Fitness Circuit Task Cards

"Cardiovascular Endurance"

Task Cards, Lesson Plan and Assessment
THESE FITNESS CARDS REALLY TAKE YOUR BREATH AWAY!!!

This Fitness Circuit Task Card Product is a comprehensive grouping of cardiovascular endurance exercise signs (descriptors and images), along with a full lesson plan, circuit diagram and an assessment exit slip. Together, these items provide you with a practical tool to help guide your students through a variety of FUN AND ACTIVE aerobic exercises, movements, and skills.

The 20 CIRCUIT TASK CARDS easily be set up in your gym, classroom or outside playing area, using little to no equipment. Each task card provides your students with informational cues and displays cutting edge images to make instruction easy and fun. A Cardiovascular Endurance Definition Sign and an optional Assessment Exit Slip is also included for you as the teacher to help with instruction and to check for cognitive understanding of the lesson outcomes.

The FITNESS CIRCUIT TASK CARDS CARDIO PACKAGE includes the following items:

1 Comprehensive Lesson Plan
1 Fitness Circuit Setup Diagram
20 Circuit Task Cards (Descriptors and Images)
1 Cardiovascular Endurance Definition Sign
1 Optional Assessment Exit Slip
The cards are ideal for PE teachers to reinforce your teaching cues in a fitness unit or could be used as a warm up, cool down or an instant activity. Classroom teachers could also use a few task cards to make a small circuit inside their classrooms or multiple cards outside in a playing area such as a playground or field. The Fitness Circuit Task Cards have been designed for Kindergarten through 8th grade students.

Some Considerations when using the Circuit Task Cards

❤️ Refer to the Cardiovascular Endurance Fitness Circuit Task Cards Lesson Plan and Diagram (included in the TPT “zipped” file) for detailed instructions regarding how to set up and implement

❤️ Use music whenever possible (while the students are moving) and turn it off for redirection, teachable moments and transition

❤️ There are 20 unique Cardio Task Cards that make up this package. The diagram setup (included in this package) shows the use of 10 cards to make the fitness circuit. You can use whatever number of exercise task cards you feel accomplishes the goal of your circuit. A “warm up” would require fewer cards and fitness lessons with more space and time would provide you the chance to use more cards.
SETTING UP THE STATIONS

♥ Photocopy all the sheets in the packet

♥ Laminate the 20 TASK CARDS and 1 DEFINITION SIGN

♥ You can laminate 2 task cards back-to-back if you have cones that have a slot in the top and students can rotate to that cone twice and perform one exercise per visit

♥ Place the 5 to 20 task cards (making a circuit) around your playing area with as much room in between each exercise card as possible

♥ Give the Fitness Circuit a number order and rotate the students every 30 to 90 seconds (depending upon your lesson time, purpose, age level/developmental ability and number of cards you plan to use for the activity)

♥ Optional - give students (2nd – 8th grade) an assessment exit slip at the end of the lesson. They will need a pencil and perhaps a clipboard to write on too to answer the questions

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
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

Cardiovascular Endurance Task Card
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

Cardiovascular Endurance Task Card
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

Cardiovascular Endurance Task Card
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
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

Cardiovascular Endurance Task Card
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
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
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

Cardiovascular Endurance Task Card
Jumping Jacks

Cardiovascular Endurance Task Card

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
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
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

Cardiovascular Endurance Task Card
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.

Cardiovascular Endurance Task Card

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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

Cardiovascular Endurance Task Card

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SKIER JUMPS

- 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

- 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

Cardiovascular Endurance Task Card
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

Cardiovascular Endurance Task Card
**Swim Strokes**

- **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 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
CARDIOVASCULAR ENDURANCE SIGN

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.
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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.
Define Cardiovascular Endurance:

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

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

1. ______________________________
2. ______________________________
3. ______________________________

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

1. ______________________________
2. ______________________________
3. ______________________________

Student Name:_________________________  Teacher:_________________________
The clip art used in this Fitness Circuit Task Card Activity was obtained from the following vendors:

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1. awaywiththepixels- [http://www.teacherspayteachers.com/Store/Awaywiththepixels](http://www.teacherspayteachers.com/Store/Awaywiththepixels)


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Please take a look at Cap'n Pete's PE Blog which was just named as one of the Top 100 PE resources by physicaleducationdegree.org for many more links, resources and general PE information.