**Equipment needed for Classroom Lessons within each chapter**

**Chapters 1 thru 21 Classroom Lessons**

- LCD projector
- Laptop

**Equipment needed for Activity Lessons within each chapter**

**Chapter 1 Activity Lesson 1**

- Table
- Rulers (3)
- Floor tape
- Gym mats (2-3)
- Volleyballs (6)
- Pinnies (4)
- Cones for activity cards (11)
- Timer or clock with second hand
- Pencils
- Music

**Chapter 1 Activity Lesson 2**

- A variety of sports equipment for skill warm-up activities (volleyballs, basketballs, baseball bats, etc.)
- Pencils
- Music

**Chapter 1 Activity Lesson 3**

- Benches (1-2)
- Jump ropes (6-8)
- Cones
- Pencils

**Option:** Exercise mats

**Option:** Add music to the lesson to motivate students.
Chapter 1 Activity Lesson 3

• Benches (1-2)
• Jump ropes (6-8)
• Cones
• Pencils

Option: Exercise mats

Option: Add music to the lesson to motivate students.

Chapter 2 Activity Lesson 1

• Cones
• Digital watch or clock with a second hand
• Pencils

Technology: Incorporate a wearable device (e.g., step counter, cell phone, Fitbit or heart rate monitor) into this lesson.

Chapter 2 Activity Lesson 2

PACER Test

• Volleyball score flipchart
• Cones (10)
• CD or MP3 player for PACER cadence, Fitness for Life Physical Education Sound Tracks, volume 1, track 1, PACER cadence

Curl-Up Test

• Mats
• Tape or several 4.5-inch (11 cm) thin strips of cardboard or rubber
• Metronome or smartphone metronome app set to 40 bpm or MP3 Fitness for Life Physical Education Sound Tracks, volume 1, track 3, push-up/curl-up cadence

Push-Up Test

• Metronome or smartphone metronome app set to 40 bpm or MP3 Fitness for Life Physical Education Sound Tracks, volume 1, track 3, push-up/curl-up cadence

Handgrip Strength Test

• Handgrip dynamometer
Standing Long Jump Test

- Measuring tape
- Tape

Trunk Lift Test

- Mats
- 12- to 15-inch (30-38 cm) rulers or yardsticks (2)

Back-Saver Sit-and-Reach Test

- Mats
- 12-inch boxes
- 12- to 15-inch (30-38 cm) rulers or yardsticks

Chapter 2 Activity Lesson 3

Beanbag Toss

- Hula hoops, Frisbees, poly spots, or buckets (6)
- Beanbags (30)

Basketball

- Basketball hoops
- Basketballs

Group Volleyball

- Volleyballs (consider a larger, softer volleyball for beginner groups) (1-2)

Fitness Challenges

- BOSU balls (3-5)

Jump Rope

- Variety of jump ropes

Option: Add music to the lesson to motivate students.
Chapter 3 Activity Lesson 1

Curl-Up Test

- Mats
- Tape or several 4.5-inch (11 cm) thin strips of cardboard or rubber
- Metronome or smartphone metronome app set to 40 bpm or Fitness for Life CD or MP3 volume 1, track 3, push-up/curl-up cadence

Push-Up Test

- Metronome or smartphone metronome app set to 40 bpm or Fitness for Life CD or MP3 volume 1, track 3, push-up/curl-up cadence

Handgrip Strength Test

- Handgrip dynamometer

Standing Long Jump Test

- Measuring tape
- Starting line (existing line on the floor or line created with masking tape)

Option: Add music to the lesson to motivate students.

Teacher Resource: JOPERD published an article on youth physical fitness (Corbin et al.) in the February 2014 issue.

Chapter 3 Activity Lesson 2

- Cones
- Basketballs
- Hoops or soccer balls (2)
- Target cone
- Jump ropes
- Pencils
- Other equipment as needed

Option: Add music to the lesson to motivate students.

Option: Using Activity Card: Physical Activity Pyramid Circuit 1 as an example, select new activities for the circuit.

Option: Group students, and have each group create an activity from one level of the Physical Activity Pyramid. The activity should last for about 3 to 5 minutes and should require minimal equipment.
Chapter 3 Activity Lesson 3

- Large hula hoops (1)
- Volleyballs or soft-skinned balls (2)
- Long jump rope
- Individual jump ropes (5)
- Basketballs (5)
- Pencils
- Music

Chapter 4 Activity Lesson 1

- Benches for stepping (2)

Chapter 4 Activity Lesson 2

**BMI Test**

- Scales
- Measuring tapes

**Back-Saver Sit-and-Reach Test**

- 12-inch (30 cm) boxes
- 12- or 15-inch (30-38 cm) rulers or yardsticks

Option: Exercise mats

**Body Blast Workout**

- Cones (20)
- Basketballs (3)
- Soccer balls (3)
- Benches (1-2)
- Scoreboard or timer

Option: Use stopwatches or smartphones with a timer app.

Option: Add music to the lesson to motivate students.

Chapter 4 Activity Lesson 3

- Exercise mats
  - Music
Chapter 5 Activity Lesson 1

- Cones (8 per playing area)
- Pinnies or bibs (4 to 6 teams of 5 to 7 players each)
- Discs (1 per team)

Option: Use one disc for every two people in the class if you teach lead-up activities.

Option: Add high-tempo music or invite students to share their high-tempo music.

Chapter 5 Activity Lesson 2

- A selection of balls
- Pinnies or bibs (4 to 6 teams of 5 to 7 players each)
- Scrap paper
- Pencils

Chapter 5 Activity Lesson 3

- Cones to mark a rectangular perimeter for the activity area (4 or more)
- Stable benches (2)
- Exercise mats (12)
- Agility ladders (2) or floor tape to create 2 ladders with at least 8 boxes
- Large exercise balls (3)
- BOSU balls (3)
- Balance boards (3)

Option: Add music to the lesson to motivate students.

Chapter 6 Activity Lesson 1

- Basketballs (6)
- Basketball hoops (2-3)
- Soccer ball
- Benches (4)
- Exercise mats (6)

Option: Add music to the lesson to motivate students.

Technology  Incorporate heart rate monitors into this lesson.
Chapter 6 Activity Lesson 2

PACER Test

- Volleyball score flipchart
- Cones (10)
- CD or MP3 player for PACER cadence, Fitness for Life Physical Education Sound Tracks, volume 1, track 1, PACER cadence

Trunk Lift Test

- Mats
- 12- to 15-inch (30-38 cm) rulers or yardsticks (2)

Option: Music can be used motivate students during the fitness circuit.

Chapter 6 Activity Lesson 3

- Cones to mark a rectangular perimeter for the activity area (4 or more)
- Stable benches or bleachers
- Exercise mats (6)
- Skipping ropes (6)
- Music

Option: Hand weights for Lower Body Muscle Fitness stations

Chapter 7 Activity Lesson 1

- Stopwatches or clocks with second hands
- Pencils

Option: Equipment for students to engage in moderate activity following the walking test (e.g., basketballs for shooting, footballs or Frisbees for playing catch, soccer balls for juggling, volleyballs for group volleying)

Technology Use heart rate monitors for this activity.

Teacher Resource: JOPERD published an article on youth physical fitness (Corbin et al.) in the February 2014 issue.

Chapter 7 Activity Lesson 2

Option: Direction signs for the route

Option: Stopwatches or watches for students who may not cover the whole distance
Chapter 7 Activity Lesson 3

A variety of options for students to choose from to participate in moderate physical activity (e.g., basketballs, volleyballs, soccer balls, Frisbees, bocce or beanbag toss games, pickleball or badminton equipment)

Chapter 8 Activity Lesson 1

- Cones to mark a perimeter (6-8)
- Cones to mark two lines 20 feet (6 m) apart for agility movements (4)
- Benches (1-2) or bleacher step
- High-tempo music

Option: Pedometers or physical activity monitors

Chapter 8 Activity Lesson 2

- 12-inch-high (30 cm) steps or benches
- Fitness for Life CD volume 1, track 2, step test cadence
- Timing devices (clocks, watches, or smartphones) for pulse counts
- Stopwatch
- Pencils

Technology: Use heart rate monitors for this activity.

Chapter 8 Activity Lesson 3

- Cones to mark a perimeter (6-8)
- Cones to mark two lines 20 feet (6 m) apart for agility movements (4)
- Benches (1-2) or bleacher step
- High-tempo music

Option: Invite students to share their high-tempo music.

Technology: Use heart rate monitors or smartphones with heart rate applications.

Chapter 9 Activity Lesson 1

- Stopwatch
- Cones

Technology: Use heart rate monitors or smartphones with heart rate applications. Have students program in their threshold and ceiling heart rates.
Option: This lesson can be performed in the gym or outside.

Chapter 9 Activity Lesson 2

- Benches or cones for soccer goals (6)
- Soft soccer balls (may also use foam balls with hard skins) (3)
- Pinnies (enough to differentiate teams)
- Stopwatch

Option: It is ideal if you can have 3-on-3 soccer and just use a single cone for each team’s goal. 3-on-3 and 4-on-4 games will ensure that all players are involved.

Option: Instead of soccer, play small-sided ultimate, basketball, handball, or floor hockey. Try to keep the teams to three or four players each so that everyone is involved.

Option: Add music to the lesson to motivate students.

Technology: Use heart rate monitors or smartphones with heart rate applications to monitor heart rate. Have students program their threshold and ceiling heart rates.

Chapter 9 Activity Lesson 3

- LCD projector
- Computer and speakers
- CD player or docking station for a digital music player
- Dance workout video that lasts 20 minutes (you can access workouts on YouTube by typing in “full Zumba workout,” “full aerobic dance workout,” and so on). Screen the workout for unsafe exercises before you use it with students (see the “Risky Exercises” section in chapter 4 of the textbook, Safe and Smart Physical Activity).

Option: Invite a member of the community who teaches aerobic dance classes to lead the class through a workout, or lead the class through an aerobic dance workout yourself.

Option: Obtain a dance workout DVD from the library or purchase one for the class.
Chapter 10 Activity Lesson 1

- Exercise mats (4-6)
- Benches or bleacher risers (4)
- Hand weights (3 pairs: 10, 15, and 20 pounds [4.5, 6.8, 9 kg])
- Squat or bench bars (2-3)
- Sticks approximately 5.5 feet (1.7 m) long (2-3) (can use old hockey sticks with blades cut off)
- Stopwatches for each station
- Music

Option: Provide metronomes at each station set between 20 and 25 beats per minute and have students match their movements to the beats.

Technology: Allow students to use their smartphones to record themselves performing exercises. The video can be used to provide them with feedback on their performance.

Chapter 10 Activity Lesson 2

- Pencils

Option: Add music to the lesson to motivate students.

Technology: Allow students to use their smartphones to record themselves performing exercises. The video can be used to provide them with feedback on their performance.

Chapter 10 Activity Lesson 3

- Free weights for the exercises selected
- Pencils

Option: Dowels or PVC pipes to simulate the barbell (optional)

Option: Add music to the lesson to motivate students.

Technology: Use heart rate monitors or smartphones with heart rate applications. If possible, have students program in their threshold heart rate and their ceiling heart rate.

Technology: Allow students to use their smartphones to record themselves performing exercises. The video can be used to provide them with feedback on their performance.
Chapter 11 Activity Lesson 1

- Pencils
- Benches or tables
- Yardsticks
- String

**Technology:** Allow students to use their smartphones to record themselves performing exercises. The video can be used to provide them with feedback on their performance.

**Teacher Resources:** *JOPERD* has published articles on pedagogical uses of technology in physical education (Junui, November/December 2011), smartphone application in physical education (Cummiskey, October 2011), and digital movement analysis in physical education (Trout, September 2013).

Chapter 11 Activity Lesson 2

- Exercise mats
- Tables
- Benches or bleachers
- Music

**Technology:** Allow students to use their smartphones to record themselves performing exercises. The video can be used to provide them with feedback on their performance.

Chapter 11 Activity Lesson 3

- Free weights
- Resistance machines
- Exercise mats
- Benches

**Option:** Add music to the lesson to motivate students or invite students to share their own music.

**Technology:** Allow students to use their smartphones to record themselves performing exercises. The video can be used to provide them with feedback on their performance.
Chapter 12 Activity Lesson 1

- Exercise mats

Option: Add music to the lesson to motivate students.

Chapter 12 Activity Lesson 2

- Yardsticks (9)
- Dowel rods or sticks approximately 3 feet (.9 m) long (for arm lift) (3)
- Floor tape
- Clipboards with blank paper (3)
- Pencils

Chapter 12 Activity Lesson 3

- Yoga mats or exercise mats

Options: Straps (ropes, old ties)

Option: Towels or cushions for assisting sitting postures

Option: Relaxing music

Option: Perform on a padded activity surface, if available.

Chapter 13 Activity Lesson 1

**Agility Station**

- Agility ladders (2-3)—can be made with floor tape

**Balance Station**

- Exercise balls or a combination of exercise balls, BOSU balls, and balance boards (6)

**Coordination Station**

- Juggling scarves (3-5 sets)
- Beanbags (15)
- Tennis balls (15)

**Reaction Time Station**
• Reaction balls or inexpensive rubber balls with edges cut off to create unpredictable bounces (6)
• Tennis balls (6)
• Cones (3 different-colored sets of 4)

**Speed Station**

• 10-meter lanes (2-3)
• Stopwatches (3)

**Option:** Add music to the lesson to motivate students.

**Option:** Use timing lights for the Speed station.

**Chapter 13 Activity Lesson 2**

**Side Shuttle Agility Station**

• Floor tape
• Plastic strips (10)
• Stopwatches (2)

**Stick Balance station**

• 2- × 2-inch (1.3 × 1.3 cm) sticks cut to approximately 1.5 feet (0.46 m) (3)
• Stopwatches (3)

**Wand Juggling Station**

• 1/2-inch-diameter (30 cm) dowel rods cut to 2 feet (0.6 m) (9)

**Yardstick Drop Station**

• Yardsticks (at least 3)

**Short Sprint Station**

• Floor tape
• Stopwatch
• Whistle

**Chapter 13 Activity Lesson 3**

**Side Shuttle Agility Station**

• Hula hoops (4 per 2v2 game)
• Beanbags (12 per 2v2 game)
Option: Equipment for bocce, KanJam (disc-throwing game), or any other target game that you have the equipment for

**Chapter 14 Activity Lesson 1**

- Calculators
- Pencils
- 10 jump ropes
- Medicine balls of varying weights

Option: Add music to motivate students.

**Technology:** Incorporate pedometers with a calorie function into this lesson.

**Chapter 14 Activity Lesson 2**

- Yardsticks (2-8)
- Tape measures (2-8)
- Rulers (2-4)
- Scale
- Skinfold calipers (2-8)
- Calculators (2 or more)
- Jump ropes (10)

Option: Add music to motivate students.

**Chapter 14 Activity Lesson 3**

- Workout bands (14-28)
- Yoga or workout mats (8-16)

Option: Add music to the lesson to motivate students.

**Chapter 15 Activity Lesson 1**

- A variety of equipment for muscle fitness and flexibility activities
- Pencils

Option: Have music playing while students perform their exercise plan.

**Chapter 15 Activity Lesson 2**

- Stopwatches
- Back-saver sit-and-reach board
- Measuring stick
• Scale
• Skinfold calipers
• Body mass index chart
• Music player with FitnessGram audio tracks
• Any other equipment that students might need to execute their personal fitness tests

Note: Activity cards from previous fitness self-assessments should be available for students in order for them to create and perform their personal fitness test battery. These should include both FitnessGram test items and other fitness component-specific tests covered in the course thus far.

Note: Students need their Fitness for Life portfolios so they can access fitness results from previous self-assessments.

**Chapter 15 Activity Lesson 3**

- A variety of equipment that can be used for individual fitness activities

**Option:** Add music to the lesson to motivate students.

**Chapter 16 Activity Lesson 1**

- Jump ropes (4-6)

**Option:** Yoga mats (6-8)

**Option:** Add music to the lesson to motivate students.

**Chapter 16 Activity Lesson 2**

- Hula hoops (10)
- Water bottles (10, empty or full)
- Tennis balls (20)
- Foam balls (10)
- Printed pictures of foods or different-colored objects to represent foods

**Chapter 16 Activity Lesson 3**

- Cones (7-12)
- Jump ropes (4-8)
- Stopwatch or timer app
Chapter 17 Activity Lesson 1

- A variety of equipment that can be used for fitness activities (will vary depending on the choices the students make; you may need to provide information about the equipment that is available so they can choose their workouts appropriately)

Option: Add music to the lesson to motivate students.

Chapter 17 Activity Lesson 2

- Pens or pencils

Chapter 17 Activity Lesson 3

- Bleachers or chairs
- Towel for each student to place under the knees (may have students bring a towel from home if you do not have towels, or have students use a jacket or sweatshirt instead)

Chapter 18 Activity Lesson 1

- Volleyballs (6)
- Jump ropes (12-15)

Option: Yoga or fitness mats (12-15)

Chapter 18 Activity Lesson 2

- A variety of equipment that can be used for fitness activities (will vary depending on the choices the students make; you may need to provide information about the equipment that is available so they can choose their workouts appropriately)

Chapter 18 Activity Lesson 3

- A variety of equipment that can be used for fitness activities (equipment will vary depending on the choices the students make; you may need to provide information about the equipment that is available so they can choose their workouts appropriately.)
Chapter 19 Activity Lesson 1

- Jump ropes (5-10)
- Basketballs (4-6)
- Elastic bands (20)
- Yoga mats (8-16)

Option: Medicine balls (2)

Option: Substitute or add activity cards from previous classes if you prefer.

Chapter 19 Activity Lesson 2

- String long enough to hang from an overhead anchor to the floor with a small weighted object tied to one end (15-20 pieces)
- Yoga or fitness mats (10 or more)
- Basketball or large exercise balls (2)

Option: Add music to the lesson to motivate students.

Chapter 19 Activity Lesson 3

- Paper (10 to 12 blank sheets)
- A variety of equipment that can be used for fitness activities (yoga mats, hand weights, medicine balls, elastic bands, cones, jump ropes)

Option: Add music to the lesson to motivate students.

Chapter 20 Activity Lesson 1

- Nerf footballs (3-5)
- Pinnies or bibs (3-5 sets)
- Cones

Option: Add high-tempo music to motivate students, or invite students to share their high-tempo music.

Chapter 20 Activity Lesson 2

- Tennis balls (50 or more)
- Tennis ball cans
- Benches
- Hula hoops (2)
- Tape
- Cones
- Stopwatches
Technology: Use video capture equipment (recorders, smartphones) so students can watch their performance.

Teacher Resource: JOPERD has published articles on pedagogical uses of technology in physical education (Junui, November/December 2011), smartphone application in physical education (Cummiskey, October 2011), and digital movement analysis in physical education (Trout, September 2013).

Chapter 20 Activity Lesson 3

- Rackets and balls (1 per student)
- Table tennis tables

Option: This activity could be done using volleyballs (or similar-sized soft balls) and badminton nets.

Chapter 21 Activity Lesson 1

- Internet-connected devices
- A variety of equipment depending on selected videos (e.g., yoga or fitness mats, dumbbells, medicine balls, or kettlebells)

Chapter 21 Activity Lesson 2

- Assortment of hand weights, medicine balls, or elastic workout bands (10-14)
- Jump ropes (4-6)
- Tennis balls (6-8)
- Aerobic steps (2-4) or stairs

Option: Yoga or fitness mats (8-10)

Chapter 21 Activity Lesson 3

- Pencils
- Stopwatches
- A variety of equipment, depending on the stations you select (see Activity Cards: Movement Skills for Physical Literacy)

Option: Use music to motivate students or invite students to share their high-tempo music.