

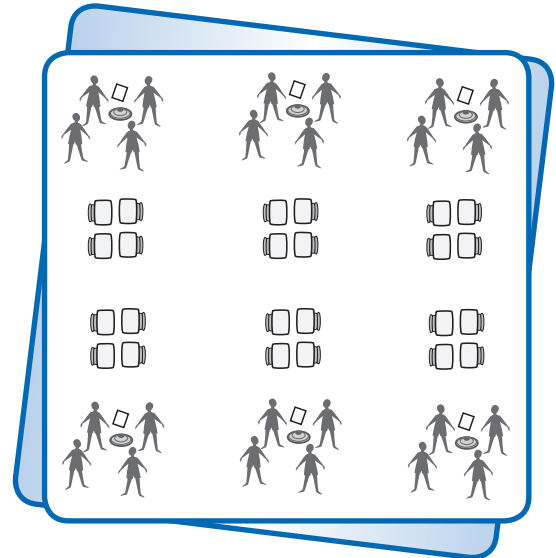
STEM FITNESS TRAINING

Ready

- 6 half cones
- *STEM Fitness Training Cards*
- Up-tempo Music (optional)

Set

- Create 6 activity stations using half cones as markers. Space the half cones with enough room for safe physical activity.
- Choose 6 different *STEM Fitness Training Cards* to use for this training circuit.
- Place 1 selected training card near the half cone in each activity area.
- Create groups of 4-6 students, with each group starting at a different grid.



GO!

1. Today's activity is *STEM Fitness Training*. The object is to learn fun facts in the areas of science, technology, engineering, and math while being physically active. You'll do that by working cooperatively with your group to complete the *Fitness Training Challenge* at each activity station.
2. On the start signal (or when the music starts), read the challenge card at your station. Complete the challenge as a group, then move on to the next activity station (rotate clockwise). Freeze when you hear the stop signal (or when the music stops).
3. (When all activity stations are complete, place new challenges at each station and begin again.)
4. **Challenges**
 - Can your group complete all of the stations before the stop signal?
 - Can your group demonstrate 1 or more *Character Matters* trait (e.g., cooperation, respect, etc.)?
5. **Discussion**
 - Which activity station was your favorite? Why?
 - Which fun fact was your favorite? Why?
6. **Quick Cues**
 - Move safely, always watching for others as you go.
 - Share activity stations with other groups if you arrive to a station at the same time.

STEM FITNESS TRAINING

MIND/BODY CONNECTION

Aerobic fitness aids cognition – Researchers have found that people who were the most aerobically fit had the fastest cognitive responses, measured by reaction time, the speed that individuals processed information, memory span, and problem solving. Aerobic activity not only increases blood flow to the brain, but has also been shown to speed recall and reasoning skills.



HOME PLAY

It's important for everyone to be able to communicate effectively using many different types of media. For example, are you good at writing easy to read emails? Can you create a word processing document that delivers a clear message? Good communication takes practice. You can practice by creating a 1-page word processing document that explains how to play your favorite game. When you're done, print out a few copies and give them to your friends.



STANDARDS ADDRESSED

- Reading Informational Text
- Operations & Algebraic Thinking
- Numbers
- Geometry
- Multidisciplinary Teamwork

NOTES





TEACHING TIPS

- How few words can you use to prompt activity? Using the GO! script provided can help you practice clear and concise instructional cues.
- Once students are moving, provide supervision and feedback. Provide positive and specific feedback 3X more often than corrective statements.

NOTES
