

<h2 style="text-align: center;">Active Shake-up</h2>	<p style="text-align: center;"><b>Time</b></p> <p style="text-align: center;">20 minutes</p>	<p style="text-align: center;"><b>Facility</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <input type="checkbox"/> Classroom  <input checked="" type="checkbox"/> Gymnasium         </div> <div style="width: 45%;"> <input type="checkbox"/> Multipurpose  <input checked="" type="checkbox"/> Outdoors         </div> </div>	
<p><b>Equipment</b> None</p>		<p style="text-align: center;"><b>Physical Activity Level</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <input type="checkbox"/> Moderate         </div> <div style="width: 45%;"> <input checked="" type="checkbox"/> Vigorous         </div> </div>	
<p><b>Safety</b></p> <ul style="list-style-type: none"> <li>● Remind students to be cautious when moving and to be aware of the personal space of others.</li> <li>● Do not use walls or stages and fences as finish lines or stopping points. Place pylons or a line a safe distance from the wall.</li> </ul>			
<p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>● Have students move around the activity area in a variety of ways, slowly increasing their speed.</li> <li>● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches).</li> </ul> <p><b>Activity:</b> Active Shake-up (Adapted from: Ophea, <i>H&amp;PE Curriculum Support Document, Grades 4, 5, and 6, 2000</i>)</p> <ul style="list-style-type: none"> <li>● Create four fitness signs with two physical activities on each, and post the signs around the activity area.             <ul style="list-style-type: none"> <li>○ Station 1: stand up/sit down 15 times and 20 stride jumps</li> <li>○ Station 2: 15 alternate knee lifts and 20 tuck jumps</li> <li>○ Station 3: 15 jumps (legs out, then crossed) and 20 heel touches</li> <li>○ Station 4: 15 steps with high knees and 20 toe touches</li> </ul> </li> <li>● Have students move around the activity area using different forms of locomotion.</li> <li>● Give a signal to the students to move to the closest station and perform one of the two physical activities at the station. The second time the student goes to that station, he or she must perform the other physical activity. When students complete a physical activity, have them move around the activity area using a method of their choice (e.g., jogging, hopping) until another signal is given. The activity is over when all students have completed all the physical activities.</li> </ul> <p><b>Cool-down:</b> Stretch Wave (Adapted from: Ophea, <i>H&amp;PE Curriculum Support Document, Grade 8, 2000</i>)</p> <ul style="list-style-type: none"> <li>● Have students move slowly (e.g., in a slow jog, brisk walk) around the activity area.</li> <li>● Have students form a circle. Appoint a leader, who will choose stretches. Students will “pass” each stretch around the circle and hold it as others join in, creating a wave effect (see Appendix C for sample stretches).</li> </ul>			
<p><b>Variations</b></p> <ul style="list-style-type: none"> <li>● Have students hop, gallop, or skip instead of running.</li> </ul>			
<p><b>Notes for Teachers</b></p> <ul style="list-style-type: none"> <li>● Discuss with students their ability to talk to one another while participating in physical activity.</li> </ul>		<p style="text-align: center;"><b>Planning Notes and Reflection</b></p>	