

Fitness Circuit

Rationale

The rationale of the Fitness Circuits is to have an alternative to the current unit, an equipment free interval workout that can be done in any facility, and a way students can monitor the fitness goals. Each of the three circuits has a number of full body exercises that the students to complete as part of a High Intensity Interval Training (HIIT) workout. The exercises within these circuits have adaptations that can be made to make them easier or more difficult depending on the initial and improved level of fitness.

There will be a Rate of Perceived Exertion (RPE) component to these circuits, as well as documentation points to monitor individual achievements. These circuits are provided so that students are given an idea of 'formal exercise' but the nature of no equipment and RPE introduce the notion of exercising wherever you may be and determining a subjective target workout level.

IMPORTANT This is not a competition. Everyone is at different abilities and we need to start at a level that is appropriate for us. This is about personal growth over time. The only person you should compare yourself to is you.

DO YOUR BEST, FORGET THE REST

PLO's

Grade 9

- A3 analyse how principles of training relate to components of fitness
- A4 monitor their rate of exertion during physical activity
- A5 pursue personal physical activity goals related to health-related components of fitness (muscular strength, muscular endurance, cardiovascular endurance, and flexibility) skill-related components of fitness (e.g., agility, speed, reaction time, coordination, balance)
- A6 participate daily in moderate to vigorous physical activity to enhance fitness
- B4 apply selected principles of training to improve fitness
- C1 apply safety procedures in all physical activities across the activity categories

Grade 10

- A1 describe a variety of ways to be active throughout one's life
- A2 demonstrate understanding of health-related components of fitness skill-related components fitness movement concepts
- A4 participate daily in moderate to vigorous physical activity to enhance fitness
- B4 apply principles of training to improve fitness
- C1 apply safety procedures in all physical activities across the activity categories
- C2 model proper use of equipment and facilities

Rate of Perceived Exertion (RPE)

RPE CHART

10	Max Effort Activity Almost impossible to keep going, almost out of breath, unable to talk
9	Very Hard Activity Very difficult to maintain exercise intensity, can barely breathe/speak
7-8	Vigorous Activity Verge of becoming uncomfortable, short of breath, can speak a sentence
4-6	Moderate Activity Feels like you can exercise for hours, breathing heavily, short conversation
2-3	Light Activity Feels like you can maintain for hours, easy to breathe, can carry conversation
1	Very Light Activity Anything other than sleeping, watching TV, riding in a car, etc.

