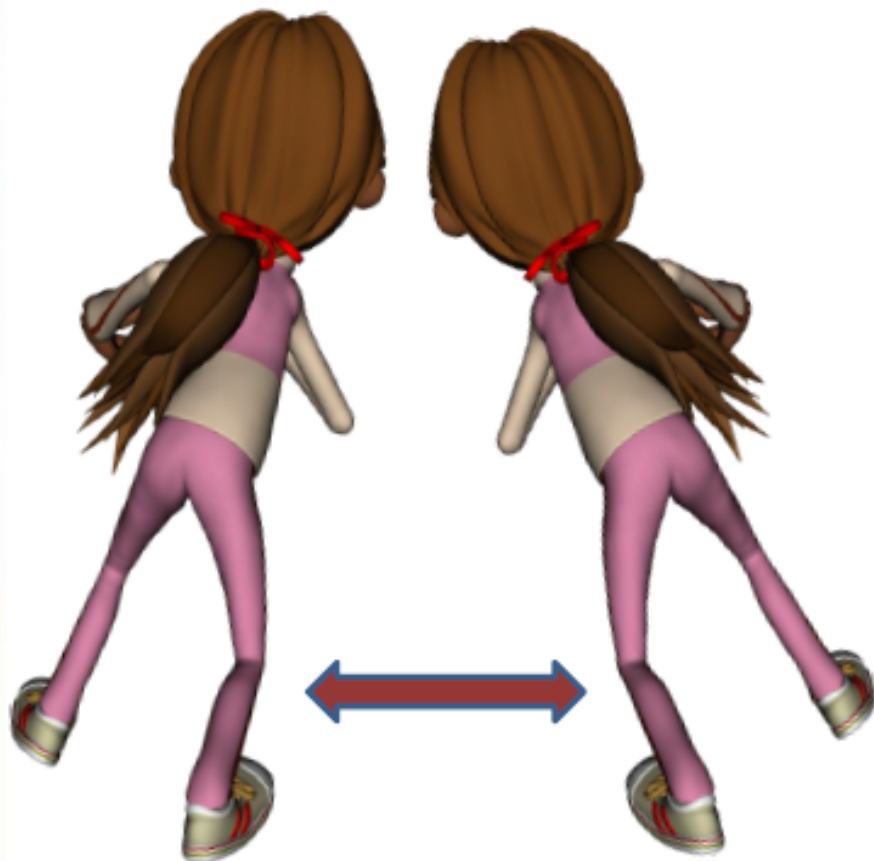


ACTIVITY CARD 14



SKIER JUMPS

ACTIVITY CARD 15



- ♥ JUMP FROM SIDE TO SIDE LIKE YOU ARE A SKIER
- ♥ YOUR FEET SHOULD ALTERNATE FROM SIDE TO SIDE LIKE YOU ARE GOING THROUGH A SLALOM COURSE DOWN A HILL
- ♥ PRETEND YOU HAVE SKI POLES AND USE THEM AS YOU JUMP

TIME: 30 TO 90 SECONDS



SKIP IN A CIRCLE

ACTIVITY CARD 16



- ♥ SKIP AROUND THE CONES IN A CLOCKWISE DIRECTION
- ♥ STAY OUTSIDE THE CONES AND BE CAREFUL OF OTHERS AS YOU TRAVEL
- ♥ REMEMBER THAT SKIPPING IS A STEP-HOP-STEP-HOP MOVEMENT

TIME: 30 TO 90 SECONDS



SLIDE STEP IN A CIRCLE



- ♥ **SLIDE-STEP AROUND THE CONES IN A COUNTER-CLOCKWISE DIRECTION**
- ♥ **STAY OUTSIDE THE CONES AND BE CAREFUL OF OTHERS AS YOU TRAVEL**
- ♥ **REMEMBER WHEN YOU SLIDE-STEP TO GO "FEET-TO-FEET" AND DO NOT CROSS YOUR LEGS**

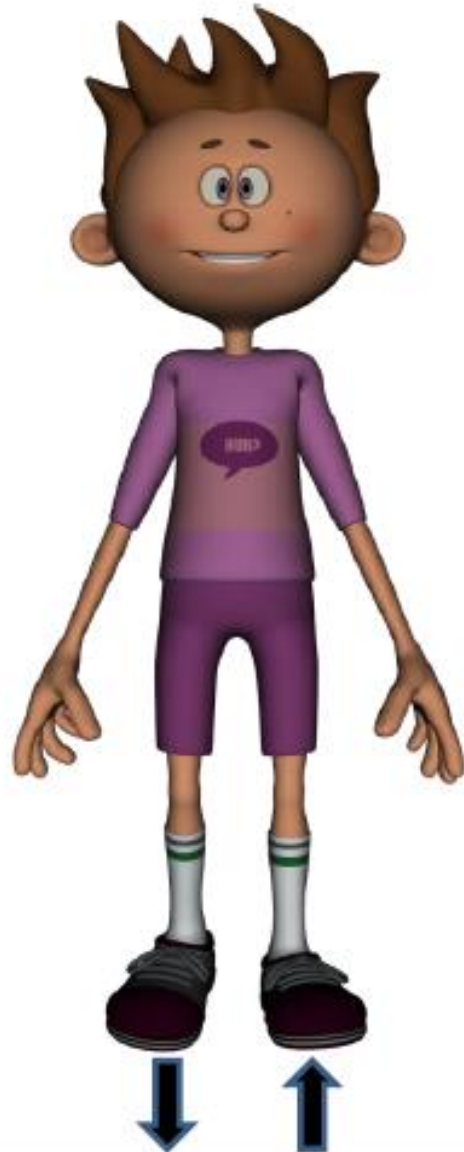
TIME: 30 TO 90 SECONDS



ACTIVITY CARD 17



SUPER BALL



- ♥ JUMP UP AND DOWN ON YOUR TOES LIKE YOU HAVE SPRINGS ON YOUR FEET
- ♥ BOUNCE, BOUNCE, BOUNCE
- ♥ STAY ON YOUR TOES AS YOU BOUNCE AND BE FLEXIBLE WITH YOUR ANKLES

TIME: 30 TO 90 SECONDS



ACTIVITY CARD 18



SWIM STROKES

ACTIVITY CARD 19



- ♥ **KEEPING YOUR ARMS STRAIGHT, ROTATE THEM AROUND IN A CIRCLE LIKE YOU ARE SWIMMING**
- ♥ **DON'T FORGET TO BREATHE LIKE YOU ARE SWIMMING IN THE POOL**
- ♥ **TRY PERFORMING THE FORWARD OR BACKWARD CRAWL OR THE BREAST STROKE**

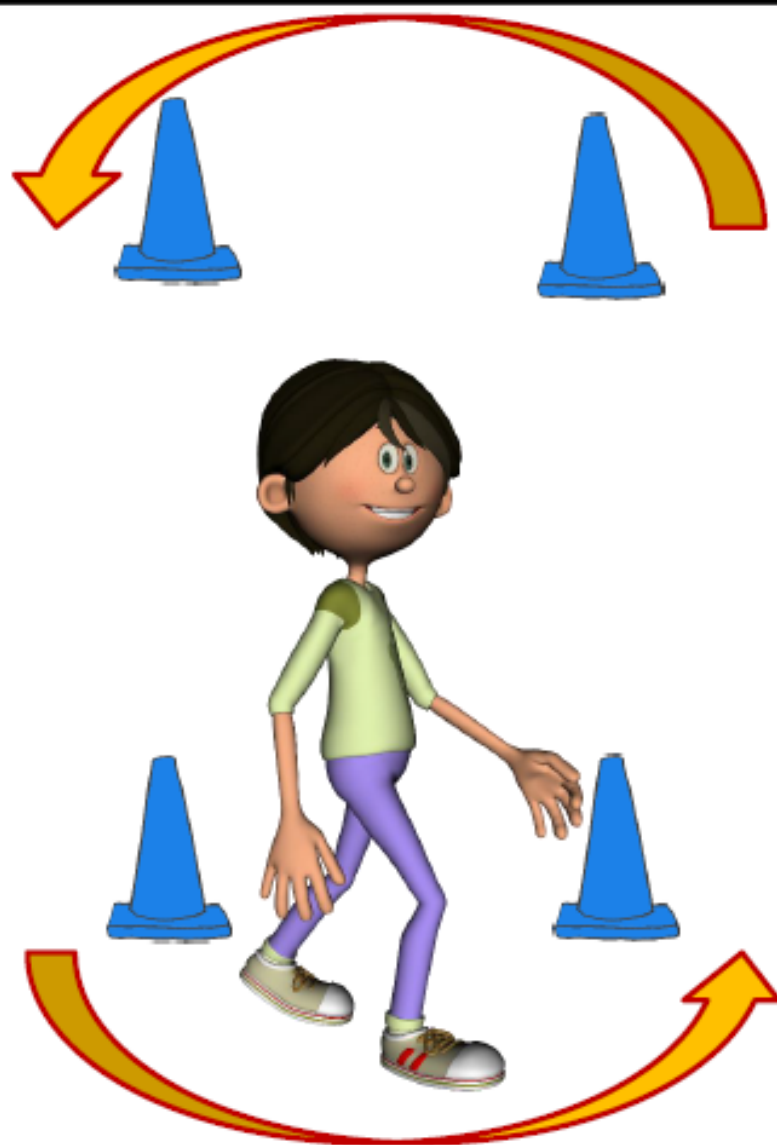


TIME: 30 TO 90 SECONDS



WALK IN A CIRCLE

- ♥ WALK AROUND THE CONES IN A COUNTER-CLOCKWISE DIRECTION
- ♥ STAY OUTSIDE THE CONES AND BE CAREFUL OF OTHERS AS YOU TRAVEL
- ♥ REMEMBER THAT WHEN YOU ARE WALKING YOU HAVE 1 FOOT ON THE GROUND AT ALL TIMES



TIME: 30 TO 90 SECONDS

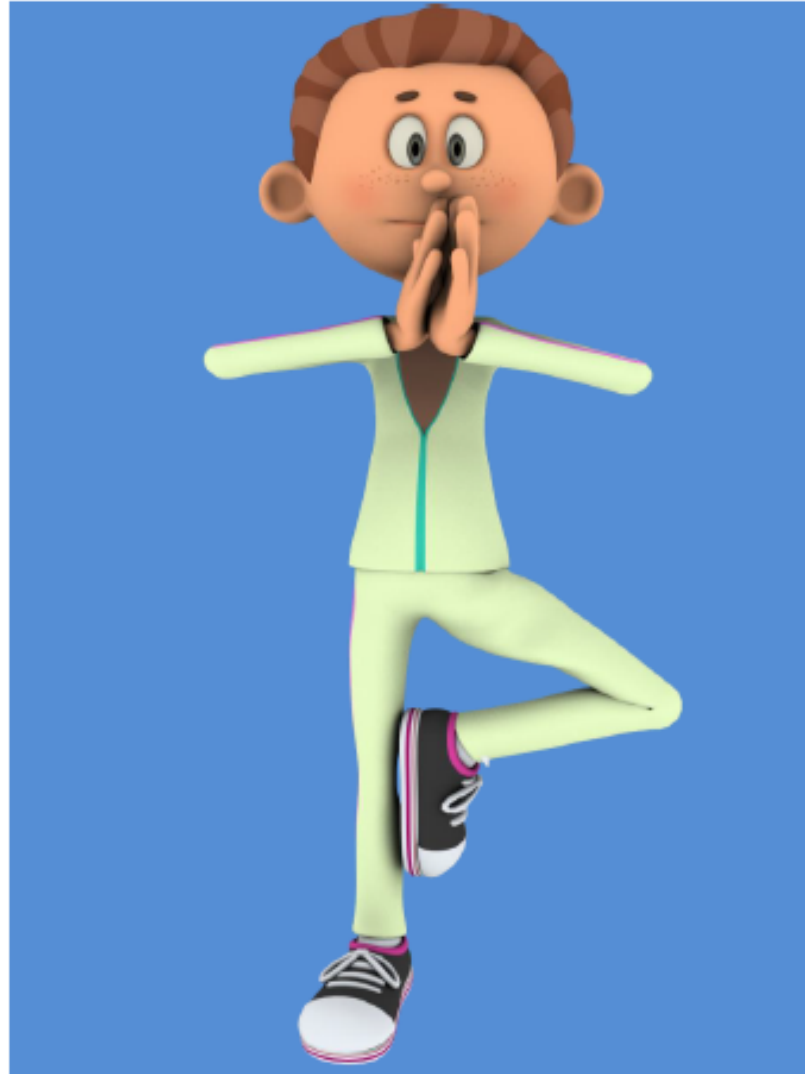


ACTIVITY CARD 20



ONE-LEGGED BALANCES

ACTIVITY CARD 21



- **START BY STANDING UP STRAIGHT IN OPEN SPACE OR NEAR A WALL**
- **LIFT 1 LEG UP IN THE AIR AND BRING IT TO YOUR KNEE EITHER IN FRONT OF OR BESIDE YOUR OTHER LEG**
- **TRY BALANCING WITH YOUR EYES OPEN AND THEN WITH THEM CLOSED**
- **HOLD IT AS LONG AS POSSIBLE**
- **USE A WALL FOR SUPPORT IF NEEDED**

TIME: 90 TO 120 SECONDS



TWIRL THE HOOP

ACTIVITY CARD 22



- GRAB A HULA HOOP AND TWIRL IT AROUND DIFFERENT PARTS OF YOUR BODY
- HOLD IT CLOSE TO THE SMALL OF YOUR BACK AND QUICKLY SPIN IT TO TWIRL IT AROUND YOUR WAIST
- SWIVEL YOUR HIPS USING A CONSISTENT RHYTHM TO KEEP THE HOOP MOVING
- TRY TWIRLING IT AROUND YOUR NECK AND ARMS
- TWIRL THE HOOP AROUND ONE LEG AND JUMP OVER IT WITH THE OTHER LEG



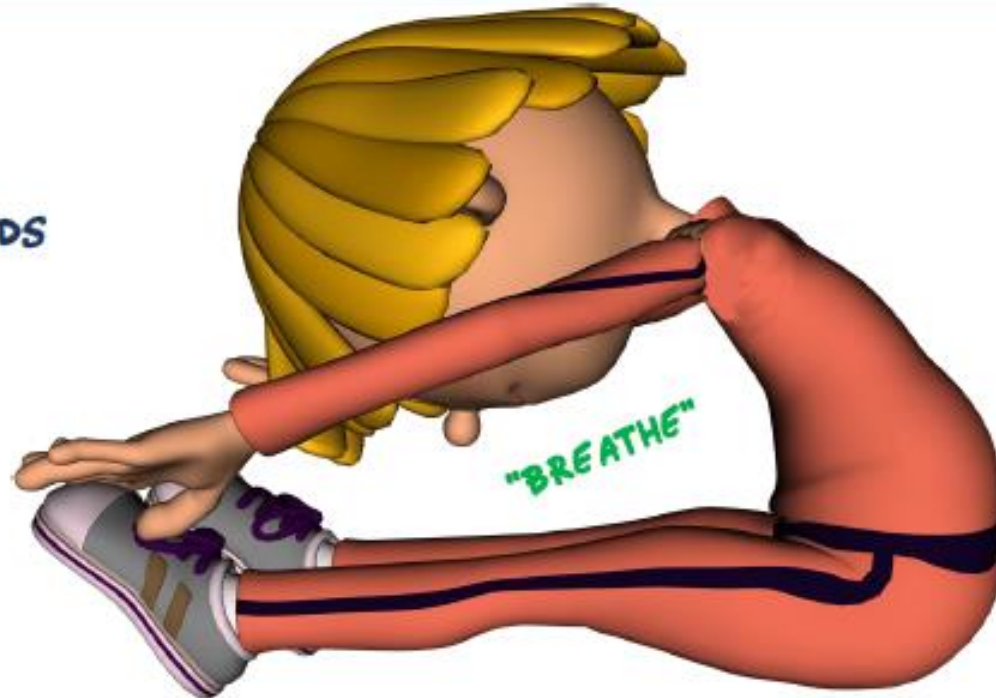
"KEEP THE HULA HOOP CLOSE TO YOU WHEN YOU START"



SIT AND REACH

-  **START BY SITTING DOWN ON THE FLOOR WITH YOUR LEGS IN FRONT**
-  **REACH FORWARD TO YOUR TOES (OR PAST THEM) WITH YOUR HANDS, KEEPING YOUR LEGS STRAIGHT**
-  **FEEL THE STRETCH IN YOUR LEGS AND HOLD IT FOR 15 SECONDS**
-  **RELAX AND REST FOR 10 SECONDS AND THEN DO IT AGAIN A FEW MORE TIMES**

TIME: 60 TO 90 SECONDS



ACTIVITY CARD 23



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TUCK JUMPS



- 🕒 **START YOUR JUMP WITH A STRAIGHT BODY, LEGS TOGETHER AND ARMS BY YOUR SIDES**
- 🕒 **JUMP UP IN THE AIR AND GRAB YOUR KNEES LIKE YOU ARE DOING A "CANNONBALL" IN MID-FLIGHT**
- 🕒 **LAND BACK DOWN WITH YOUR LEGS TOGETHER AND ARMS BY YOUR SIDES AND THEN CONTINUE JUMPING**

TIME: 30 TO 90 SECONDS



ACTIVITY CARD 24



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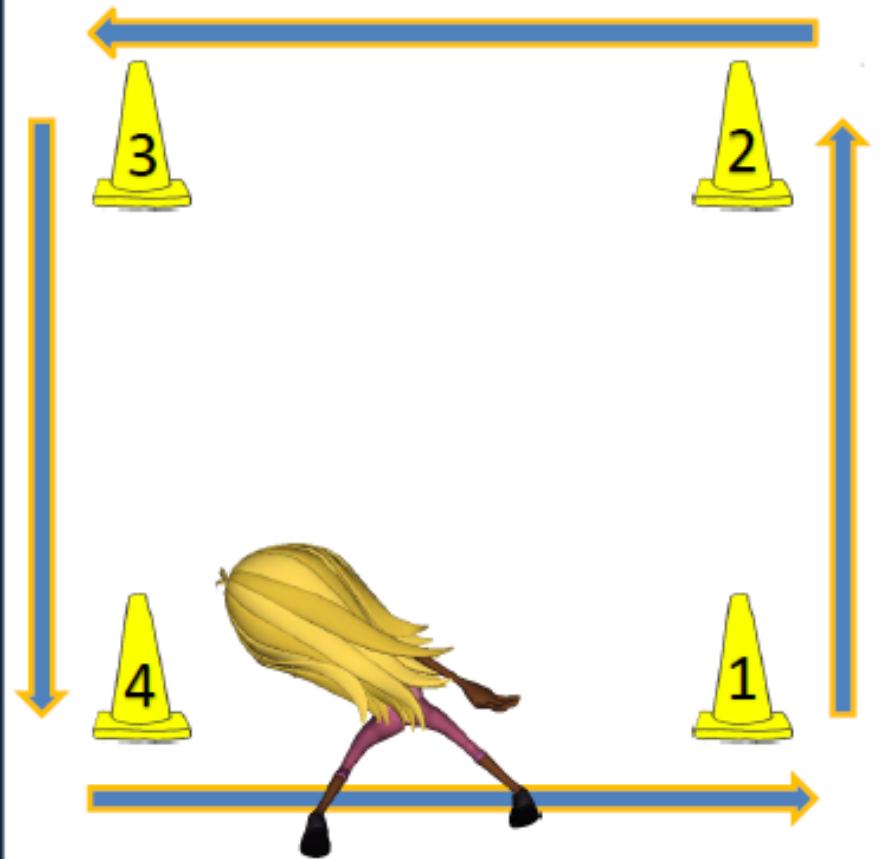


FOUR CORNER SPEED DRILL

WAIT AT THE "WAIT LINE"
FOR YOUR TURN

INSTRUCTIONS

- ⚡ START AT CONE 1
- ⚡ RUN FORWARD TO CONE 2
- ⚡ SLIDE STEP FACING OUT TO CONE 3
- ⚡ BACK PEDAL TO CONE 4
- ⚡ CROSSOVER (GRAPEVINE STEP) BACK TO CONE 1



ACTIVITY
CARD 25



CARDIOVASCULAR ENDURANCE CIRCUIT- EXIT SHEET ASSESSMENT

Define Cardiovascular Endurance:





Fill in the blanks below

Name 3 activities or exercises that help increase your cardiovascular endurance:



Name 3 benefits that you get from increasing your cardiovascular endurance :

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

Student Name: _____

Teacher: _____