

 PE Central	<i>Instant Activity</i>	 PE Central
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Name of Activity: Super 6 Fitness Stations (with pedometers)

Prerequisites: Experience with the pedometers.



Suggested Grade Level: 3-5

Materials Needed: Cones, Station identifiers, pedometers.

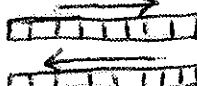
Description of Idea


Set the **Super 6 Stations** (see diagram sheet below) up prior to the students arriving. Split your class into 6 equal groups of about 3-5 students each. Since I have a limited number of digiwalkers I can give only two digi-walkers to each group. Those two wear the pedometer for the entire circuit. The next time class meets and this warm up is done (or if you go around the station circuit more than once in the same day) another two students in the group wear the digiwalker. After completion of the stations record the digiwalker steps for the group.

Station 1 jump
disco twist

Station 2 step up 
step down 

Station 6 speed
skating

Station 3 ladders  2 feet in and out
criss-cross

Station 5 upright
mountain climber 

Station 4 rope
skipping