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 polyspots
- 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