

FITNESS CIRCUIT CHARTS

Elementary School and Secondary School Series



Manitoba
Physical Education
Teachers Association Inc.

Association Manitoibaine
des Enseignant e. s. en
Education Physique Inc.

MPETA is pleased to promote a resource developed by Thompson Educational Publishing – Fitness Circuit Charts.

AVAILABLE IN FRENCH - ORDER WITH MPETA NOW!

Get ready to get active! Cater cardio-respiratory and resistance routines to suit the needs of your students, regardless of their current fitness level. Simply select the fitness charts that target the muscles you want your students to focus on, take the students through the exercises step-by-step, set the number of seconds or repetitions for each exercise session, and then supervise their fitness circuit sessions.

Health Literacy. Each series includes two anatomy charts showing the muscular system and the skeletal system. Students can refer to these anatomy charts before and after their exercise session to see exactly which muscles are being used.

What You Will Receive

- 40 charts: Each chart is 13 x 19.25 inches (large tabloid size), in full-colour and laminated on card stock for durability
- 2 bonus charts - the muscular system and the skeletal system
- The User Manual contains a checklist of supplementary cardio-respiratory and agility exercises; safety tips, guidelines and exercise techniques; list of equipment needed and usage tips; circuit training design templates and sample circuits

For more specific details on the Fitness Circuit Charts, go to www.thompsonbooks.com/55077155.htm.

MPETA Fitness Circuit Chart Program

GO TO www.mpeta.ca/circuits.html FOR MORE DEALS!

Discount – ALL LEVELS

MPETA has negotiated a group discount for new Fitness Circuit Chart purchases. BOTH the Elementary School Series and Secondary School Series are eligible for this discounted pricing.

- **MPETA Member price: \$195.00 CDN (plus shipping and GST) – a saving of 9% or \$30**

Rebate – SENIOR YEARS ONLY

- MPETA members may apply for a MPETA rebate on the resource on a first-come-first-served basis (focusing on **SENIOR YEARS** schools). One rebate will be distributed per school/member.
- Fitness Circuit Charts that were purchased before MPETA's Program was announced are eligible for the rebate. Proof of purchase (receipt, purchase order...) must be submitted to receive the MPETA rebate of \$50.

Equipment – ALL LEVELS

- The Fitness Circuit Equipment Kit is available from T. Litzen Sports Ltd priced at a reduced, group rate. [Flyer](#).
**There is additional equipment that is used in the circuits that is not a part of the above Kit. However, most schools have access to: Frisbees, basketballs/volleyballs/soccer balls, stacking cups, beach towels and cloths, step benches, light dumbbells/hand weights, mats, pylons, 4" dice, tennis balls and bean bags.*

NOTE: The equipment is geared towards Senior Years Students but can be used for Early and Middle Years Students.

ORDERING

To access the MPETA Member Pricing and Discount for the Fitness Circuit Charts and/or the Equipment Kit, orders must be placed through the MPETA office. Please note that orders will be made when several requests come in to minimize the shipping costs and to access bulk ordering discounts. Complete the following form and send to MPETA by fax or by mail.

Professional Development – SENIOR YEARS

MPETA is available to provide Professional Development Training (focusing on **SENIOR YEARS** teachers) on using the Fitness Circuit Charts. Contact MPETA (mpeta@shaw.ca or 204-926-8357) for details.

- Workshops can be from 45 to 90 minutes and will include use of specialized circuit equipment
- Workshops will be FREE for MPETA members and \$10 for non-members

Fitness Circuits Program Order Form



Manitoba
Physical Education
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Association Manitoabaine
des Enseignant e. s. en
Education Physique Inc.

Date _____

School Name _____

Division _____

School Address _____

City/Town _____

Postal Code _____

Phone _____

Fax _____

Contact Name _____

Position _____

Email _____

Are you a MPETA Member? **Yes** **No** (Contact the MPETA office about purchasing a membership.)

*To access the discounted prices you MUST be a current FULL MPETA member.

*To access the Fitness Circuit Chart Rebate, you must be a current FULL MPETA member and teaching in a Senior Years School. Rebates are issued pending fund availability.

***Divisional Orders:** if you are ordering Fitness Circuit Charts on behalf of the schools in your Division, there must be a current FULL MPETA membership at each school.

FITNESS CIRCUIT CHART

Pre-Payment is required for all Non-PO's

Invoice my School

Invoice my Division

PO # _____

ITEM	PRICE	ENGLISH or FRENCH	NUMBER ORDERED	TOTAL
Fitness Circuit Charts – Elementary Series (Early and Middle Years)	\$195			
Fitness Circuit Charts – Secondary Series (Senior Years)	\$195			
TOTAL				
GST (5%)				
Shipping \$15 per set*				
MPETA REBATE				
FINAL TOTAL				

*if you would like to make arrangements to pick up your order from the MPETA office, the Shipping Cost will be \$7.50 per set.

FITNESS CIRCUIT EQUIPMENT

ITEM	PRICE	NUMBER ORDERED
Fitness Circuit Equipment (Make your PO out to T.Litzen but send order form and PO to MPETA)	\$352 (plus GST, PST and Freight)	

*NOTE: In order to access the bulk discount, orders must be sent through MPETA. T.Litzen Sports Ltd will invoice you directly for the equipment plus GST, PST and Freight (about \$40). Your equipment order will be sent directly to your school from T.Litzen Sports LTD.

Complete form and mail to MPETA at 303-200 Main St – Winnipeg, MB R3C 4M2 or fax to 925-5703.

Phone: 926-8357

Email: mpeta@shaw.ca

Website: www.mpeta.ca