



FUNctional Fitness + Groove EDGEducation Circuit

Overview

The FUNctional Fitness + Groove EDGEducation Circuit is a cooperative circuit which combines the active, creative and interACTIVE aspects of The Groove with the FUNctional fitness aspects of the *Functional Fitness Charts*. Divide your students into two groups. When the music starts, Group A performs the movements at the stations, while Group B “Grooves” in the center of the playing area. When the music stops, the two groups switch and Group B performs the movements at the stations while Group A “Grooves” in the center. Students continue alternating back and forth between each station and Groove until they have completed each exercise.

Material

- Selection of six to eight *Functional Fitness Charts*
- Selection of music to play during the circuit and a music player (music playlist from the session will be shared!)

Preparation

- Have students choose the *Functional Fitness Charts* they would like to use. Ensure that students are familiar with each exercise before beginning the activity
- Display a chart at each station
- Ensure that there is enough room at each station for a small group of students to work there at the same time

Suggested Approach

- Divide students into two groups. Students in Group A spread themselves evenly between the circuit stations; students in Group B go to the center of the playing area
- Begin music to signal the start of the circuit: students in Group A perform the exercise at their station, while students in Group B Groove in the center. Both groups continue for as long as the music is playing
- Pause the music to signal the two groups to switch: Group A moves to the center and Group B moves to the stations. Once the two groups have switched, continue the music to resume the circuit
- Continue in this fashion until students in each group have rotated between each station or for the desired length of time

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