Prep
- A piece of music (chosen by you) that will motivate your students to move
- Music player
- Create a Fitness Routine Task Card
- Create a Fitness Routine Performance Rubric
- 1 pedometer per group of 3-4
- 1 pencil per group of 3-4
- 3-4 bench steps
- 3-4 stability balls
- 3-4 medicine balls
- 6-8 paper plates
- 3-4 resistance bands
- Skill Cards for all the equipment types

Set
- Create groups of 3-4; 1 per group wearing pedometers.
- Distribute Create a Fitness Routine Task Card and pencil per group.

TEACH!
1. The object is for your group to create a 2-minute routine; then teach it to the rest of the class.
2. Your routine may include any of the following components: bench steps, aerobic dance moves, stability balls, medicine balls, paper plate aerobics, or resistance bands. (Provide Skill Cards if needed.)
3. Reinforce the Create a Routine Task Card and work together to fulfill the requirements.
4. You will teach your routine to the rest of the class during ________________ (say when).
Mix It Up
(Allow groups to create routines using 2 or more types of equipment.)

STANDARDS ADDRESSED
• NASPE
  #1, 2 Rhythm, sequencing, body awareness
  #3, 4 Cardiovascular endurance, muscular strength and endurance, flexibility
  #5, 6 Cooperation, accepting challenges, creativity

Your State (Write in here)
________________________________________
________________________________________

TONY’S TIPS
• Prompt students to make their routines easy to follow as well as fun for the class by including a variety of moves.
• Allow groups to choose which type of routine they would like, or, if you want a good mix, create a grab bag and have groups randomly choose from the bag.
• Use the Performance Rubric on the SPARK Instructional Media CD as an assessment tool for the routines.

NOTES
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