

## 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