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 <u>20</u> 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 <u>FITNESS CIRCUIT TASK CARDS CARDIO PACKAGE</u> 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

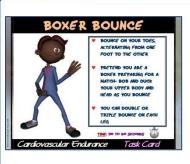
 <u>Lesson Plan and Diagram</u> (included in the TPT "zipped" file) for
 detailed instructions regarding how to set up and implement
- **♥** Use music whenever possible (while the students are moving) and turn it off for redirection, teachable moments and transition
- There are <u>20</u> unique Cardio 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 <u>if you have cones that have a slot in the top</u> 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)
- \bigcirc 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

You can combine (mix and match) any task cards with Cap'n Pete's other Fitness Circuit Series Task Cards which includes: 1. Cardiovascular Fitness, 2. Muscular Endurance, 3. Flexibility, 4. Strength and Power, 5. Speed and Agility, 6. Balance and Kinesthetic Awareness, and 7. Coordination and Reaction Time







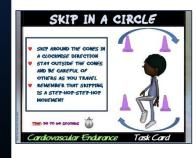












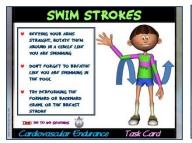














BASKETBALL JUMPS

- 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







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



CRISSCROSS JUMPS



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



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



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

YOUR
THEN



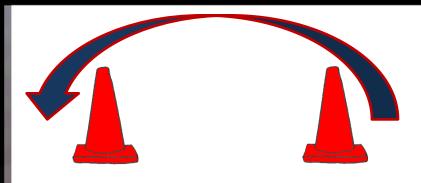


HOOP TWIRL



- 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







- 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

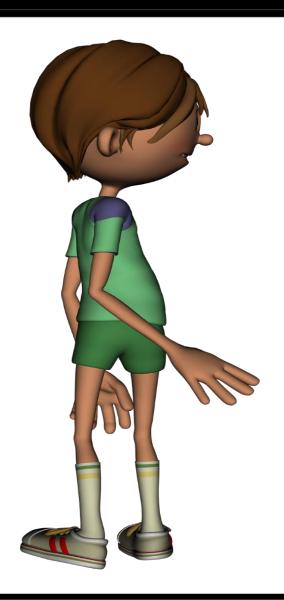
TIME: 30 TO 90 SECONDS



Cardiovascular Endurance

Task Card

JUMP AND TWIST



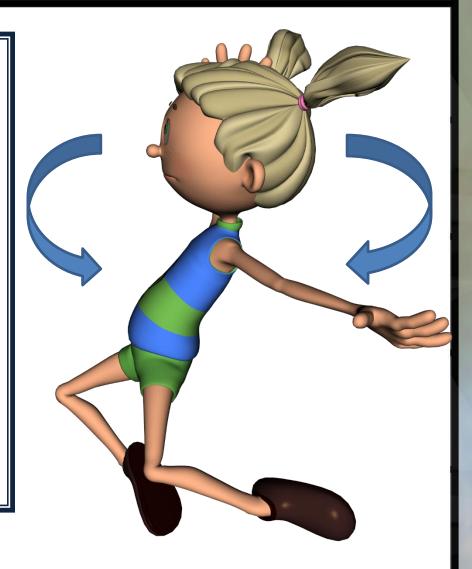
- JUMP UP AND TWIST YOUR
 BODY EACH TIME YOU LAND
- YOUR TOES WILL GO BACK
 AND FORTH FROM YOUR
 LEFT TO YOUR RIGHT SIDE
- COUNTER-BALANCE BY
 MOVING YOUR ARMS TO
 THE OTHER SIDE THAT
 YOUR FEET ARE FACING
 EACH JUMP



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





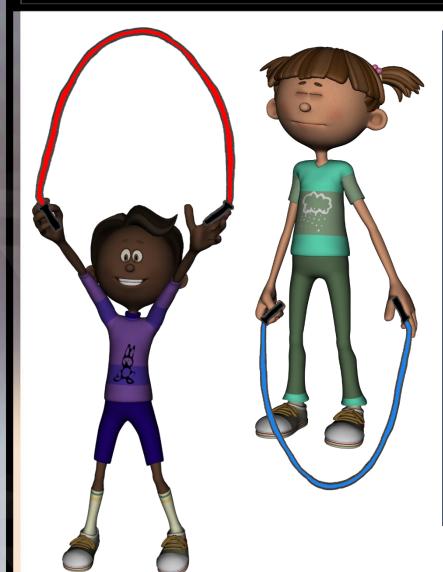
JUMPING JACKS



- 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



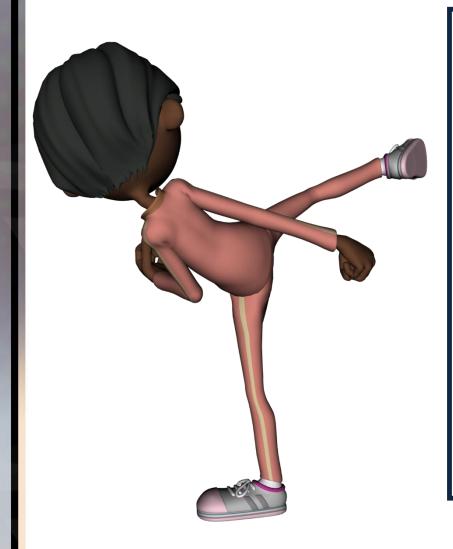
JUMP ROPE



- 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



PENDULUM SWING



- V 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



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



SCISSOR STEPS



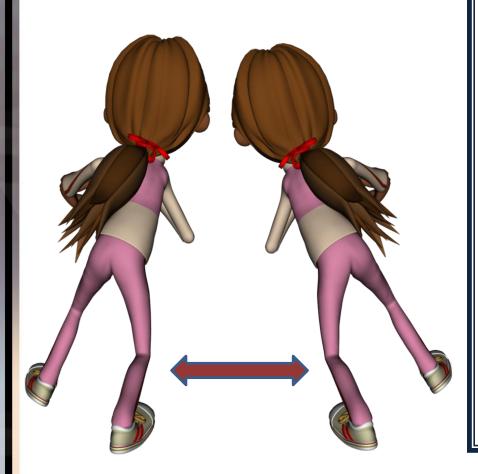
- YOUR LEGS EACH TIME YOU LAND
- YOUR LEGS SHOULD

 ALTERNATE FROM THE

 FRONT TO THE BACK
- STAY ON YOUR TOES AND GET A RHYTHM GOING AS YOU JUMP



SKIER JUMPS



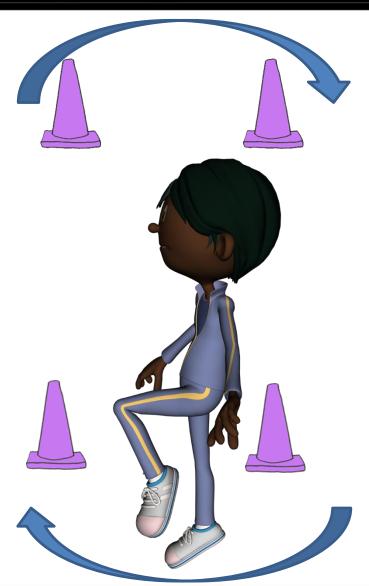
- JUMP FROM SIDE TO SIDE LIKE YOU ARE A SKIER
- YOUR FEET SHOULD ALTERNATE FROM SIDE TO SIDE LIKE YOU ARE GOING THROUGH A SLALOM COURSE DOWN A HILL
- PRETEND YOU HAVE SKI POLES AND USE THEM AS YOU JUMP



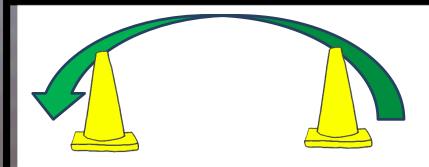
SKIP IN A CIRCLE

- 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





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

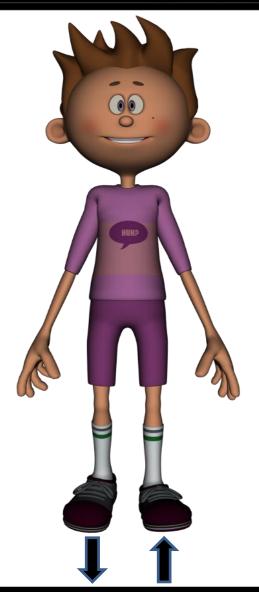


ete Charrette (Cap'n Pete),

Cardiovascular Endurance

Task Card

SUPER BALL



- YOUR TOES LIKE YOU HAVE SPRINGS ON YOUR FEET
- **V** BOUNCE, BOUNCE, BOUNCE
- STAY ON YOUR TOES AS
 YOU BOUNCE AND BE
 FLEXIBLE WITH YOUR
 ANKLES



SWIM STROKES

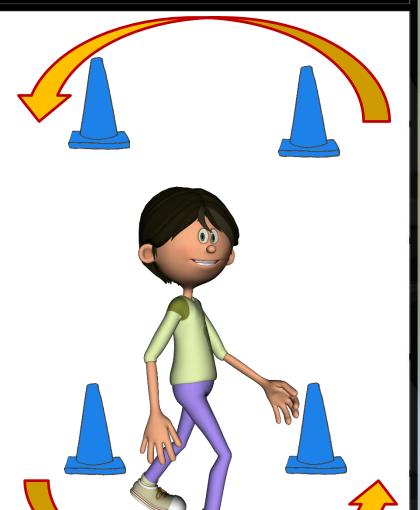
- KEEPING YOUR ARMS STRAIGHT, ROTATE THEM AROUND IN A CIRCLE LIKE YOU ARE SWIMMING
- DON'T FORGET TO BREATHE LIKE YOU ARE SWIMMING IN THE POOL
- TRY PERFORMING THE FORWARD OR BACKWARD CRAWL OR THE BREAST STROKE





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 I FOOT ON THE GROUND AT ALL TIMES









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.

EXIT SHEET ASSESSMENT



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.	1
2	2
3	3
Student Name:	Teacher:

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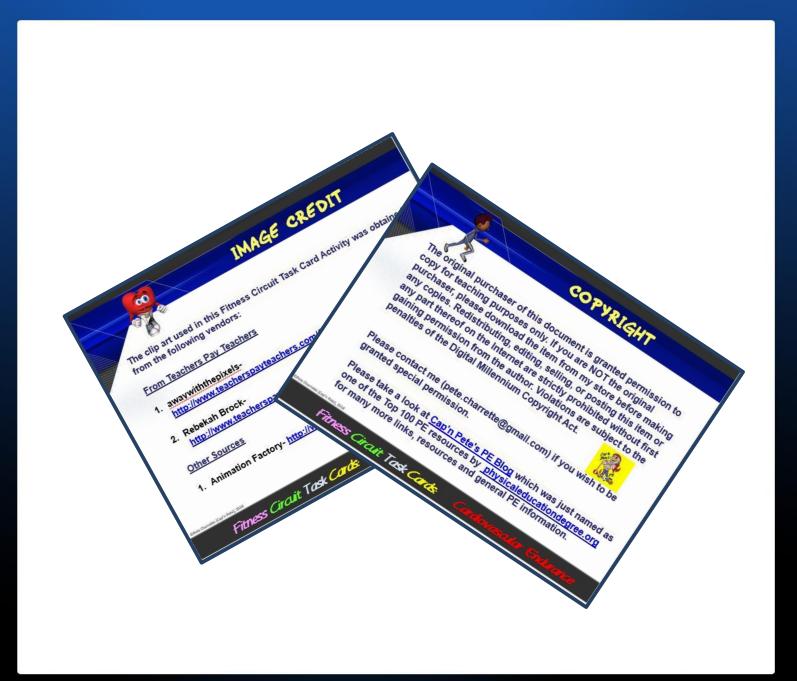




IMAGE CREDIT

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