

Lesson 2 of 6

Fitness

EQUIPMENT

flags or pinnies (one per student)
» Active Body Adventure Teacher Handbook » tracking sheet (one per student)

Warm It Up

FLAG TAG

Provide each student with a flag or pinnie and instruct them to tuck the flag into a pocket or into the side of their waistband. Ensure students do not tie the flag to their clothes. On the signal to begin, students try to steal flags from others while remaining inside the designated playing area. Should a student steal a flag, they take it to a corner of the playing area and place it in a hoop. A student whose flag has been stolen moves to a hoop and performs a pre-determined activity; e.g., favourite dance moves for 15 seconds or 10 creative jumping jacks/jills, before taking a flag and continuing to play.



Safety First!

For safety, equipment, and supervision considerations when planning tag-type activities, see page 51 in "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR), 2008, www.acicr.ualberta.ca.

ABCD's of Physical Education



Do it Daily...For Life!

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Effort	D5-1
Safety	
Goal Setting/ Personal Challenge	
Active Living in Community	

Clues that students are achieving the outcome...

"Students will participate regularly in physical activity to develop components of health-related fitness and movement skills."
Physical Education Program of Studies, Alberta Learning, 2000.

- Students can participate with maximum effort in the Active Body Adventure challenges



Whoop It Up

ACTIVE BODY ADVENTURE

Be sure to take into account the abilities of all students when planning learning opportunities and incorporate variations as needed to ensure learning and success for all. Contact your regional Be Fit For Life (BFFL) Centre (see Related Resources) and request an Active Body Adventure (ABA) Teacher Handbook. If possible, invite a BFFL staff member to come to your school and lead students through the challenge. The ABA is designed for grades 4-6, focuses on the importance of leading a healthy active lifestyle, allows students to participate in activities from each component of fitness and teaches them about the benefits of maintaining these areas of their own personal fitness. The ABA is a fun, interactive and motivating alternative to traditional fitness testing. Provide a tracking sheet to each student and explain that they will keep a record of their performance in each of the four ABA challenges, as well as notes about how they felt before and after the activities, and what they have had to eat and drink today. Emphasize the importance of participating with maximum effort as opposed to comparing results with others. Lead students in the challenges, allowing time after each one for students to complete their tracking sheet.

Examples of challenges found in the ABA Teacher Handbook include:

Cardio Groove – can you make your heart move?

Flexibility Call – can you reach for the wall?

Leg Blast – can yours last?

Hold Your Core – can you stay off the floor?



Safety First!

For safety, equipment, and supervision considerations when planning fitness activities, see page 53 in “Safety Guidelines for Physical Activity in Alberta Schools”, Alberta Centre for Injury Control and Research (ACICR), 2008, www.acicr.ualberta.ca.



Wrap It Up

Lead the group in a head to toe stretch. While stretching, provide each student with an opportunity to share a highlight of participating in the ABA. Explain that students will have an opportunity to perform the ABA challenges later in the school year and will set goals to improve their performance. Collect and file the tracking sheets.