



Heads or Tails

Overview

Heads or Tails adds an element of chance to a circuit created using your choice of Functional Fitness Charts. Working in pairs, students travel from station to station. At each station, there are two charts—students flip a coin to determine which exercise they will complete.

Materials Needed

- Selection of Functional Fitness Charts (enough for two at each station)
- An equal number of cover sheets with “Heads” or “Tails” printed on them (one for each fitness chart)
- Masking tape
- Coins (one for each station)
- Selection of music and music player

Preparation

- Choose the Functional Fitness Charts you want your students to use during this activity, ensuring that you have enough for two at each station. Make sure that your students are familiar with each exercise before beginning this activity.
- On each chart, write the number of repetitions that students should perform.
- Display the charts. Ensure that there is enough room for a number of pairs to work at each station.
- At each station, tape a sheet with the word “Heads” written on it over one chart and a sheet with “Tails” written on it over the other.
- Ensure that your music is cued to the appropriate spot.

Suggested Approach

- Divide the class into pairs. If possible, try to match students of equal athletic ability, which will help make the activity more enjoyable for all students.
- Explain how the activity works. Students will move from station to station. At each station there are two fitness charts, one covered with a sheet that has the word “Heads” written on it, the other “Tails.” They will flip the coin at the station to determine which exercise they will perform. Students will perform the number of reps specified on the chart before moving to the next station. They will continue in this manner until they have visited all of the stations in the circuit.
- Send a few pairs to each station so that students are equally distributed throughout the circuit.
- Each pair will flip a coin, and begin the corresponding exercise. Students will continue to move around the circuit and repeat this, until they have visited each station.
- Play music continuously for the duration of the circuit.

