

Utilize the following guide and tips to guarantee the correct and effective implementation of Fit Kids.

### **Class Preparation**

To ensure a seamless class experience, familiarize yourself with the class plan prior to your scheduled class. This includes watching demonstration videos for fitness warmups, movements, and cooldowns if you're unfamiliar.

### **Class Duration**

Each class plan has a duration of 45 minutes. If your class is scheduled for less than 45 minutes, you have the option to:

- Select specific sections of the class plan to implement, or
- Shorten the time allocated for the fitness stations, obstacle course, relay race, and/or game.

If your class is scheduled for more than 45 minutes, you have the option to:

- If included, implement the obstacle course, relay race, and game variations, or
- Increase the time allocated for the fitness stations, obstacle course, relay race, and/or game.

### **Class Progression**

To foster and promote fitness development, a gradual progression of time is incorporated into the fitness stations.

- Classes 1-20: 30 second stations
- Classes 21-40: 45 second stations
- Classes 41-50: 60 second stations

### **Coach's Corner Access**

If you do not have a Coach's Corner account, contact your site's admin or Fit Kids liaison. For additional support contact: Navita Wilson, Director of Programs, [navita@fitkids.org](mailto:navita@fitkids.org).

### **Demonstration Videos**

If the fitness warmups, movements, and cooldowns are unfamiliar to you, access the demo videos in the [video library](#).

When viewing the class plan online, click on the name of the warmup, movement, or cooldown to view the demonstration video.

### **Resources and Activities**

There are additional resources and activities available in Coach's Corner. Click or scan the QR code below to explore.



**Coach's Corner**