



Minute to Win It

How It Works

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. During this circuit, half the pairs spend one minute at a *Functional Fitness Chart* station while the other half spends the minute jogging the perimeter of the circuit. Throughout the circuit, the pairs alternate between jogging and exercising at a station. While at a station, they should perform as many reps as they can 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.

Materials Needed

- Selection of *Functional Fitness Charts* (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 and display the Charts you want to use for your circuit — ensure 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. Send half the pairs to the *Functional Fitness Chart* stations, so that they are evenly distributed at the various stations and send the other half of the pairs to the perimeter of the gym to jog
- Start the music to signal the students to begin exercising
- When a minute has passed and the music stops, both partners should write the number of repetitions they performed on the worksheet
- Have the pairs switch positions, joggers move to a station, those at a station move to the perimeter to jog — have students continue rotating in this manner
- Have each pair tally their results at each station on their worksheet and gather as a class to determine which pair has achieved the best result at each station.