***Problem of Practice Case Scenario***

**For this case scenario, I would like to design a fitness circuit for a 40 minute middle school PE class involving students that have missed several fitness classes due to injury or excessive absences. The following types of equipment at the disposal of the teacher and students:**

|  |  |
| --- | --- |
| **Equipment** | **Number Available** |
| ***Padded Mats*** | ***30*** |
| ***Skipping Ropes*** | ***50*** |
| ***Medicine Balls*** | ***10*** |
| ***Step Hurdles (small and large)*** | ***20*** |
| ***Resistance Bands (handles/no handles and strong/light resistance)*** | ***40*** |
| ***Speed Ladders*** | ***5*** |
| ***Long Wood Benches*** | ***9*** |

**GOAL: To enable Gr. 8 students to be knowledgeable in various methods of correctly utilizing workout equipment to achieve a personal goal, such as improving cardiovascular fitness, increasing muscle mass and endurance, improving form or increasing reps.**

**To accomplish this goal, I will employ innovative ideas and set up three support activities for my students to interact with their teacher and classmates. These outlets will afford each student the opportunity to learn from each other and experts in the field of teen fitness through online discovery.**

**ACTIVITY 1: Set up a Google Doc to have students brainstorm, on their own time, exercises conducive to this fitness circuit and equipment offered.**

**https://docs.google.com/document/d/1sm3zXEkvkYL-fxyU1dIXS98vGSFuEI7aw5j9V11mvUg/edit?pli=1#**

**ACTIVITY 2: Transfer the contributions to their own Wordle so students can see the items in a cool format. They can use their own ideas and the ideas of their peers.**

**http://www.wordle.net/show/wrdl/5366183/Mr.\_Comeau%27s\_Supplementary\_Fitness\_Circuit**

**ACTIVITY 3: Make a VoiceThread with different pictures of people participating in the fitness circuit to enable classmates to offer constructive or positive feedback on what they see their peer(s) doing. Ideally this will promote changes in various areas for each student, including feedback on technique, ideas on variations of an exercise or motivational comments.**

**http://voicethread.com/share/3134572/**