

Lesson 4 of 6

Fitness

EQUIPMENT

light resistance bands (one per student) » index cards » pencils » tracking sheets

Warm It Up

RESISTANCE BAND FUN

Provide each student with a resistance band. If students have allergies to latex, pantyhose or a towel strip can be used as an alternative. Ask students to place their band in a line on the floor and jump over it 10 times, then stand on the middle of the band and pick up one end with each hand. Allow students to explore the resistance of the band by slowly reaching up, forward and back while securely holding the band at different lengths. Ensure students release the tension of the band before letting go, and keep a slight bend in their knees and elbows. Challenge students to stand in a circle, and on the signal, throw their band straight up in the air while taking one step to the right and catching the band of the student beside them. Repeat, challenging students to move to the right and then to the left.



Safety First!

For safety, equipment, and supervision considerations when planning resistance exercise activities, see pages 101-102 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



Activity

Basic Skills	
Application of Basic Skills	A(4-6)-13

Clues that students are achieving the outcome...

"Students will select, perform and refine more challenging basic skills in individual activities." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can safely perform strength and flexibility activities with a resistance band
- Students can bend and reach while moving through the spider web



Whoop It Up

ALL ABOUT STRENGTH AND FLEXIBILITY

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. Explain that today's lesson is all about strength and flexibility activities. Being active everyday reduces the likelihood of being sore or stiff now and in the future. Lead students through resistance band activities as a large group. Activities might include:

The **CHEST – er – field** » Place one end of the band under right hand and extend it across the back, holding the other end with the left hand. Perform push-ups from knees or feet. The **BACK attack** » Sit with legs extended in front of body, wrap band around feet and hold each end in one hand. Keeping back straight, squeeze shoulder blades together and down. The **BICEP blaster** » Stand on the middle of the band and hold each end in one hand. Curl fists toward shoulders while keeping elbows close to body. The **TRICEP brush off** » Stand on the band and hold it with right hand at the base of neck. Keep right elbow up and close to head, while extending right arm up above head. Repeat on left side. The **GLUTE salute** » Stand on the middle of the band and squat down bending knees to 90 degrees, then hold each end of the band in one hand. Straighten legs and repeat squat keeping weight on heels and knees directly above or behind toes. The **HAMSTRING thing** » Stand and secure a band around back of the ankle, holding both ends in one hand in front of the body. Lift foot back to touch buttocks keeping knees together. Use a wall or bar for support. Switch ankles and repeat. The **ABDUCTOR with attitude** » Stand with the band tied around each ankle or just above each knee, take one large step to the right and close left foot to right. Take three steps to the right and repeat taking three steps to the left.

Instruct students to form groups of 4-5 and to create or choose 3 different resistance band activities, one that demonstrates each component of fitness; i.e., cardiovascular endurance, strength, and flexibility. Have each group demonstrate their chosen movements with the large group, and then describe and draw a picture of their movements on separate index cards to be used in lessons 5 and 6.



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Wrap It Up

SPIDER WEB

Instruct each group of 4-5 to join another group. Students in each group stand facing each other in two rows and create a spider web by stretching the bands between the rows at a variety of high, medium and low levels. Each student should be holding the end of two bands. One student at a time takes a turn traveling from one side of the web to the other climbing over and under the bands trying not to touch the web. Distribute tracking sheets and allow time for students to record how they felt before and after the lesson, and what they have had to eat and drink today.