

LEVEL	UNIT	LESSON Number 2	EQUIPMENT
Second Grade	Fitness	Stretching And Strength Concepts	Flags, Control Cones, Fitness Cards, Hoops, Dice, Stereo, Music. Benefit cards

Objectives

1. Students will demonstrate the six cardiovascular exercises.
2. Students will find good own spaces.
3. Students will work safely.
4. The students will demonstrate six strength exercises safely with good form.
5. The students will have fun.
6. The students will verbally describe the benefits of exercise.

Activity	Time (Minutes)	Procedure	Comments/Set - up/ Diagram
Part 1 Warm Up Review the cardiovascular exercises with the station card workout.	8	<p>We will review the safety rules while the class is seated as a group. Ask if anyone remembers what cardiovascular means? What are some exercises that will make your heart stronger?</p> <p>Benefit Pick Up</p> <p>Review the benefits of cardiovascular exercise. Do a two minute run using the benefit cards.</p> <p>Play benefit tag with the cards the students have picked up during the warm up jog.</p> <p>BENCHMARKS <u>Cardiovascular Fitness</u> 3.6 Sustain continuous movement for increasing periods of time, while participating in moderate to vigorous physical activity.</p>	PB3.5
Part 2 Review and	15	<p>After the workout is over, I will call the group over to me. We will review six of the strength cards and discuss why it is important to keep our muscles strong. After I explain the first card, I'll ask them to find an own space and demonstrate it for me. Then I will continue with the second, third and so on, each time asking the class to find a new own space to demonstrate the exercise.</p> <p>Why do you think it matters that your muscles are strong? What can you think of that would be easier to do with stronger muscles?</p> <p>BENCHMARKS <u>Muscular Strength/Endurance</u> 3.3 Perform abdominal curl-ups, modified push-ups, oblique curl-ups, forward and side lunges, squats, and triceps push-ups from a chair or bench, to enhance endurance and increase muscle efficiency. 4.10 Identify muscles that are being strengthened while performing specific physical activities. 4.11 List activities or skills that would be accomplished more efficiently with stronger muscles.</p>	As I review the card, I will place the card on the cone. I will have the cones set up around the space before the class starts, this way I can put up the new cards quickly.
Part 3 Practice the strength exercises and Stretch	5	<p>When the class has reviewed all the strength cards, we will play workout dice: Each group will have 2 die and a hoop. One is numbered 1-6 this one will indicate which station you go to, see the station numbers on the control cones. The other has twelve numbers, which is the number of times you will do the exercise. The game begins with one person rolling both the die inside the hoop. As soon as the dice come to a stop, the team should run to the cone, and do the exercise that is on the opposite side, the number of times that the dice with twelve numbers indicated. When the team returns to the hoop, a different team mate should roll the dice. Continue through the team this way until everyone has had a turn, then begin in order again. The whole team must go together to the cone, and wait together until the last person finishes. There should be wonderful words of encouragement and no negative comments. Remember how you feel when someone tells you great things, that how you want your teammate to feel! Your team is finished when you have rolled each of the stations at least one time. If you roll a station a second</p>	

		<p>time, you must do it again. The third time a station comes up, you may roll again until you come up with a station that you have not already done twice.</p> <p>When I say go, you will get in a group with anyone wearing the same color flag as you. Once you have your group you will need a hoop and dice to play the game. Decide who will get the hoop and who will get the dice. You have 15 seconds to get in your group and get your equipment. Then you can begin playing the game.</p> <p>Turn the cards over and have the students go back to the stations to do the stretches. As they are doing the stretches, I will talk about why it is important to stretch.</p> <ol style="list-style-type: none"> 1. Keep the muscles flexible. 2. Helps to prevent torn and pulled muscles. 3. Helps to prevent soreness after exercise. 4. Decreased muscle tension 5. improved coordination <p><u>Flexibility</u> 3.5 Demonstrate proper form for stretching the hamstrings, quadriceps, shoulders, biceps and triceps. 4.13 Identify the muscles that are being stretched during specific physical activities. 4.14 Explain why it is safer to stretch a warm muscle than a cold muscle.</p> <p><u>Self Responsibility</u> 5.1 Participate in diverse group settings without interfering with others. 5.2 Accept responsibility for one’s own behavior in a group activity.</p> <p><u>Social Interaction</u> 5.4 Encourage others using verbal and non-verbal communication. 5.5 Demonstrate respect for self, others, and equipment during physical activities.</p> <p><u>Group Dynamics</u> 5.7 Participate positively in physical activities that rely on cooperation.</p>	
Closure	5	<p>Culmination: Discuss activities that would be easier to do with stronger muscles. What kinds of things could you do outside of school to gain strength and endurance in your muscles? Increased muscular strength - <i>able to push or lift my bike.</i> Increased muscular endurance – <i>able to play a longer time without my legs or arms getting tired</i> Prevention of injury – <i>hurt less often, fall less often because my legs are stronger</i> Improved sports performance – <i>I will be better at a sport because my muscles are able to do more and last longer during play.</i> Exercise during development means stronger bones and better bone growth all together – <i>bones will grow stronger.</i></p> <p><u>Assessment</u> Muscular strength and endurance Activities Picture Chart On this sheet, draw or cut out pictures of things you could do outside of school that you can do to exercise your muscles and make them stronger.</p>	<p>PB4.5 <u>Inclusion</u> Be sure to include activities that students with disabilities can do outside of school.</p>

Aerobic Fitness Health Benefits

- **Strengthens the heart (lower resting and working heart rate, faster recovery)**
- **Decreases blood pressure**
- **Strengthens muscles and bones**
- **Increases energy (to play longer)**
- **Allows performance of more work with less effort (carry my toys without becoming tired or needing help)**
- **Reduces stress and tension (get along better with others)**
- **Enhances appearance and feeling of well-being; improves quality of life**
- **Improves ability to learn (get homework done faster)**
- **Promotes healthy body composition**
- **Increases self-confidence and self-esteem (greater social opportunities)**
- **Enhances sleep**
- **Improves lipid profile**
- **Weight control**

Healthy Heart



Activity 3.5 Aerobic Fitness Health Benefits Cards
From *Physical Best activity guide: Elementary level*, 2nd edition, by NASPE, 2005, Champaign, IL: Human Kinetics.



Healthy Breathing



Activity 3.5 Aerobic Fitness Health Benefits Cards
From *Physical Best activity guide: Elementary level*, 2nd edition, by NASPE, 2005, Champaign, IL: Human Kinetics.

Stronger Muscles



Activity 3.5 Aerobic Fitness Health Benefits Cards

From *Physical Best activity guide: Elementary level*, 2nd edition, by NASPE, 2005, Champaign, IL: Human Kinetics.



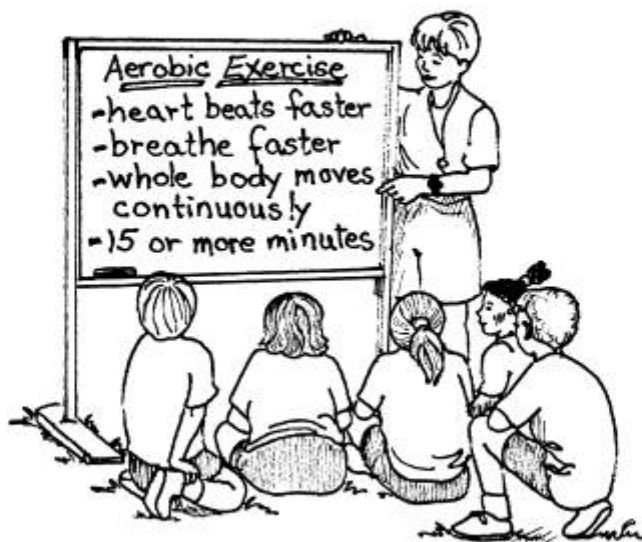
Feel Better



Activity 3.5 Aerobic Fitness Health Benefits Cards

From *Physical Best activity guide: Elementary level*, 2nd edition, by NASPE, 2005, Champaign, IL: Human Kinetics.

Learn Better



Activity 3.5 Aerobic Fitness Health Benefits Cards

From *Physical Best activity guide: Elementary level*, 2nd edition, by NASPE, 2005, Champaign, IL: Human Kinetics.

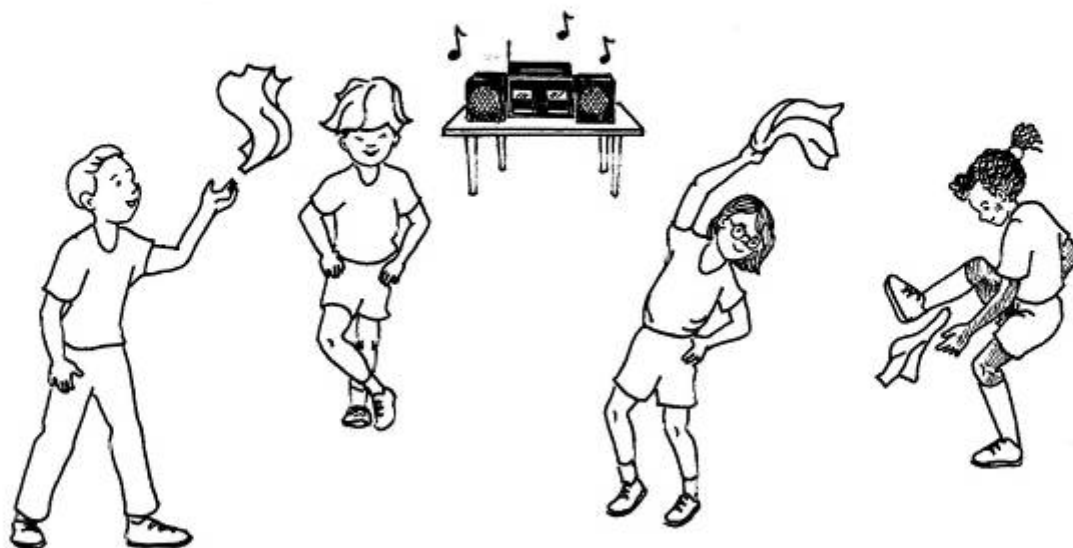
Play Harder



Activity 3.5 Aerobic Fitness Health Benefits Cards

From *Physical Best activity guide: Elementary level*, 2nd edition, by NASPE, 2005, Champaign, IL: Human Kinetics.

More Energy



Activity 3.5 Aerobic Fitness Health Benefits Cards

From *Physical Best activity guide: Elementary level*, 2nd edition, by NASPE, 2005, Champaign, IL: Human Kinetics.

Healthy Body Composition



Activity 3.5 Aerobic Fitness Health Benefits Cards

From *Physical Best activity guide: Elementary level*, 2nd edition, by NASPE, 2005, Champaign, IL: Human Kinetics.

Name: _____ Class: _____ Date: _____

Activity 4.5 Muscular Strength and Endurance Activity Picture Chart

Circle the activities that you have done in the past week or in a blank space draw an activity that you have done. How many days did you do this activity? If it is more than one, write that number by the picture.

