

# Fitness Trail



## Objective

To increase children's fitness and stamina



## Equipment

- Enrich Interactive Map
- Enrich Interactive Control Markers
- Suitable area for the activity (i.e. open space)
- PE mats (for any markers that are located on a hard / concrete surface)
- PE Cone (Exercise 13)
- Activity Sheet
- Clipboards and pens/pencils.



## Preparation

- Identify a suitable area for the activity to take place in e.g. with enough open space, grass on which children can do exercises etc
- Mats may be required at any markers that are placed where the surface is concrete.
- Prepare the Interactive Map to indicate the locations of the 15 interactive markers.
- Place the correct marker at each location, ensuring that the number on the marker corresponds with the number indicated on the map.
- NB – The numbers of the markers/exercises are shown on Activity Plan 2, together with additional information about each exercise.
- Provide each child with a copy of the Fitness Trail Activity Sheet and explain how they can use it to record their exercises and progress.
- Explain to children how to activate the QR codes on the markers to open the individual fitness trail videos.



## Instructions

- This fitness trail can be completed once or twice a week.
- Each time children do the trail, they complete a fitness trail Activity Sheet.
- Children use their Interactive Map to locate each marker.
- Marker 1 is an introduction to the fitness trail. Children can visit the other markers in any order.
- At the marker, they use the QR code to activate the video exercise clip. They do the exercise, following the instructions on the video clip.
- Each exercise video contains a *maximum* of 30 seconds of exercise. (A timer is shown on the video screen). Children should record the time they spent on the activity and how many times they repeat the activity on their Activity Sheet.
- There are also two levels of difficulty for each exercise. Children should be encouraged to start with the 'Level a' exercises for the first few times they complete the fitness trail.



## Other information

- It is important to emphasise that children should use this trail as an opportunity to enjoy improving their personal fitness and stamina. There are no prior expectations about the duration or number of repetitions that children should complete for each exercise, and this will vary between individual children. Teachers should ensure that all children are able to participate safely at their own level, and that the activity is inclusive and encouraging for all children, regardless of their individual levels of fitness/stamina.
- As children repeat the Fitness Trail over a number of weeks, they can compare the sheets that they have completed to map their own progress in terms of increasing fitness levels and stamina.

