



Physical Activity Lesson Plan-Fitness Challenge

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

This is a fitness challenge activity. Students will be placed in groups and will work together and try to score higher than the other groups.

Group Size: 30+

Location: Gym

Estimate Time for Lesson: 30 minutes

Estimated Time for Planning: 15 minutes

- Subject(s) Check all that apply:
 - Healthy Eating and Physical Activity (HEPA)

Other:

- Grade(s) Check all that apply:
 - Kindergarten
 - 1
 - 2
 - 3
 - 4
 - 5

Materials/Resources Needed:

1 Fitness Challenge worksheet per team

Cones (1 for each group to mark their area)

Pencil, crayon-any kind of writing utensil

Lesson Objective #1:

To increase physical fitness levels.

Lesson Objective #2:

To encourage team mates to work hard and push themselves to do their best.

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Ask students why fitness is important.

Ask students for examples of types of exercises that benefit our health and fitness.

Instructions:

1. Put students into teams of 6.

2. Give each team a fitness scoresheet and a pencil.

3. Have student write their names at the top in the boxes provided.

4. On go, each one will start with a different exercise. (Ex. Johnny is hula hooping, Jenny is doing crunches, and so on. No one from the same group will be doing the same exercise).

5. Let them work for 1 minute, then rotate. (Ex. Now Johnny will do crunches, Jenny will do push-up shoulder taps, and so on.

6. Students will count the number they complete, and then record the score in their box beside the activity they just did.

7. Continue until everyone has completed each exercise. Do 2 full rounds if you want to extend the activity.

8. At the end, have students total their group scores for each activity. K-2 may have trouble totaling the scores and may need a coach to total it for them.

-Make sure to give students time between each round to record all of their scores for that round.

EXERCISES:

Hula Hoop-Just try to keep the hula hoop going around your waist. Count the number of times that it makes a full circle around you.

Crunches-Feet on the ground, knees bent, back starts on the floor, hands behind your head, elbows wide; lift up a little less than half way. Lift chin to the ceiling, shoulder blades should come off the floor, then lower back down. That would be 1. Count how many total you complete.

Push-up Shoulder Tap-Hold body in push-up position. Take one hand off the ground and tap your opposite shoulder. Place hand back down and do the same thing with the other hand.

Jump Rope-Have students see how many full jumps they can get. Remind them if it gets stopped by their feet, it doesn't count.

Squats-Feet shoulder-width apart, sit back like sitting into a chair, bend knees, keep your back straight and eye up.

Burpees-Jump up, bend down to floor, place hands on floor, jump feet out, do a push-up, jump feet back in, jump up as high as you can. *You can take the Burpees out for less experienced students.

Checking for Understanding:

Observe students technique with the fitness skills.

Lesson Adaptations

Time Adaptations:

Do multiple rounds if you need it to last longer.

Location Adaptations:

This can be done in any open space.

Age Adaptations:

K-1: Set numbers/pictures for each station within their workout area. Adjustments: Push-ups: allow them to put their knees down to do the exercise. Jump Rope: swing the jump rope beside them or place the rope on the floor and jump over it. Burpees-jump up, bend to ground, jump feet out, jump back to stand.

Learning Style Adaptations

Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students:

Show students each skill before they begin.