

FITNESS CAN BE FUN

Carrie Flint

Musical PE Plus

Elementary & Adapted Physical Education Specialist

carrie@musicalpeplus.com

310.702.5648

We know the importance of physical fitness and the need to incorporate fitness activities in the lives of our students. The CDC has recommended that children should participate in 60 minutes of vigorous physical activity each day. Fortunately they are not stating that it needs to be 60 continuous minutes, so it can be broken up throughout the day. It can be a combination of recess, physical education, and afterschool activities. However, even with this flexibility it still is a challenge to fit in fitness that not only is enjoyable for the students but easy to implement. This presentation focuses on the NASPE recommendation that “fitness should be a by-product of play” by offering a variety of ideas to incorporate into any program. All are easy to implement, require minimal equipment (if any at all), can be done outside, with large groups of students, and most importantly are fun.

WARM-UP

Simple moves focusing on crossing the midline.

MUSIC: Criss Cross Celebration /Musical PE Plus “Get’em Up, Moving & Learning CD

Running

Put a new twist on a warm-up by making “Go Run A Lap” creative as well as a positive experience for all. Instruct your students to find personal space in a designated general space as well as identify the boundaries. Once the music begins the students are to run/jog/walk “their” lap and must return to their starting point in 30 seconds. Emphasize that this is “their” lap. It is not a race and they can create as they wish as long as they stay within the set boundaries. Once they return instruct them to repeat their lap as long as the music is playing. Finally, pair up the students and have each share their laps with each other.

MUSIC: Pink Panther (first lap) Sports & Novelty CD/Christy Lane
 Mission Impossible (second lap) Sports & Novelty CD/Christy Lane
 We Go Together (with a partner) Grease/John Travolta

Calisthenics

A typical warm-up is to instruct your students to do 25 jumping jacks, push-ups, arm circles etc.... YES, these are exercises but they can be boring and often not done correctly because it becomes a race to get them done before anyone else. Simply adding music will change the feel and changing it to 30 seconds for each exercise rather than a total number will make a big difference. Another approach is to use music where you can create your own exercise routine or use a song that instructs for you.

(Music from the CD Physical Ed/The Learning Station)

Jumping Jacks

Instead of telling kids to do 25 jumping jacks, this song is 2:19 minutes. You can break down the jumping jack into parts and as a whole. They will be doing more than 25 when the song ends and they will not even realize it.

Running “Projects”

This is a method I discovered while working with my APE students. It was challenging to get my students motivated to run or walk for a continuous length of time. So I created “projects” for my students to complete such as matching pictures, shapes, colors, numbers, letters etc. I made bingo type cards with the pictures and have my students run back and forth with little cards with similar pictures to Velcro to the cards. There are endless possibilities using this method. One of my favorites is putting wood puzzle pieces in a pile and they take one piece at a time to complete the puzzle. (Great bonus with wood puzzles is that they don’t blow away.)

CONCENTRATION

This activity is best for upper elementary. On one side I place dots with numbers upside down. The object of the game is to have your students run and turn over 2 dots. If they match they get to take them, if not they are to turn them back over and run back to a (team or partner) to give it a try. Depending how many dots you have and numbers this activity has the possibility to last quite long. I have 6 of each number 1-6. This way it they have multiple opportunities for a match.

Another tip I have to share is to set the distance for these “projects” 20 meters (PACER assessment/Fitnessgram)

MUSIC: I Like to Move It Crazy Frog

CREATIVE APPROACH/DIGUISING EXERCISES

FAVRIT INSTANT ACTIVITY/Crocodile Hello

Students are to hold themselves in static push-up position. They are then to walk as a crocodile and introduce themselves to as many crocodiles as they can before collapsing. Keep going trying to beat your best score.

MUSIC: Crocodile Rock/ Elton John

Crab Walking (with or without beach balls)

MUSIC: Crab Walking from the CD Get Funky & Musical Fun
(The Learning Station)

ICE SKATING

Kids love this activity. YES, this requires equipment (the cheapest paper plates work best.) This activity will work on a floor with or without carpet. This activity has the students “slide” a great activity to work the leg muscles.

MUSIC: **Slide and Glide Waltz** /Musical PE Plus “Get’em Up, Moving & Learning CD

PARTNER EXERCISES/ADD ONE

Creative approach to allow kids to create their own exercise routine. Students are to repeat the move their partner just did and then add a move....see how many moves each team and remember to do.

MUSIC: Team of Two/ Brain Boogie Boosters (Learning Station)
Tea for Two/Let’s Do Ballroom (Christy Lane)

MEDICINE BALL CIRCLE

Have students stand in a circle and each have their own medicine ball...and or a ball of some type. The key is that every student should have something. Students are to do arm exercises for 10 seconds and then pass their ball to the right...10 seconds a different arm exercise etc.

MUSIC: Pump Up the Jam/Mickey’s Sport Songs

FITNESS SCRAMBLE

Every student has a beanbag or sock ball. I use the sock balls with colored tape utilizing 6 colors. (Red, Yellow, Blue, Green, Purple, Orange) I then have 6 matching stations with exercises. Students move around and randomly toss with different students. When the music stops whatever color of ball they have they are to go to the matching color exercise station and do the exercise. Music back on they continue to toss and continue the activity.

MUSIC: Sweet Georgia Brown/Sport & Novelty CD (Christy Lane)

PARACHUTE FITNESS

This lesson I created and have used it with every population and age with great success. This is one of my favorite lessons because it flows from one song to the next with each song doing a specific activity.

I Get Around (Beach Boys)

Students do various locomotor skills (going around in a circle)

Slow and Fast (Hap Palmer/Rhythms on Parade)

Students shake the parachute as directed...SLOW & FAST

Shake It Up-GeoMotion/Get Fit With Captain Music

Popcorn!! I use lightweight balls that are found in ball pits and you can buy them at ToysRus. To make it more challenging I use sock balls. These are heavier and require more effort to shake the parachute.

Give Me Ten (Physical Ed/The Learning Station)

Students sit down with their legs under the parachute and as the song directs the students will do sit-ups together. Students hold on to the parachute and move their arms in a clockwise direction.

IT WORKS and it is FUN

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What a Wonderful World (Louis Armstrong)

I have half the class sit or lie down and the other half of the class slowing moves the parachute over them and I then have them switch. This is a nice relaxing ending.

ADDITIONAL FITNESS PE PRODUCTS THAT I RECOMMEND:

“Journey Through Space” & “The Lost Jungle” Exercise DVDs from Christy Lane
www.christylane.com

FAVRIT INSTANT ACTIVITIES & the Physical ED CD are available for purchase on my website www.musicalpeplus.com

FITNESS FUN ZONE

For more Information:

Melinda Bossenmeyer Ed.D. www.peacefulplaygrounds.com

Sandy Slade www.skillastics.com