**On Track Fitness**

**2015 National PE Institute**

**UNC-Asheville**

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**Fitness Circuits Ideas for Railyard Use**

Side to side jumps over railyard with hands on the railyard

X and in – start with feet on railyard and step down straddling the railyard.

Advanced jumping jacks

Mule kicks

Inverted push-ups

Inclined pull-ups/chin-ups

Step ups

Railyard jumps

Lunges off/lunges side to side

Plank

Plank ups

Knees up sit-ups

Bob and weaves

Slide and squats

Tricep Dips

Bear crawls

Mountain climbers

Squats one foot on/one foot off

Balance – Forward walk, backward walk, side walks, walk with dips, crawling through hoops

Steeping over obstacles, inchworm, crabwalk, duckwalk, sidewalks plank shuffle

**K-1st Academic Concepts**

**Set-up** – place the railyards on the perimeter of the gym. Place approximately 4 academic concept cards on each railyard. Place a cone after the railyard with a locomotor skill written on it. Divide the class into 4 groups.

Students start standing behind the railyard. On “go” the first person in line walks on the railyard and says the concept (color, shape, letter, number, or spelling word.) The student will then use the locomotor skill posted to move to the next railyard. Have students complete 3 rounds.

**Railyard Math**

**Set up** – place the railyards on the perimeter of the room. On each railyard place age appropriate flashcards (addition/subtraction/multiplication/division) about a foot apart from one another. Place 4-6 hula hoops in the center of the gym with enough room between them for students to perform various exercises. Divide the class into the number of hula hoops that are out. Have students number off in each group. Each group will have a fitness card (see below .)

On go the person who is number 1 in each group will quickly run to the closest railyard. At that railyard #1 will step onto the railyard and perform walking lunges. As they lunge and step on the flashcard, students will call out the equation and answer to each flashcard. When students have gone across the entire rail they will then run counterclockwise to the next rail and do the same thing until they have gone across all rails.

Meanwhile the rest of the group will perform the 1st task listed on the fitness card until #1 is back.

When #1 returns, #2 goes and students start to perform task 2.

\*Math flash card can be changed out with grade level site words.

1. Mountain climbers – Cardiovascular Endurance
2. Tree pose – flexibility/balance
3. Sit-ups-Muscular Endurance
4. Push-ups – Muscular Strength
5. Squats – Muscular Endurance
6. Burpees- Cardiovascular endurance, muscular endurance

**Railyard Biathlon**

Set up – 4 Railyard pieces should be set up in the center of the gym, in the shape of a square. Place cones on outer 4 corners to form a “running path.”

Divide your class into 2 groups. Have one group start on the running path. They will run for approximately 2 minutes. The other group should start on the railyard, allow 3-4 persons per rail. On “go” these students will begin by stepping up and down on the railyard.

After two minutes instruct students to quickly switch places. Runners begin working on railyard and vice versus for 2 minutes.

At the next switch have students perform mule kicks on railyard. Please reinforce good space.

**Railyard WOD**

Set-up – Place 4 railyards on long length of the gym close to wall. Place dots down the center of the gym long width. Have students spread out on long length of gym across from rails with a jump rope.

Give students 3 minutes to get as many rounds as possible.

What is a round? On “go” students will perform 15 jumps , place their rope down, run to the dot in front of them, perform 10 quick sit-ups, run to the closest rail, perform 5 rail jumps, run back to center 10 sit-ups, run back to start line=1 round.

15, 10,5,10

XXXXXX X XXXXXXX XXXXXX XXXXXX

Railyard

o o o o o o o o o o o o o oo o o o o o o o o o o

dots

U U U U U U U U U U U U U U U U U U U

Jump Ropes – Students begin here.

**Tabata Railyard**

Setup – place railyards in center of the gym.

Divide class into 4 groups. Each group should go to a railyard. Half of the group should be on one side of the rail and half on the other side.

1st round of Tabata -20 seconds on 10 seconds off for 4 minutes

Thumbs Up and Knees up - Students will start in the push-up position with their toes on the rail. On “go” students will lift their right arm up in the air and give a thumb up, and then quickly switch to the left. Students will alternate quickly for 20 seconds. After 20 seconds students will stop and rollover to their back and place their legs on the railyard. They have 10 seconds to roll and rest. On “go” students will begin performing sit-ups reaching toward the rail for 20 seconds trying to do as many as possible. After 20 stop, roll over and get ready for thumbs up again. Continue for 4 minutes.

Give students a minute break and begin 2nd round

Stomp!- Student should still be divided onto each side of the rail. All students should be standing with their side toward the rail, facing the same way. On “go” students will begin stepping up with the closest foot to the rail. Students will extend that leg then come back down to the foot on the floor. Go for 20 seconds. Students will rest and turn the opposite way so they are stepping up on the other foot.

**Fitness Diamond**

Set up- Place 2 railyards parallel with small base at one end and tall at the other end. Place cones in the shape of a diamond.

Divide class into two teams. Have them stand behind the railyard. On “go” have students one at a time bear crawl across the railyard. As soon as the first person is across the next person may go. Once across they will run to the next cone on the right. Students will perform 5 sit-ups, then run to the next cone to do 5 squat jumps, run to the next cone and perform 5 push-ups. When they get back they will get ready to go again.