



Home and Away

How It Works

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 and repeating the already stated steps.

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

- On each chart, write the range of repetitions that students should attempt to complete of the exercise.
- 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

- Make sure that your students are familiar with the exercises from the *Functional Fitness Charts*
- Explain how the activity works
- Send the pairs to the various stations, (ensure students are equally distributed at each station in the circuit)
- Begin playing music. The music can play continuously throughout the circuit
- 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.
- For variation encourage students to use different locomotion patterns (e.g., skipping, shuffling laterally) as they move around the perimeter of the playing area