

#9631

FIT KIDS CLASSROOM WORKOUT

HUMAN KINETICS, 2001

Grade Levels: 1-6

50 minutes

1 Instructional Graphic Enclosed

DESCRIPTION

Features six aerobic workouts for elementary students that can easily be done at school or at home.

ACADEMIC STANDARDS

Subject Area: Physical Education

- ★ Standard: Uses a variety of basic and advanced movement forms.
 - Benchmark: Uses mature form and appropriate sequence in combinations of fundamental locomotor, object control, and rhythmical skills that are components of selected modified games, sports, and dances (e.g., combining steps to perform certain dances; combining running, stopping, throwing, shooting, kicking for sideline soccer) (See Instructional Goal #1.)
- ★ Standard: Understands how to monitor and maintain a health-enhancing level of physical fitness
 - Benchmark: Engages in basic activities that cause cardiorespiratory exertion (e.g., running, galloping, skipping, hopping) (See Instructional Goal #1.)
 - Benchmark: Knows the characteristics of a healthy lifestyle (e.g., daily health-enhancing physical activity, proper nutrition) (See Instructional Goals #2, 3, and 4.)
 - Benchmark: Knows how to measure cardiorespiratory fitness (e.g., listening to heartbeat, counting pulse rate) (See Instructional Goal #5.)
 - Benchmark: Knows the physiological indicators (e.g., perspiration, increased heart and breathing rate) that accompany moderate to vigorous physical activity (See Instructional Goals #2 and 5.)

INSTRUCTIONAL GOALS

1. To participate in an aerobic workout program.
2. To understand the importance of drinking water to rehydrate.
3. To understand the importance of nutritious eating.
4. To understand the importance of working out daily.
5. To locate one's pulse and measure heart rate.

BACKGROUND INFORMATION

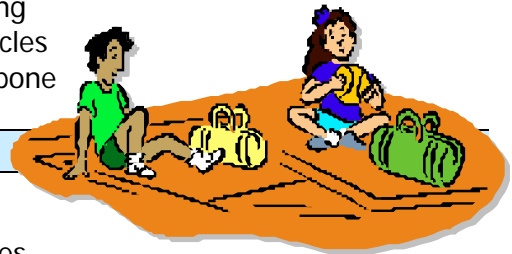
This video includes four 5-minute and two 10-minute workouts. Each workout is followed by a short segment explaining an element of keeping fit. The teacher should predetermine which workout the class will follow and preset the tape placement before starting the video.

VOCABULARY

- | | |
|-------------------|----------------------|
| 1. being "fit" | 11. bend |
| 2. breath/breathe | 12. catch our breath |
| 3. relax | 13. energized |
| 4. elbow | 14. exhale |
| 5. heel | 15. hips |
| 6. shake | 16. shoulders |
| 7. "cardio" | 17. forward |
| 8. rehydrated | 18. ceiling |
| 9. dehydrated | 19. muscles |
| 10. stomp | 20. tail bone |

BEFORE SHOWING

1. Clear an area in the room within view of the TV.
2. Make sure you are wearing comfortable clothes and shoes.



DURING SHOWING

1. Choose one of the six workout programs on the video. View the workout more than once, with one showing uninterrupted.
2. After the segment on checking heart rate, stop the video. Following the video demonstration taking your own pulse to check your heart rate.

AFTER SHOWING

► Discussion Items and Questions

1. What is a "cardio" workout?
2. Why is drinking water important, especially during and after exercise? How many glasses of water should you drink everyday?
3. Why is it important to eat nutritious foods? What are some examples of nutritious snacks you can eat?
4. How do you check your heart rate?
5. Why is it important to workout?
6. What are some ways you can make working out more fun?

► Applications and Activities

1. Make a cue poster with the names of the different moves and their order from one of the workout sessions. (See Instructional Graphic.)
2. Consider the importance of drinking water. Illustrate how your body loses water through sweating while exercising.

- a. Wrap a clear plastic bag around your foot.
- b. Put a rubber band loosely over the bag and around your ankle.
- c. Observe the bag after 10 minutes. The cloudiness is caused by tiny drops of water inside the bag. This is the sweat released from your foot.
3. Consider the principle that the more physically active a person is, the more water is needed. Determine which person will need more water.
 - a. a person playing basketball vs. a person reading
 - b. a person working in the garden vs. a person working on the computer
 - c. a person running to school vs. a person riding a bike to school
4. Brainstorm a list of favorite snacks. Categorize them as nutritious or non-nutritious. List what makes a snack nutritious or non-nutritious.
5. Check and compare your heart rate before and after a workout session.
6. Brainstorm a list of favorite things to do with your friends. Consider during recess, after school, and on the weekends. Categorize as active or sedentary. List additional ideas for fun physical activities.

RELATED RESOURCES



- [The President's Challenge to Get Fit #7989](#)
- [Posture #2321](#)
- [Take Aim on Fitness #9440](#)



World Wide Web

The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and "kid safe" sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

- **THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS**

<http://www.fitness.gov/index.html>

Describes the goals of the President's Challenge and provides links to resources for coaches and teachers as well as tips for students on keeping fit.



- **AMERICAN HEART ASSOCIATION**

<http://www.americanheart.org/>

Gives information about upcoming local activities such as American Heart Walks, fundraisers that can be done by school students such as Hoops For Heart, and provides links to many resources and articles relating to heart disease and fitness tips.



- **KIDNETIC.COM**

<http://www.kidnetic.com/>

Filled with games, activities, interactive learning, recipes, and information about keeping physically fit.

INSTRUCTIONAL GRAPHIC

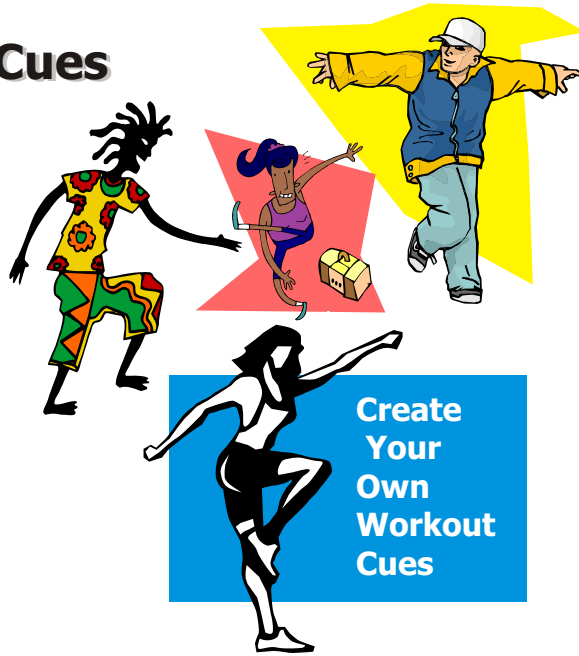
- **KARDIO FUNK WORKOUT CUES**

Kardio Funk Workout Cues



Dance Moves:

- The Wave
- The Tap
- The Box
- The Robocop
- Raise the Roof
- Funky Fish
- The Butterfly
- Funky Jack



Create Your Own Workout Cues

“Kardio Funk”

“ _____ ”
Name of Workout

Breathe and Shake Warm-Up
1. Wave
2. Tap
3. Wave
4. Tap
5. Box
6. Wave
7. Tap
8. Box
9. Robocop
10. Wave
11. Tap
12. Box
13. Raise the Roof
14. Funky Fish
15. Wave
16. Tap
17. Box
18. Robocop
19. Butterfly
20. Funky Jack
Breathe and Shake Cool-Down

Breathe and Shake Warm-Up
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.
13.
14.
15.
16.
17.
18.
19.
20.
Breathe and Shake Cool-Down