

<h2 style="text-align: center;">Fitness Shake-up</h2>	<p style="text-align: center;">Time</p> <p style="text-align: center;">20 minutes</p>	<p style="text-align: center;">Facility</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <input checked="" type="checkbox"/> Classroom <input type="checkbox"/> Gymnasium </div> <div style="width: 45%;"> <input checked="" type="checkbox"/> Multipurpose <input type="checkbox"/> Outdoors </div> </div>	
<p>Equipment Audio equipment (optional), activity cards</p>		<p style="text-align: center;">Physical Activity Level</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <input checked="" type="checkbox"/> Moderate </div> <div style="width: 45%;"> <input checked="" type="checkbox"/> Vigorous </div> </div>	
<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. ● Ensure there is enough space at each station to do the fitness tasks safely. 			
<p>Warm-up: At the Beach</p> <ul style="list-style-type: none"> ● Lead students on an imaginary trip to the beach and include some of the following actions: bike to the beach; run into the water and splash around; swim front crawl, breast stroke, dog paddle. ● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). <p>Activity 1: Fitness Shake-up I</p> <ul style="list-style-type: none"> ● In each corner of the activity area, post a sign with two physical activities and one way to move to the next corner for each activity. The following are some examples: <ul style="list-style-type: none"> ○ corner 1: <u>activity A</u>: star jumps – move to corner 2 by skipping <u>activity B</u>: stride jumps – move to corner 2 by galloping ○ corner 2: <u>activity A</u>: wall push-ups – move to corner 3 by doing the chicken walk <u>activity B</u>: jogging on the spot – move to corner 3 by doing the crab walk ○ corner 3: <u>activity A</u>: walk on the spot – move to corner 4 by jumping <u>activity B</u>: heel touches – move to corner 4 by speed walking ○ corner 4: <u>activity A</u>: bend and reach – move to corner 1 by hopping on your right foot <u>activity B</u>: lunges – move to corner 1 by hopping on your left foot ● Divide the students into four groups, one in each corner. Have them do the first activity on their cards for 20 seconds and then move to the next corner. Have them continue until all the students have done all the activities. <p>Activity 2: Fitness Shake-up II</p> <ul style="list-style-type: none"> ● Create a list of primary colours with a corresponding activity for each colour. The list could include the following: <ul style="list-style-type: none"> ○ red – stand up and sit down 10 times ○ blue – stride jumps 8 times ○ yellow – alternate knee lifts 8 times each leg ● Have the class stand up. Call out a colour and have the students do the corresponding activity. When you call out a secondary colour, students must do the two activities that make up the secondary colour (e.g., purple = red and blue). When you call out “brown”, students must do all the activities, and when you call out “white”, they must sit and wait for the next colour to be called. <p>Cool-down: At the Beach</p> <ul style="list-style-type: none"> ● Lead the students on an imaginary trip home from the beach and include some of the following actions: <ul style="list-style-type: none"> ○ walking through deep sand ○ slowly walking home ○ getting home and shaking sand off entire body ● 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 write their own imaginary trip and corresponding actions to incorporate literacy skills. 			
<p>Notes for Teachers</p> <ul style="list-style-type: none"> ● Discuss with students the difference in being active outdoors in the spring, summer, fall, and winter. ● You could make connections to the Visual Arts strand of the arts curriculum. 		<p style="text-align: center;">Planning Notes and Reflection</p>	