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| <h2>Physical Activity for All</h2> | <p>Time 20 minutes</p> | <p>Facility</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Classroom <input checked="" type="checkbox"/> Gymnasium <input checked="" type="checkbox"/> Multipurpose <input checked="" type="checkbox"/> Outdoors | |
| <p>Equipment Fitness bands (optional), skipping ropes (optional)</p> | | <p>Physical Activity Level</p> <ul style="list-style-type: none"> <input 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. ● If the activity is taking place in the classroom, ensure that there is adequate room for students to stretch and move safely. | | | |
| <p>Warm-up</p> <ul style="list-style-type: none"> ● Have students walk on the spot using a variety of steps (e.g., narrow, wide), pumping their arms back and forth. ● 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. ● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). <p>Activity: Physical Activity for All</p> <ul style="list-style-type: none"> ● Divide the class into small groups. ● Set up the activity area in a fitness circuit that includes the following physical activities: <ul style="list-style-type: none"> ○ push-ups against desk or walls, 20 times ○ shoulder raises (with or without fitness bands), 20 times ○ calf raises, 20 times ○ lunges, 20 times ○ line jumping, 15 seconds ○ skipping on the spot (with or without a rope), 15 seconds ● When a student finishes an activity, have him or her march on the spot until it is time to change activities. ● Have groups rotate clockwise throughout the circuit, spending a specified amount of time at each station. Between activities, have students participate in a physical activity (e.g., walking around the outside of the activity area, jogging on the spot) for 60–90 seconds. <p>Cool-down</p> <ul style="list-style-type: none"> ● Have students move around the activity area in groups of 2–4, playing follow-the-leader. ● Have one student lead the way in each group, taking the group through a variety of movements and directions. ● Give a signal to have students change leaders. The new leader leads the group through a variety of movements and directions at a slower 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 create other circuits. ● Change the amount of time students spend at each station (e.g., 30, 45, or 60 seconds). | | | |
| <p>Notes for Teachers</p> <ul style="list-style-type: none"> ● Discuss with students which types of physical activity they enjoy the most, and what motivates them to be physically active. | | <p>Planning Notes and Reflection</p> | |