

Lesson 6 of 6

Walking

EQUIPMENT

upbeat music » music player »
10 balloons » 10 active messages » pointed
object to burst balloons » square pieces of
paper (one per student) » pencils

Warm It Up

FOUR CORNER WARM UP

Describe and post 2 different active stretches in each corner of the activity area; e.g., *pendulum swing* – place one hand on an object for balance and swing one leg forward and back 10 times, switch legs; *ball the yarn* – imitate the motion of rolling wool into a ball by spinning one fist over the other 20 times each direction; *hopscotch* – play an imaginary game of hopscotch by jumping with feet apart then together 20 times; *make wind* – start slow and gradually rotate arms in big circles 10 times each direction. Play some upbeat music and instruct students to jog or walk briskly from corner to corner, completing one of the two active stretches described in each corner. When finished, students jog to each corner a second time completing the active stretch they did not choose the first time.

ABCD's of Physical Education



RELATED RESOURCES

- Physical Activity Guide for Children, Public Health Agency of Canada, 2002, www.paguide.com



Safety First!

See Safety Guidelines pages 11-17.



Benefits of Health

Functional Fitness	
Body Image	
Well-Being	B(2-3)-6

Clues that students are achieving the outcome...

"Students will describe how the body benefits from physical activity" K-12 *Physical Education Program of Studies*, Alberta Learning, 2000.

- Students can explain and/or draw the benefits of walking



Whoop It Up

WALKING BALLOONS

Prepare for this activity by inflating 10 balloons and hiding a written "active message" in each one; e.g., *let's walk to the balloon that is closest to a tree; let's walk to the balloon with the brightest color; let's sing a song on the way to the next balloon; let's walk to the balloon that's closest to the North Pole; let's check if our hearts are beating faster now; let's stretch our legs; let's walk to the farthest balloon; OOPS! Walk back to the classroom.* Include one of the *Ten Reasons Why Kids Should Walk or Wheel* (refer to lessons 1 and 2) on the back of each active message. Have a parent volunteer "plant" the balloons in any open outdoor play area such as a grass field, park or playground relatively far apart to allow for a good walking workout. Begin the activity by leading students outside to the "balloon hunting grounds". Inform students that this is a group activity and they must work together to choose the balloon to which the group will walk. Upon arriving at the chosen balloon, gather everyone in a tight circle, count 1-2-3 and have all students yell "pop" while the balloon is punctured with a pointed object. Read the reason why kids should walk or wheel out loud once, and then read it a second time prompting students to shout out the key words; e.g., "Walking and wheeling gives you **energy**" (students yell "energy"). Read the active message aloud together and perform the activity described. Proceed to the next balloon and continue the fun! Consider using plastic eggs instead of balloons around Easter time for a special theme. Assign each color of egg to a different team. After 10 minutes, blow a whistle to indicate students should return to the starting area with the eggs they have found. One by one, each team can open their eggs and follow the activity instructions found inside.



Safety First!

See Safety Guidelines page 106.



Wrap It Up

BALLOON REVIEW

Gather as a large group and review the benefits of walking. Provide each student with a square piece of paper and ask them to explain how their body benefits from walking by drawing a picture and completing the sentence "I walk or wheel because...". Post the squares around the perimeter of the Walking & Wheeling bulletin board to create a border. Distribute copies of the Physical Activity Guides for Children and challenge students to keep on walking and accumulating 15,000 or more steps every day.