

# **“Fit for Life” Weekly Fitness Outline**

(Ron Jones, MS, ACSM Health/Fitness Instructor)

**Empowering a lifetime of health today!**

## **Weekly Outline Overview:**

- Day #1 (“Organized” Fitness Play)
- Day #2 (Circuit Course: cardio, strength, flexibility)
- Day #3 (“Supervised” Fitness Play)

## **Weekly Outline Explanations: “Fitness Play” Concept**

- The program will teach lifetime fitness activities—not traditional athletic sports. Many children today do not like “sports” or competitive athletics. **“Fitness Play” gives ALL students a chance to play, have fun, and participate in healthy physical activity.** Good hard play is good exercise and good for young developing bodies. Alternative education and equipment will be provided by grant funds to create various fitness play activities like Frisbee, hacky sack, jump ropes, exercise tubing, small dumbbells, yoga, balance and agility drills, etc.
- **“Organized” Fitness Play**
  - 1-2 activities will be organized. “Everyone can play” will be the theme. For example, Frisbee games followed by strength conditioning with exercise tubing and dumbbells or yoga followed by jumping rope with partners.
- **“Circuit Training Course”**
  - Using various pieces of equipment on the school site and provided by grant funds, students’ body weight, and natural elements, fitness play stations will be created that address cardiovascular, strength, and flexibility fitness.
- **“Supervised” Fitness Play—“Free Fridays!” ☺**
  - One day per week the students need “supervised” but not necessarily “organized” fitness play. The students need to be challenged to use what they have learned to empower their own health and fitness. This will give us a chance to “see what they can do” and what they like and don’t like. Fridays will be great opportunities for leaders to circulate as “facilitators” to help students create fitness play if they are struggling and to encourage all because “everyone can play.”

\* Ron Jones (11-21-03)

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 **Get Fit. Be Strong.**