

Minute to Win It

Overview

Minute to Win It is a quick circuit that will appeal to students who love competition. Working in pairs, students travel from station to station, spending one minute completing the exercise posted at each one. Students record their individual and pair results, and compare them to other pairs when the circuit is completed.

Materials Needed

- Selection of Functional Fitness Charts (the number will vary depending on the size of your class and fitness level of your students; four to six is good range to start with)
- Minute to Win It worksheets (one per pair)
- Clipboards (one per pair)
- Pencils (one per pair)
- Selection of music (60 second song clips with pauses built in). If this is not possible, use a stopwatch to let your students know when to rotate.

Preparation

- Choose the Functional Fitness Charts you wish to use. Ensure that your students are familiar with each exercise you choose before using it for this activity.
- Display the charts. Ensure that there is enough room for a number of pairs to gather and perform the exercise at each station.

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.
- Hand out the clipboards and worksheets, and have each pair write their names on the sheet.
- Explain how the activity works. During this circuit, half the pairs will spend one minute at a Functional Fitness Chart station while the other half of the class spends the minute jogging the perimeter of the circuit. Throughout the circuit, the pairs will alternate between jogging and exercising at a station. While at a station, they should perform as many reps as they can of the exercise in one minute; each partner will write down his/her results when time is up. When the music pauses to signal that time is up, those who were jogging will move to the next station, while those who were at a station will get ready to jog.
- Send half the pairs to the Functional Fitness Chart stations, so that they are evenly distributed at the various stations.
- Have the other half of the pairs make their way to the perimeter of the gym and prepare to jog.
- Start the music to signal the students to begin exercising.
- At the stations, the goal is for each student to perform as many reps as they can in one minute. When a minute has passed and the music stops, both partners should write the number of repetitions they performed on the worksheet.
- The pairs that were jogging will stop and move to their first station.
- When the pairs who were working at the stations have recorded their results, they should get ready to jog.
- Students will continue rotating in the manner outlined above—alternating between jogging and exercising at a station—until each group has visited each station.
- Have each pair tally their results at each station on their worksheet.
- Gather as a class and determine which pair has achieved the best result at each station.

