

<h2>Moving Mania</h2>	<p><b>Time</b> 20 minutes</p>	<p><b>Facility</b></p> <p><input checked="" type="checkbox"/> Classroom                      <input checked="" type="checkbox"/> Multipurpose  <input type="checkbox"/> Gymnasium                      <input type="checkbox"/> Outdoors</p>	
<p><b>Equipment</b> Audio equipment (optional), chairs (optional)</p>		<p><b>Physical Activity Level</b></p> <p><input checked="" type="checkbox"/> Moderate                      <input checked="" type="checkbox"/> Vigorous</p>	
<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>● Prior to the activity, check that the chairs will not tip or slide when weight is applied to the front edge.</li> </ul>			
<p><b>Warm-up</b></p> <ul style="list-style-type: none"> <li>● Have students start by walking on the spot with a variety of steps (e.g., narrow, wide), pumping their arms back and forth.</li> <li>● Have students gradually increase speed every 30 seconds. Ask them to imagine that they are walking on a beach in deep sand, then walking home from school, then running a race.</li> <li>● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches).</li> </ul> <p><b>Activity:</b> Moving Mania (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>● Have students perform a variety of movements to music or to a verbal command for 45 seconds each. Movements may include the following: <ul style="list-style-type: none"> <li>○ shoulder rolls</li> <li>○ touch the sky – touch your toes</li> <li>○ arm curls</li> <li>○ arm extensions</li> <li>○ slip into the pool (slide posteriors off the chairs while supporting bodies with arms)</li> <li>○ trunk twists</li> <li>○ knee lifts</li> <li>○ leg extensions</li> <li>○ ankle rolls</li> </ul> </li> <li>● In between each activity, have the students do an aerobic activity of their choice for 45 seconds (e.g., walking around the room, jogging on the spot, stride jumps, heel touches).</li> </ul> <p><b>Cool-down</b></p> <ul style="list-style-type: none"> <li>● Have students walk on the spot.</li> <li>● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches).</li> </ul>			
<p><b>Variations</b></p> <ul style="list-style-type: none"> <li>● Have each student take turns leading the class in a physical activity.</li> <li>● Choose activities that pertain to a specific sport or theme (e.g., seasonal events, basketball).</li> <li>● Use fitness bands as weight resistance for the arm curls and extensions.</li> </ul>			
<p><b>Notes for Teachers</b></p> <ul style="list-style-type: none"> <li>● Discuss with students how they feel at the end of the physical activity time. Ask them about the positive aspects of being physically active that they notice during the day.</li> </ul>		<p><b>Planning Notes and Reflection</b></p>	