

SKILLSHEET

Implementing your individual activity plan in your local park

As an in-class or homework activity, find a local park that has a range of the following equipment: monkey bars, slides, other climbing equipment or swings and seating. You are to design a fitness circuit that could consist of either of the following formats:

- Fixed time at each station (for example 1 minute on the monkey bars doing chin ups, swinging across the ladder or hanging) OR
- Fixed load: a continuous circuit where you complete a set number of repetitions at each station before moving on to the next station (for example complete 20 step ups on the park bench seating).

Your circuit needs to incorporate as much as possible of the playground equipment and other natural (for example a grassy hill or logs or trees) and man-made features at the park. Natural features may include a grassy hill, logs or trees; man-made features, apart from play equipment, may be paved paths, seating, fences, light poles, etc. Your circuit could include activities such as those displayed in the table below:

Fitness activities that could be performed at your local park and playground		
Crunches	Hanging	Step ups
Push ups	Swinging across monkey bars	Sliding down slide
Chin ups	Sprints	Swinging on swing
Squats	Sit ups	Hill repeats (running)
Lunges	Jumping over lines	Log rolls down hill
Dips	Stretches	Building sand castles

When you design your circuit, make sure you:

- write down the name of each activity to be completed at each station and take a photo of the equipment/location to be used and if possible include a photo of someone performing the activity safely. You may need to do some research online to look up the key safety tips for completing that exercise safely.
- build in a warm up before completing your circuit.
- outline the time (fixed-time format) or repetitions (fixed-repetitions format) you would expect to be completed at each station of your circuit.
- order the circuit so it alternates the muscle groups used to allow adequate rest. For example, avoid doing two upper-body exercises in a row such as push ups followed by chin ups.
- make a poster or other signage of your circuit to show the order in which the activities should be completed (include photos), the location of each station and the key safety tips.

Questions

- 1 Create a table that outlines which dimensions of physical activity are met by your circuit.
- 2 Explain how you could modify the circuit if you had someone who wasn't very fit to ensure they could still participate safely at their current physical activity level.
- 3 Describe the benefits, other than improved fitness, of completing a fitness circuit at home or at your local park.



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