

STRONG, STRETCH, SWEAT

STUDENT TARGETS

- ✔ **Fitness:** I will demonstrate proper form and technique when performing fitness activities.

TEACHING CUES

- ✔ Focus on Form
- ✔ Work Cooperatively
- ✔ Encourage Classmates

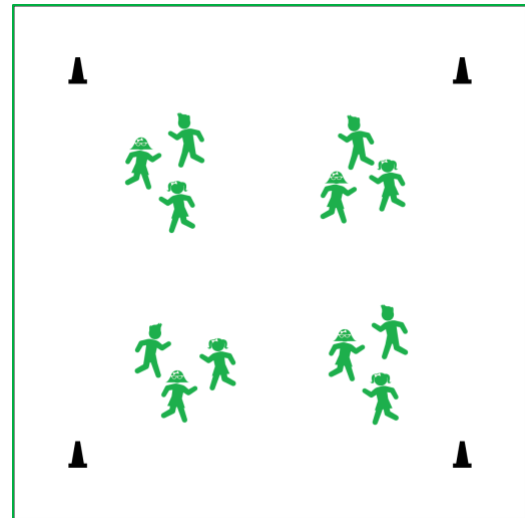
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ 4 cones to create boundaries
- ✔ Strong, Stretch, Sweat Exercise Chart
- ✔ Activity YouTube Video:
<https://youtu.be/FvQnW9DMMes>

Set-Up:

1. Create a large activity space using cones.
2. Create groups of 3 students, each group with enough space to move safely.



Activity Procedures:

1. It's time to warm-up our bodies with a Rock, Paper, Scissor game called: Strong, Stretch, Sweat.
Rock = strong and represents muscular fitness.
Paper = stretching and represents flexibility.
Scissor = sweating and represents aerobic capacity.
2. On the start signal the game will begin. All 3 players will call out, "Strong, stretch, sweat, show!" On "show" all 3 students will show rock, paper, or scissor.
3. If 2 or 3 players have the same symbol, that symbol "wins" and students will perform the exercise in that category from the exercise chart. If each of the 3 students show different symbols, then each will perform the unique exercise from the category matching their symbols.

Grade Level Progression:

- K – 2nd:** Play the game as described above.
3rd – 5th: Allow students to create their own exercise charts.

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 3 [E2.K-2]** Actively participates in physical education class (K); Actively engages in physical education class (1); Actively engages in physical education class in response to instruction and practice (2).
- ✔ **Standard 3 [E3.3-4]** Describes the concept of fitness and provides examples of physical activity to enhance fitness (3); Identifies the components of health-related fitness (4).

DEBRIEF QUESTIONS

- ✔ **DOK 1:** What would you include on a list about fitness?
- ✔ **DOK 2:** What do you know about focusing on safe exercise form and technique?
- ✔ **DOK 3:** How is being active outside of physical education class related to your overall fitness?