

Equipment List for Fitness for Life: Middle School

Planning for *Fitness for Life: Middle School* may require you to check in with colleagues regarding equipment and space availability. For your convenience, we have listed the equipment necessary to conduct the basic *Fitness for Life: Middle School* program (one semester base plan) below. Even though the *Fitness for Life: Middle School Teacher's Guide* lists the equipment needed for each lesson plan, we thought it would be helpful to see a list of the equipment you will need at a glance.

General Equipment

Two lessons from each chapter are classroom lessons. It is recommended that you have a designated classroom or space (such as a multipurpose room) for these lessons.

You'll need a computer and a printer to print the activity resources and worksheets needed for many of the lessons. All resources and worksheets are found on the CD-ROM.

If you plan to use music to motivate students or to manage the class (for example, as a cue to start or stop an activity), you'll need audio equipment, such as a CD player. *Physical Education Soundtracks* CDs are available and contain music tracks for routines and exercise circuits.

If you plan to show video from the Internet in class, you'll need a computer, an Internet connection, and an LCD projector. If you plan to show DVD videos, you'll need a DVD player and a television, or a computer that plays DVDs and an LCD projector.

Specific Equipment (Classroom Lessons)

30 pencils
Sticky notes
Blackboard or flip chart
Folders or binders for *Fitness for Life* student portfolios (1 per student; can have students provide)

Specific Equipment (Activity Lessons)

Area Management

30 pinnies (6 colors, 5 pinnies/color)
20 cones (6 slotted cones for activity cards)
20 polypots
1 to 3 rolls of colored floor tape

Balls and Play Equipment

15 foam balls

15 volleyballs
15 basketballs
2 old basketballs that have slippery surfaces
15 playground balls
15 soccer balls
10 beach balls
15 Wiffle balls
15 tennis balls
10 crazy balls
10 hackey sacks
5 footballs
6 medicine balls (maximum 5 pounds [about 2 kg])
10 plastic Frisbees
10 foam Frisbees
10 spinning Frisbees
Balloons
Variety of juggling implements (such as scarves, beanbags, balls)
Badminton/pickleball nets (low nets for footvolley games)

Exercise Equipment

6 large calculators
3 stopwatches
20 exercise mats
10 regular jump ropes
5 speed jump ropes
4 long ropes (for double dutch jumping)
3 padded benches (weight benches or benches for seating with a soft pad)
1 to 2 weight scales
1 measuring tape (30 foot [9 meter])
2 benches or 2 rows of bleachers
10 elastic exercise bands for stretching and strengthening exercises
48-inch wands, 3/4-inch diameter (dowelling with sanded ends)
24-inch wands, 3/8-inch diameter (dowelling with sanded ends)
Plastic rulers, 12-inch (30 centimeter)
Yardsticks, 36-inch (1 meter)
Back-saver sit-and-reach box
PACER CD
Music CDs for relaxation (soft music)
Music CDs for activity (upbeat music)
Music CDs for themes (such as surf music, circus music, training music, etc.)

Specialized Equipment

6 cotton 3/4-inch ropes (12 feet [4 meters])
Dish detergent to make ropes slick
3 to 5 plastic jars that have different types of lids (such as slippery or ridged)
1 box of wet wipes

4 carpet squares
4 to 8 shoe boxes
1 roll of duct tape
1 aerobic dance/Tae Bo/kickboxing tape
20 paper plates

Optional Equipment

Fitnessgram/Activitygram software
35 pedometers
15 to 30 heart rate monitors