

# Planning a Fitness Fun Fair

## Overview

Invite the school community—parents, community leaders, trustees, etc.—to participate in a fitness fun fair at which students act as health ambassadors/personal trainers, demonstrating activities and sharing their expertise. This is a great way to raise awareness of what your students are learning in Health and Physical Education class, and to promote healthy active living to the broader community. This can be held as an event in itself, or as part of a school fun fair.

## Materials Needed

- Functional Fitness Charts
- Loud music system
- Music selection that includes timed intervals
- 1 or 2 blenders
- Fresh or frozen fruit (e.g., bananas, strawberries, blueberries, mangoes)\*
- Frozen yogurt, milk, soymilk\*
- Method for displaying Fitness Charts (e.g., tape or Velcro, pylons with slits in them or agility dome holders\*\*)
- Optional — fishbowl for collecting donations

## Preparation

- Contact a local registered dietitian, naturopath, nutritionist, or family doctor and ask them to help create fruit smoothie recipes for the smoothie bar you will run during the event.
- Request donations of fresh or frozen fruit, frozen yogurt, and paper cups for smoothies from a local grocery store or farmer's market
- Choose 6 to 8 Functional Fitness Charts that will be used at the stations your students will run at the fitness fun fair.
- Create a music playlist that will play continuously throughout the event.
- Ask for parent and student volunteers who will work together to run the blenders/smoothie station.
- Select 1 or 2 students to work at each station, and help them to become experts at the activity. They will demonstrate the activity, describe the benefits of the exercise, and help visitors complete the station. Ensure that students know the correct repetition range for their station.
- Create a flyer to promote the event. Display flyers throughout the school and send them home with students.

## Suggested Approach

- In a large open area (gymnasium or playing field), display the selected Fitness Charts, ensuring that there is enough space between each chart.
- Divide attendees/participants into groups (so that you have the same number of groups as charts) and assign each group to one of the stations.
- Allow the student personal trainers time to explain/demonstrate each activity, including variations to provide options for those at different levels. Students should also tell participants the suggested range of repetitions for their activity.
- Start the music.
- Instruct participants to rotate to the next station.
- When all groups have completed the circuit, direct them to the smoothie bar, where they can pick up a smoothie and recipe card.

*\*Be sure to display an ingredient list, and to ask about allergies.*

*\*\*See the list of equipment suppliers in the front of your teacher's manual to find out where to purchase holders.*