

Fitness for Life high school text equipment list

The equipment necessary to conduct the basic Fitness for Life program (one semester base plan) is provided here. At the end of the primary list, a secondary list is included to provide dimensions for uncommon items such as wands. Note: A list of complete list of equipment needed for specific activities is also included in the chapter by chapter lesson plans. Alternative activity suggestions are also available in the lesson plans in the event that certain equipment is not available for specific activities.

Schools will need a computer and printer to print the activity cards necessary for many of the exercise routines and circuits (on the *Activity and Vocabulary Card CD-ROM* ancillary). The computer and printer will also be used to print worksheets for the various activities (*Teacher Resources and Materials CD-ROM*). In addition, the *Physical Education Soundtracis CDs* contains music tracks for routines and exercise circuits. Teachers who use the audio CDs will need a CD player. Other equipment needs by chapter and activity are listed below.

Chapter 1		
Starter Exercise Program	Self-Assessment	Fitness Stunts
activity cards/music CD	watch or stop watch	volleyballs, cones, exercise table, rulers
Chapter 2		
Fitness Games	Self-Assessment	Safe Exercise Circuit
parachute, bean bags, volleyballs, cones	curl-up strips (Fitnessgram)	activity cards/CD
Chapter 3		
Cooperative Games	Self-Assessment	Activity
flag football flags, volleyballs, beach balls, volleyball nets/stands, ropes, blankets or sheets	mats, benches, yardsticks	exercise table, mats, activity cards
Chapter 4		
Line Exercise	Self-Assessment	Circuit
activity sheet	string	jump ropes, mats, step benches, masking tape
Chapter 5		
Fitness Trail	Self-Assessment	Elastic Band Circuit
yard sticks, boxes or benches, hula hoops, fitness course equipment (if available)	yard sticks, rulers, cardboard boxes or flexibility boxes, scale	elastic bands
Chapter 6		
School Stepping	Self-Assessment	Walking for Wellness
masking tape, pedometers (if available)	watches or large clock	watch, whistle
Chapter 7		
Aerobic Dance	Self-Assessment	CV Fitness
activity cards, worksheet	12 inch benches, watch	badminton equipment, volleyball and basket-ball equipment
Chapter 8		
Step Aerobics	Self-Assessment	Jogging
step benches	yard sticks, mats, cones, rulers, tape	large clock or watches
Chapter 9		
Orienteering	Self-Assessment	Activity
compasses	juggling wands, tape, watches, yardsticks, whistles	variety of sports equipment
Chapter 10		
Jump and Stretch Circuit	Self-Assessment	Flexibility Circuit
jump ropes, wands	rulers, tape	activity cards, CD
Chapter 11		

Resistance Exercise	Self-Assessment	Resistance Training
towels, weight benches, resistance machines	dynamometer, resistance machines, free weights	resistance machines, free weights
Chapter 12		
Home Made Weights	Self-Assessment	ME Circuit
wands, plastic bottles, benches	chin bar, chairs, benches, watch or clock	activity cards/CD, mats
Chapter 13		
Your Circuit	Self-Assessment	Muscle Fitness
student choice equipment (from previous circuits)	calipers (skinfold) rulers, scales	resistance machines
Chapter 14		
Jolly Ball	Self-Assessment	Cooperative Aerobics
volleyballs, nets, beach balls, foam balls	measuring tapes, yardsticks	activity cards/CD
Chapter 15		
Continuous Rhythmical Ex	Self-Assessment	Isometric Circuit
worksheet	no new equipment	towels
Chapter 16		
Cooper's Aerobics	Self-Assessment	Health Club
jump ropes, sports equipment, clock, watch	no new equipment	poster board, paper, pens, variety of equipment (no new)
Chapter 17		
Frisbee Golf	Self-Assessment	Relaxation
Frisbees, wastebaskets, hula hoops	paper, pencils, mats	towels, mats
Chapter 18		
Exercise At Home	Self-Assessments	Perform Plan
benches, food cans, wands, jump ropes, towels	no new equipment	no new equipment

Equipment List Details (equipment that may not typically be available)

- skinfold calipers
- cloth measuring tapes (at least 48 inches)
- curl-up strips (available with Fitnessgram)
- 48 inch wands 3/4 inch diameter--sanded ends
- 24 inch wands sanded ends 3/8th diameter
- plastic rulers 12 inch
- yardsticks 36 inch or one meter
- small cones with slots
- rolls of multicolor gym floor tape