Name of Activity

Intramural FIT Circuit

<table>
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<th>CSPAP Component</th>
<th>Physical Activity After School</th>
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<tr>
<td>Activity Objective</td>
<td>Promote muscular strength and fundamental movement skill competence</td>
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<td>Grade Level</td>
<td>Middle School</td>
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<tr>
<td>Equipment</td>
<td>Medicine Balls, Bosu Balls, Exercise Bands</td>
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**Activity Description**

This series of integrative fitness activities is designed to promote muscular strength and fundamental movement skill competence. This activity can be done before, during or after school as part of an intramural fitness program or recess activity. Individual pieces of this activity can also be done as instant activities in physical education class or used as a dynamic warm-up prior to participation in a sports practice or game.

- **Medicine Ball Lunges:** The student will hold a medicine ball close to their chest, and perform walking lunges. The student should perform at least 10 lunges with each leg.
- **Resistance Band Lateral Raises:** The student will grab each end of a resistance band and stand on the middle of it. The student will slowly raise their arms up to 90 degrees and slowly lower them back down to their sides. Repeat 10 times (reps).
- **Bosu Ball Squats:** The students will turn the bosu ball up-side-down and stand on the platform of the ball. While balancing, the student will perform 10 body-weight squats.
- **Bosu Ball Mountain Climbers:** The student will turn bosu ball up-side-down and balance their hands in a push-up position (up). While holding this position, the student will perform mountain climbers continuously for 20 seconds.
- **Lying Supermans:** The student will lie on their stomachs with their arms outstretched in front of them. The students will slowly lift their arms and legs up off the ground (tightening the lower back muscles) and hold for three seconds, release and repeat 10 times.

**Modifications**

*Include ways to modify this activity for advanced, lower level and inclusion students.*

- Use lighter medicine ball
- If no medicine ball, use a non weighted ball or weighted object that is easily held
- Perform regular walking lunges with no medicine ball
- If no medicine ball for squats, use a towel. Hold towel out front with arms extended, pulling the towel apart and tightening the upper back muscles.