



# Jigsaw Puzzle Circuit

## Attention Re-Setter

### How It Works

**Jigsaw Puzzle Circuit** is a fun and simple way to engage your class both mentally and physically, while also helping students to strengthen their communication and teamwork skills. Begin by separating the class into four groups; each group picks a puzzle piece (1 piece from four different puzzles) out of a bag. This determines which puzzle each group must put together.

In their groups, students will travel to various Fitness Stations around the room. At each station they will find two *Functional Fitness Charts*, the group will decide which of the two exercises they want to complete. The group then completes the exercise, including the specified number of repetitions on the chart. Once finished the group will search for two (or more) of their puzzle pieces (placed behind each chart). Once they've found their pieces they will continue on to the next station. The circuit continues until each group has found all of their puzzle pieces and successfully put it together. Once teams have assembled their puzzles, have them act out the scene it depicts while the rest of the class tries to guess what they are acting out.

### Materials Needed

- Set of *Functional Fitness Charts*
- Four puzzles (we suggest [www.MelissaAndDoug.com](http://www.MelissaAndDoug.com))
- Selection of music to play and music player (optional)

### Preparation

- Set up Fitness Stations (two *Functional Fitness Charts* per station), evenly spaced, around the room (be sure to mark each chart with the number of repetitions required)
- Mark the backs of each puzzle with a different shape so students can identify their pieces (Puzzle 1 = Square, Puzzle 2 = Triangle, etc.)
- Mix up puzzle pieces and place two or more pieces from each puzzle at each station

### Suggested Approach

- Ensure students are comfortable with the *Functional Fitness Charts* and know how to perform the exercises correctly
- Clearly explain the rules and goal of the circuit to the class
- Separate students into groups
- Start the music and begin!