



For The Teacher

Early Primary Year – Kindergarten/Transition/Prep/Reception/Pre-Primary

Week 2

Title Exercising your Body

Theme Physical Activity and the Human Body

Overview

Students will perform a playground circuit which includes activities based on three major fitness components. If performed regularly, these types of activities can help enhance students' health and wellbeing.

Time required

40 minutes

Preparation

- 6 cones
- 5 short skipping ropes (white handles)
- 15 hula hoops
- Equipment with a ladder and slide

Background information and discussion points

Flexibility is the ability to bend and stretch into different bodily positions. Yoga or stretching exercises improve flexibility. Refer to Support Materials for stretching exercises.

Heart and Lung (Cardiovascular) Endurance which is the sustained ability of the heart, lungs and blood vessels to carry oxygen to the working muscles of the body while carrying away waste products (carbon dioxide and lactic acid) during increased physical activity. Fast walking, running, swimming and riding a bike are the simplest ways to increase and improve cardiovascular endurance.

Strength is the ability of the body to lift (push or pull) heavy objects. Lifting heavy objects in weight training or performing gymnastic holds or movements enhances strength.

Activities

Set up a playground circuit using available playground equipment. The following may make up a circuit:

1. Climbing up then sliding down a slide to demonstrate 'strong muscles'
2. Hula hoops or skipping ropes for skipping
3. Jogging, hopping and skipping activities for endurance
4. Finish with stretching exercises

Please keep in mind that when you create an exercise circuit that the different exercise stations are set up with adequate space between them for the students to perform the tasks safely.

Students complete each circuit task for about 2 minutes, taking a break if needed. For example skipping with a hoop for 30 seconds and then having a 10 second rest before skipping another 30 seconds.





Strength

This activity involves students climbing up a ladder to a slide. Once reaching the bottom of the slide, students can start a heart & endurance activity as outlined below.

Heart & Lung Endurance

- Practice skipping with a skipping rope or hula hoop
- Skip while counting from one to ten or trying to say the alphabet
- If skipping with a rope or hula hoop is too difficult for students, allow students to skip around a designated area without rope/hoop or encourage them to jump on the spot

Flexibility

Students complete a variety of stretches holding each stretch for 10-20 seconds:

- Hip circles - hands on hips, feet shoulder width apart, rotate hips in a circular motion. After 5 rotations change direction.
- Touch toes – sitting on ground with legs straight, students stretch forward slowly to touch as far forward as possible.
- Arm and shoulder stretch - while standing straight Interlock fingers and reaching above their heads
- Thigh stretch – knees in line standing on one leg, hold the other leg at the ankle and bend the lower leg backwards so the heel touches the bottom. Repeat with the other leg.

Support materials and references

For Kids

1Seven article: [What Is Physical Fitness](#)

1Seven article: [Build Better Bones](#)

For Teachers & Parents

1Seven article: [Encourage Your Kids To Be Active](#)

1Seven article: [Make Time For Team Sports](#)

Stretching

[Click Here](#) for Stretching Resource

Thinking strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
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Gardner's Multiple Intelligences

Verbal/Linguistic	Bodily/Kinesthetic	Musical	Logical/Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
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Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
*			*		





Student learning tasks

1. Warm up by playing a game of “What’s the time Mr Wolf”.
2. Demonstrate the activities of the circuit. Divide the class into four groups.
3. Students undertake circuit activities in their groups for 2 minutes at each station.
4. Facilitate a brief discussion about the three different fitness components based on the activities the students have done:
 - muscle strength relates to how hard and fast you can use your muscles to either move quickly or lift heavy objects. Examples of what the students did to develop muscle strength is when they climbed up the ladder and ran fast
 - heart and lung endurance relates to how long you can keep doing a physical activity before you get really tired and want to stop. Examples of what the students did to develop heart and lung endurance was when they were skipping and jumping continuously
 - flexibility relates to how easily or how far you can stretch your muscles within your body. An example of what the students did to develop their flexibility was when they simply held stretches

Discussion can also include the different types of feelings students experienced when completing the different activities.

