



Home and Away

Overview

Home and Away is a cooperative circuit that combines two workouts in one. Working in pairs, students travel from station to station in the circuit. While one student stays at “home,” completing as many repetitions as possible of the exercise on the Functional Fitness Chart, his/her partner is “away,” jogging once around the perimeter of the circuit area. When the “away” student returns, the partners switch roles before moving to the next station.

Materials Needed

- Selection of Functional Fitness Charts (the number of charts will depend on the total number of students in your class, and how many pairs of students you want to have working at each station at the same time)
- Selection of continuous music and music player

Preparation

- Choose the Functional Fitness Charts you want to use. Ensure that your students are familiar with each exercise you choose before using it for this activity.
- On each chart, write the range of repetitions that students should attempt to complete of the exercise.
- The set-up of the activity area is very important. Display the charts in a large, open area, ensuring that there is enough room around the perimeter for half of your class to jog safely. Ensure that there is enough room at each station for several students to perform the exercise at the same time.

Suggested Approach

- Explain how the activity works. Both partners will head to one station. Partner A will stay at “home,” performing the exercise at the station, while Partner B is “away,” jogging the perimeter of the activity area. Both partners will begin at the same time. Partner A will try to do as many repetitions as possible before Partner B returns home. They will then switch roles.
- Send the pairs to the various stations, so that students are equally distributed at each station in the circuit.
- Begin playing music. The music can play continuously throughout the circuit.
- Signal for students to begin. Partner A will begin the activity specified on the chart, while Partner B begins jogging.
- When Partner B has completed one lap of the perimeter, Partner A will stop exercising and the two will switch roles.
- When Partner A has completed one lap of the perimeter, Partner B stops exercising.
- Both partners then move to the next station, and repeat the steps outlined above. Because pairs will be moving from station to station at the different times, remind students to be careful not to interfere with each other.
- Pairs should continue moving from station to station, taking turns being at “home” and “away” until they have completed each exercise in the circuit.

Variation

- Encourage your students to use different locomotion patterns (e.g., skipping, shuffling laterally) as they move around the perimeter of the playing area.