



## FUNctional Fitness

Come enjoy FUNctional fitness and fabulous games and activities! Warning, this high energy, activity-based session may cause intentional muscle contractions, increased heart rates, possible sweating, and even dehydration. Attendees will participate in a wide variety of fitness activities, circuits, dances, and games, all meant to help students participate in daily moderate to vigorous physical activity. They will understand the role of fitness development and how fitness impacts physically literate individuals who can demonstrate the knowledge and skills necessary to achieve and maintain a health-enhancing level of fitness.

### **A Special Day at Your School or District:**

*FUNctional Fitness* is a half-day or full-day, on-site workshop hosted at YOUR facility. Attendees will understand the role of fitness development and how fitness impacts physically literate individuals and take part in a wide variety of fitness activities, circuits, dances, and games.

### **Program Objectives/Outcomes - participants will:**

- Take part in a wide variety of fitness activities, circuits, dances, and games, all meant to help students participate in daily moderate to vigorous physical activity
- Understand the role of fitness development and how fitness impacts physically literate individuals who can demonstrate the knowledge and skills necessary to achieve and maintain a health-enhancing level of fitness

### **Essentials:**

- Days, and start/stop times are **flexible**; what's best for your staff and district?
- 3 or 6 hours of "hands-on" instruction
- **Maximum of 40** participants for safety and to ensure adequate equipment for all
- This workshop will have secondary focused activities

### **Attendees Receive (FREE):**

- Certificate of Completion (awarded end of day to those present)
- Post workshop consultation via phone and email
- Access to e-Newsletter, monthly webinars, and social media opportunities with other physical educators
- Raffle prizes and/or giveaways

Contact us at [spark@SPARKpe.org](mailto:spark@SPARKpe.org) or 833-73-SPARK to learn more about scheduling a **FUNctional Fitness** presentation for your school or district!

[sparkpe.org](http://sparkpe.org) | 833-73-SPARK | [spark@SPARKpe.org](mailto:spark@SPARKpe.org)

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