



# Fitness Fun Fair

## How It Works

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\*\*)
- Fishbowl for collecting donations (optional)

## Preparation

- Contact a local registered dietician, 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* to use 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

- Ensure that your students are familiar with each exercise chosen from the *Functional Fitness Charts*
- 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
- Before they begin, suggest some things that students should look for while they are coaching; e.g., is their partner performing the repetitions at an appropriate speed? Is he/she using proper technique (back straight, core engaged)?
- It may also be helpful to give students some ideas of how to provide feedback in a positive way; e.g., telling their partner something he/she is doing well before describing something he/she could improve
- Send pairs of students to each station, so that students are equally distributed at each station in the circuit
- Start the music to signal that students should begin. Play music continuously for the duration of the circuit