

INDIVIDUAL ACTIVITIES

GRADES 7-9 1-9

Lesson 5 of 6

FITNESS

EQUIPMENT

pictures of 15 male and 15 female celebrities
» adhesive » copies of personal fitness goal setting sheets » mats (one per student) » Pilates and yoga cards with pictures or videos

RELATED RESOURCES

- YogaKids Tools for Schools: Yoga for Physical Education DVD (Item Number FT-YOGA-PE), YogaKids, www.excelway.ca
- Fit Deck Pilates (Item Number FT-FitDeck-Pilates), P. Black, www.excelway.ca

WARM IT UP!

CELEBRITY XS AND OS

Post the images of 30 (or more) of male and female celebrities around the perimeter of the activity area. Instruct students to move around the activity area when music is playing and to stop in front of a picture when the music stops (think 'musical pictures'). Each student must determine and indicate if the celebrity in the image is healthy and fit, by making an 'x' (to indicate unhealthy/unfit) or an 'o' (to indicate healthy/fit) with their body. Encourage students to move in a different locomotor pattern each time the music begins. Repeat several times and then ask students to describe the criteria used to determine if the celebrities are healthy and fit. Measures commonly used include weight, percent body fat, and Body Mass Index (BMI). Draw attention to several celebrities who may be lightweight and have little body fat, but who are not healthy. Conversely, draw attention to celebrities who are very muscular, therefore weigh more and would be categorized as overweight or obese on a BMI scale, but who are actually quite healthy.



Safety First!

2008 Safety Guidelines pages 19-20.



Benefits Health

Benefits Health

Functional Fitness	
Body Image	B8-4
Well Being	

Clues that students are achieving the outcome...

“Students will acknowledge the perceptions that occur as a result of media influence on body types in relation to physically active images”
K-12 Physical Education Program of Studies, Alberta Learning, 2000.

- Students can recognize how the media portrayal of healthy and fit and common measures of fitness are not always accurate



Ever Active Schools

WHOOOP IT UP!**PRE-TEST PART 1 AND PILOGA**

Remind students they will be designing a personal fitness plan to improve their abilities related to one or more components of fitness. To start to establish a current level of fitness, invite pairs of students to complete one activity related to the cardiovascular endurance component of health-related fitness. Provide a choice of two or more different measures; e.g., modified Leger/beep test or timed walk/run. Distribute and instruct students to record their performance and heart rate before and after the cardiovascular endurance activity on a personal fitness goal setting sheet. Collect the goal setting sheets at the conclusion of the activity, as these will be needed again in lesson 6.

Organize the activity area in a way that will allow all students complete the cardiovascular endurance activity of their choice simultaneously. As a large group, review the appropriate way to complete each activity and discuss the importance of accurate measurements. Following the cardio activity, provide an opportunity for students to choose to participate in a sequence of yoga or Pilates movements. Divide the activity area in half with a curtain/divider, or make use of two separate activity spaces. Invite an experienced teacher, student, parent, or community member to lead a 15-minute yoga or Pilates session, or project a quality DVD/ video which students will follow, or provide a description and pictures of a variety of yoga/ Pilates movements and invite students to create and perform their own sequences. Encourage students to take their heart rate before and after participation.

**Safety First!**

2008 Safety Guidelines page 96-97, 143.

WRAP IT UP!**GROUP, PAIR, SHARE**

Gather as a large group and provide 2-minutes for students who participated in a yoga sequence to discuss their movement experience with a partner (or two) who participated in a Pilates sequence, and to explore the ways in which participation in yoga and Pilates can improve personal fitness. Invite students to share the highlights of their discussion. Reflection of the day: What are the advantages and disadvantages of judging your own performance based on standardized information related to fitness?



Benefits Health