

Fitness Loop Teacher's Guide Book Walk



- 1** How many posters are displayed at each station? (p. 9)
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- 2** How is a Themed poster different than a Small Heart Strengthening Movement poster? (p. 3 or 16)
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- 3** Why does Isabel think that children are good at helping other children? (p. 14)
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- 4** What are the four main components in each Fitness Loop lesson? (p. 10-11)
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- 5** What colour is used to highlight the main headings in the Table of Contents?
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- 6** What is the kid friendly, muscle action descriptor for deltoids? Which number is it assigned on the Major Muscles diagram? (p. 7-8)
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- 7** What are the 5 main criteria for student self-evaluation of Fitness Loop participation? (p. 22)
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- 8** How many Fitness Loop lessons are included in this guide? (pgs. 16 – 23)
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- 9** What is the purpose of stretching? (p. 11)
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- 10** What are some of the options for movement pathways at each station? (p. 18)
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