



Ready...

- Refer to the *Limited Space Skill Cards* (SPARK Instructional Media CD), and select stations suitable for your space or use other *Skill Cards* also found on the CD (e.g., *Fitness Circuits*, *Stunts and Tumbling*, *Group Fitness*, etc.).
- Choose as many as can fit in the space you will be teaching.
- Gather any needed equipment for each station.
- Music and player.

Set...

- Create stations using the chosen *Skill Cards* around your space.
- Place necessary equipment at stations.
- Distribute students evenly at each station.

GO!

1. The object is to practice a variety of skills in a fun circuit.
2. (*Describe and have students demonstrate the various stations chosen for the circuit.*)
3. On signal, work and practice at your station. Rotate 1 station clockwise when the music turns off.
4. Continue until my signal.

* SPARK™ IT UP!

* Your Own Way

Choose any station when it is time to rotate. Do each station 1X. If a station already has X (*tell students the maximum number of students that can fit at each station*) students, find another, less crowded station.

* Station Buddies

Travel and work with a buddy throughout the stations.

* Academic Add-on

(*Add math, science or social studies questions to each of the stations.*)