

ALTERNATIVE ENVIRONMENT

GRADES 10-12 1-7

Lesson 4 of 6

POOL ACTIVITIES

EQUIPMENT

A set of water weights per student (optional) » speakers and pre-selected music

RELATED RESOURCES

- Better 4 Fitness,
www.better-exercise-fitness-for-life.com/water-aerobics-routines.html



Safety First!

"Safety Guidelines for Physical Activity in Alberta Schools". Alberta Centre for Injury Control and Research (ACICR, 2013) pages 11-17, 31-35 and 38.



Benefits Health

Functional Fitness	
Body Image	
Well Being	B(10-30) 6

ESSENTIAL QUESTION

What is the relationship between swimming/water activities and overall physical, social and emotional health?

WARM UP!

CURRENT CREATION

Invite students to stand in a circle in the shallow end of the pool. Ask them to face the same direction and start walking in the circle one behind the other in order to create a current. When there is enough of a current created, ask the students to quickly switch their direction of travel. They should find it difficult to 'fight' against the current that they just created, thus warming up the body for the main lesson. Consider trying this activity with music where students travel one direction and when the chorus starts they switch to the other direction.

Clues that students are achieving the outcome...

"Predict the positive benefits gained from physical activity." *K-12 Physical Education Program of Studies, Alberta Learning, 2000*

- Students can identify the positive benefits of participating in water activities



Ever Active Schools

ALTERNATIVE ENVIRONMENT

GRADES 10-12 1-8

MAIN LESSON WATER AEROBICS

Explain that this lesson will be focused on fun and fitness in the water! Arrange students in the pool with enough room in between each of them to move freely and facing the deck where the instructions and demonstrations of the activities will be provided. Play up-beat music while you lead the students through the different moves. A list of potential moves include:

Moves With No Equipment:

- Jumping Jacks
- Cross Country Skiing: Start with legs apart (one in front and one behind) and switch when you jump up. Add arm swings once legs are moving.
- Vertical Helicopter: Jump up as high as possible and flutter your feet back and forth. Try to have as many flutters as possible in each jump.
- Engine Arms: Fists closed, elbows bent in front of you, quickly pump fists up and down, right up while left is down, vice versa.
- Lucky Leprechaun: Jump up vertically and click your heels together. Try and see if you can have multiple clicks in each jump.
- Frankenstein Kicks: Arms straight out in front of you and kick one leg up at a time while alternating opposite arms.
- High Knees: Lift knees up to your chest alternating knees. Add opposite arms as knees.

Once you have led the class in a few songs, divide them into groups of 3-4 to create their own three aerobic moves to lead the class. Encourage creativity while remembering that everyone in the class must be able to perform the move. A checklist can be developed to assess groups on their water aerobic workout. Criteria can include: three exercises were evident, a demonstration was provided of each, all group members were involved as a leader or follower.

Moves With Water Weights:

- Jabs: Punch forward holding weights alternating one arm at a time.
- Uppercuts: Hold weights to the side of your body under the water and punch straight up to about the height of your chest.
- Chest Flyes: Bend forward at the hips holding the weights underwater in front of you. Keep elbows straight, bring arms out to your side. Bring arms back down and repeat.
- Tricep Extension: Bend forward at the hips and hold weights underwater at the sides of your body with your elbows bent. Straighten your elbows bringing the weights to the edge of the water.
- Lateral Raises: Stand up straight in the water and hold the weights to the side of your body. Bring the weights up to the sides of your body until your arms are parallel to the water.
- Medial Raises: Stand up straight in the water and hold the weights to the side of your body. Bring the weights up to the front of your body until your arms are parallel to the water.
- Shrugs: Stand up straight in the water and hold the weights to the side of your body under water. Shrug your shoulders up and bring them back down.

COOL DOWN

Invite students move or swim in a small area and when “pair” is called students quickly pair up with a person close to them and discuss the question, “What are some positive benefits of participating in vigorous water activities?” Some responses might include enhancement of cardiovascular fitness, water resistance increases difficulty and improvement of flexibility without causing stress on joints. After each student has shared, invite students to move or swim again and eventually call out, “pair” for students to find a new partner to discuss the same question with. This can be repeated one or two more times.