



Heads or Tails

How It Works

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

- 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

Suggested Approach

- Make sure that your students are familiar with each exercise before beginning this activity.
- 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.
- Clearly explain how the activity works
- 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.
- Begin the circuit!