

<h2>Classroom Aerobics</h2>	<p>Time 20 minutes</p>	<p>Facility</p> <input checked="" type="checkbox"/> Classroom <input checked="" type="checkbox"/> Multipurpose <input type="checkbox"/> Gymnasium <input type="checkbox"/> Outdoors	
<p>Equipment Audio equipment (optional), chairs/desks, fitness bands (optional)</p>		<p>Physical Activity Level</p> <input checked="" type="checkbox"/> Moderate <input checked="" type="checkbox"/> Vigorous	
<p>Safety</p> <ul style="list-style-type: none"> ● Remind students to be cautious when moving and to be aware of the personal space of others. ● Prior to the activity, check that the chairs will not tip or slide when weight is applied to the front edge of the chair. 			
<p>Warm-up</p> <ul style="list-style-type: none"> ● Have students begin by walking on the spot or around the activity room with a partner while discussing their favourite physical activity, slowly increasing their speed. ● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). <p>Activity: Classroom Aerobics (Adapted from: Active Healthy Kids Canada, <i>activ8, Grades 7–8</i>, 2002.)</p> <ul style="list-style-type: none"> ● Have students position their chairs so that they have room to stretch out their legs and sit on the edges of their chairs with straight backs. Start the music. ● Have students do the following actions for 30 seconds each while sitting on their chairs. <ul style="list-style-type: none"> ○ <i>Hiking:</i> Have students swing their arms and reach left and right while tapping their toes and lifting their knees. ○ <i>Swimming:</i> Have students move their arms as if doing the front or back crawl and kick their legs out in front. ○ <i>Cycling:</i> Have students circle their legs as if they are riding a bike. ○ <i>Paddling:</i> Have students use an imaginary paddle to paddle a canoe (paddle on both sides). ○ <i>Tricep dips:</i> Have students place both hands on the sides of the chair seats. Using their arms, they lift their bodies off the seats and then lower their bodies. ○ <i>Bicep curls:</i> Have students make a fist with one hand and bend the arm at the elbow to raise the hand towards the shoulder. Have them repeat this movement using the other hand. Alternatively, this activity can be done with a fitness band. ○ <i>Twist:</i> Have students clasp their hands together close to their chests with elbows out and twist slowly from side to side. Remind students to keep feet flat on the floor. Alternatively, this activity can be done with a fitness band. ● Have students do an aerobic activity (e.g., marching or jogging on the spot) after each of the activities outlined above. ● Have students repeat the entire sequence 2–3 times. <p>Cool-down</p> <ul style="list-style-type: none"> ● Have students walk on the spot, slowly decreasing their speed. ● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). 			
<p>Variations</p> <ul style="list-style-type: none"> ● Have students generate new movements or sequences to teach the class. 			
<p>Notes for Teachers</p> <ul style="list-style-type: none"> ● Discuss with students the physical activities that they like to do in the summer, spring, winter, and fall. Make up different sequences for each season. 		<p>Planning Notes and Reflection</p>	