

The Human Body Fitness Circuit!

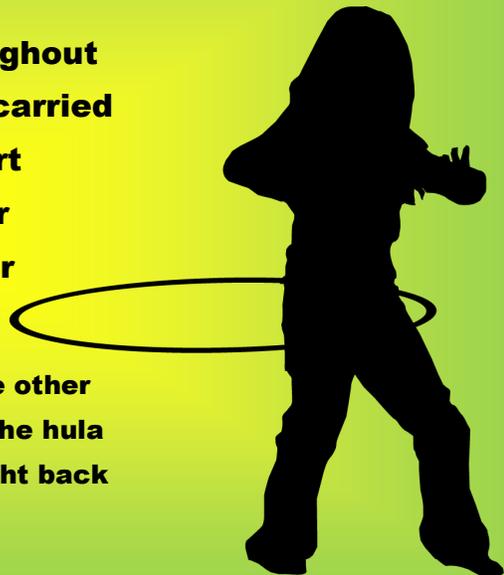
What better way to learn about the human body than to actually get up and moving! The Human Body Fitness Circuit takes students through various activities to help them learn about the human body while applying the concepts to cardio, strength training and stretching exercises. These three examples can help you incorporate this cross-curricular activity into your lessons.



Hula Hoop for your Heart!

The heart continuously pumps blood throughout your body. Blood that leaves the heart is carried in the arteries, while blood enters the heart through veins. Arteries are responsible for carrying oxygenated blood throughout your body and the largest artery is the aorta.

Try this! Stand with one foot slightly in front of the other and place the hula hoop around your waist. Push the hula hoop away from your body while shifting your weight back and forth to keep the hoop spinning.



Sit and Stretch!



Oblique muscles are located at the sides of your waist. They help you to twist side to side and bend over.

Strong oblique muscles help to support your back.

Try this! Sit on the floor with one leg stretched out and the other leg crossed over the first leg. Twist your trunk in the direction of your crossed leg and try to look behind you. Hold for 10 seconds and then switch sides.

Pump those Muscles with Push-Ups!

Your upper arms are made up of different muscles that work in combination: the triceps allow you to straighten your arm by extending the elbow joint, while the biceps contract to bend your arm at the elbow joint.

Try this! Lie face down with hands extended about shoulder width apart. Keep your body straight, slowly lower your body to the ground by bending your arms at the elbow. Raise yourself off the ground by extending arms at the elbows. Repeat 10 times.

