

FITNESS

K-6

FOR
Elementary
School

LIFE

Physical Education **LESSON PLANS**



Includes
DVD of instructional routines
DVD of activity routines
CD-ROM of resources
CD of music



Guy C. Le Masurier • Charles B. Corbin
Meg Greiner • Dolly D. Lambdin

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FOR
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Physical Education
LESSON PLANS

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Human Kinetics

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LESSON FINDER

This guide provides 32 lesson plans—4 for each Wellness Week for grades K-2 and 4 for each Wellness Week for grades 3-6. There are four Wellness Weeks that will be conducted throughout the school year. This Lesson Finder will help you easily locate each lesson plan as you conduct the activities throughout the year.

Week	Lesson Plan	K-2	3-6
1	Warm-Up 1	page 31	page 135
		Instant Activity: Move and Freeze	Instant Activity: Move and Freeze
		Fitness Activity: Animal Antics	Fitness Activity: Physical Activity Pyramid for Kids Circuit
		Lesson Focus: Video Routine Practice	Lesson Focus: Video Routine Practice
		Culminating Activity: Fruits and Veggies Tag	Culminating Activity: Fruits and Veggies Tag
	1.1	page 36	page 141
		Instant Activity: Move and Freeze	Instant Activity: Move and Freeze
		Fitness Activity: Animal Antics	Fitness Activity: Physical Activity Pyramid for Kids Circuit
		Lesson Focus: Video Routine Variations	Lesson Focus: Video Routine Variations
		Culminating Activity: Fruits and Veggies Tag	Culminating Activity: Fruits and Veggies Tag
	1.2	page 41	page 147
		Instant Activity: Move and Freeze	Instant Activity: Move and Freeze
		Fitness Activity: Animal Antics	Fitness Activity: Physical Activity Pyramid for Kids Circuit
		Lesson Focus: Jumping for Joy	Lesson Focus: Jump Squad
		Culminating Activity: Fruits and Veggies Tag	Culminating Activity: Safety Scramble
	1.3	page 47	page 154
		Instant Activity: Move and Freeze	Instant Activity: Move and Freeze
		Fitness Activity: Animal Antics	Fitness Activity: Physical Activity Pyramid for Kids Circuit
		Lesson Focus: Tossing and Catching Skills	Lesson Focus: What's the Catch?
		Culminating Activity: Fruits and Veggies Tag	Culminating Activity: Safety Scramble

Week	Lesson Plan	K-2	3-6
2	Warm-Up 2	page 55	page 163
		Instant Activity: Athletes in Motion	Instant Activity: Athletes in Motion
		Fitness Activity: Grab Bag	Fitness Activity: Moving to Music
		Lesson Focus: Video Routine Practice	Lesson Focus: Video Routine Practice
		Culminating Activity: Cardio Caper	Culminating Activity: Soda Swarm
	2.1	page 60	page 169
		Instant Activity: Athletes in Motion	Instant Activity: Athletes in Motion
		Fitness Activity: Grab Bag	Fitness Activity: Moving to Music
		Lesson Focus: Video Routine Variations	Lesson Focus: Video Routine Variations
		Culminating Activity: Cardio Caper	Culminating Activity: Soda Swarm
	2.2	page 66	page 176
		Instant Activity: Athletes in Motion	Instant Activity: Tempo Tag
		Fitness Activity: Grab Bag	Fitness Activity: Moving to Music
		Lesson Focus: Ready, Set, Run	Lesson Focus: PACER Practice
		Culminating Activity: Cardio Caper	Culminating Activity: Small-Sided Sports
	2.3	page 72	page 183
		Instant Activity: Athletes in Motion	Instant Activity: Tempo Tag
		Fitness Activity: Grab Bag	Fitness Activity: Moving to Music
		Lesson Focus: Sport Centers	Lesson Focus: Sport Skills Circuit
		Culminating Activity: Cardio Caper	Culminating Activity: Small-Sided Sports

Week	Lesson Plan	K-2	3-6
3	Warm-Up 3	page 81	page 191
		Instant Activity: Warm It Up	Instant Activity: Partner Pathways
		Fitness Activity: Move Your Body	Fitness Activity: Yoga Circuit
		Lesson Focus: Video Routine Practice	Lesson Focus: Video Routine Practice
		Culminating Activity: Cool It Down	Culminating Activity: Cool-Down
	3.1	page 86	page 196
		Instant Activity: Warm It Up	Instant Activity: Partner Pathways
		Fitness Activity: Move Your Body	Fitness Activity: Yoga Circuit
		Lesson Focus: Video Routine Variations	Lesson Focus: Video Routine Variations
		Culminating Activity: Cool It Down	Culminating Activity: Cool-Down
	3.2	page 91	page 202
		Instant Activity: Active Every Day	Instant Activity: Body Shapes
		Fitness Activity: Move Your Body	Fitness Activity: Yoga Circuit
		Lesson Focus: Bend It, Stretch It	Lesson Focus: Muscle Fitness and Flexibility
		Culminating Activity: Flexibility Tag	Culminating Activity: Cool-Down
	3.3	page 97	page 208
		Instant Activity: Active Every Day	Instant Activity: Body Shapes
		Fitness Activity: Move Your Body	Fitness Activity: Yoga Circuit
		Lesson Focus: Muscle Stunts and Challenges	Lesson Focus: Power Yoga
		Culminating Activity: Muscle-Builder Tag	Culminating Activity: Food Frenzy

Week	Lesson Plan	K-2	3-6
4	Warm-Up 4	page 105	page 217
		Instant Activity: Healthy Body Tag	Instant Activity: Pirate Fitness
		Fitness Activity: Olympic Athlete Workout	Fitness Activity: Sensational Circuit
		Lesson Focus: Video Routine Practice	Lesson Focus: Video Routine Practice
		Culminating Activity: Veggie Medley	Culminating Activity: Water Fight
	4.1	page 111	page 223
		Instant Activity: Healthy Body Tag	Instant Activity: Pirate Fitness
		Fitness Activity: Olympic Athlete Workout	Fitness Activity: Sensational Circuit
		Lesson Focus: Video Routine Variations	Lesson Focus: Video Routine Variations
		Culminating Activity: Veggie Medley	Culminating Activity: Water Fight
	4.2	page 118	page 230
		Instant Activity: Healthy Body Tag	Instant Activity: Pirate Fitness
		Fitness Activity: Olympic Athlete Workout	Fitness Activity: Sensational Circuit
		Lesson Focus: Are You Balanced?	Lesson Focus: BMI Practice
		Culminating Activity: Healthy Food Medley	Culminating Activity: Water Fight
	4.3	page 124	page 237
		Instant Activity: Healthy Body Tag	Instant Activity: Pirate Fitness
		Fitness Activity: Olympic Athlete Workout	Fitness Activity: Sensational Circuit
		Lesson Focus: Kick It!	Lesson Focus: Sensational Small-Sided Games
		Culminating Activity: Fruit Salad	Culminating Activity: Water Fight

PREFACE



Fitness for Life: Elementary School is a unique program that focuses attention on schoolwide wellness during four weeks of the school year. A primary objective of the program is to help schools incorporate coordinated activities that will enable them to meet national standards and guidelines for physical activity and nutrition as part of their school wellness policy. The program promotes healthy lifestyles in physical education and classrooms as well as in the entire school and community. Featured components of healthy lifestyles are sound nutrition and regular physical activity. The program is designed specifically for elementary school students and provides lesson plans for physical education, physical activities for the classroom (including video-led routines and afternoon activity breaks), and whole-school events and activities. The program is designed to be easy to use, engaging, and fun for teachers and students. More complete details are included in part I of this book.

Fitness for Life: Elementary School is the result of a team effort. Scott Wikgren, director of the Health, Physical Education, Recreation, and Dance division of Human Kinetics, was the driving force behind this project. He was responsible for bringing the successful and award-winning **Fitness for Life: High School** program to Human Kinetics and also was the driving force behind the award-winning **Fitness for Life: Middle School** program. With Scott's assistance, an author team and a team of expert consultants were assembled. Together, Scott and I chose Guy Le Masurier, Dolly Lambdin, and Meg Greiner as coauthors for the project. Ellen Abbadessa and Jeff Walkuski were chosen as consulting authors. Guy contributes youthful enthusiasm, an excellent ability to put words on paper in a meaningful way, and a practical understanding of the needs of school-age youth. Dolly, former President of the National Association for Sport and Physi-

cal Education (NASPE) and recipient of the University of Texas' Massey Award for Excellence in Teacher Education, also brings years of practical experience working with both students and teachers, an understanding of pedagogical principles and curriculum planning, and sound leadership. Meg has been honored as a NASPE Elementary Physical Educator of the Year, Disney Outstanding Specialist Teacher, and a *USA Today* All-Star Teacher. She has years of practical experience and is known for her innovative methods of promoting physical activity for all children. Ellen, an elementary physical education teacher and supervisor, helped with all aspects of the program but particularly with the teacher resources. Jeff, known for his years as a professor of physical education pedagogy, also contributed to all aspects of the program but primarily contributed to the afternoon activities in the classroom guides and related teacher information in each classroom lesson.

Other consultants who contributed to the project are listed on the acknowledgments page (p. xi). The consultants provided field testing, critiques of activities and book content, and suggestions for revisions and improvement. Special thanks go out to Linda Coyle, the social studies, physical education, and health specialist for the Paradise Valley, Arizona, schools. We also thank her excellent physical education advisory committee members for their input at all stages of program development and for their help in field testing the program. Many of the **Fitness for Life** instructors who participate in a program jointly sponsored by Physical Best and Human Kinetics also provided input.

Finally, I (and my coauthors) cannot say enough about the excellent work done by our editors, Ray Vallese and Derek Campbell, and our video and audio production partners, Doug Fink, Chris Johns, and Roger Francisco. In many ways Ray was really a coauthor of the program; not only did he do excellent development work

and project coordination, but he also contributed many ideas and excellent content. Derek contributed in many similar ways. Both editors worked long hours and were diligent far beyond the call of duty. Doug and Chris were the creative minds behind the video productions and deserve Oscars for their work. Roger is the real pro who provided us with the music and other

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Charles B. “Chuck” Corbin

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- Stomp and Balance: adapted from the Danish dance Seven Jumps as described by Corbin, C.B. (1969), *Becoming physically educated in the elementary school*, Philadelphia: Lea & Febiger, used by permission of author and copyright owner, pages 308-309, credit to RCA records, 1958 for original permission (now out of print).
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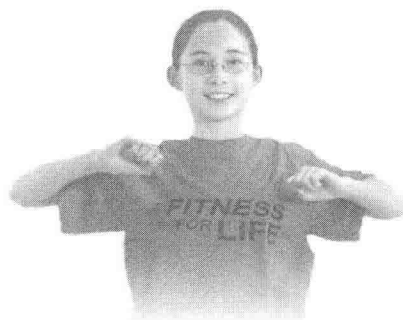
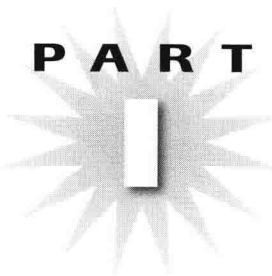
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PART



GETTING STARTED

Part I of this guide provides a general introduction to the **Fitness for Life: Elementary School** program and a more detailed section on using the physical education lesson plans.

- **Program Introduction** (page 3): This section introduces the **FFL: Elementary** program, discussing its rationale, organization, components, responsibilities, educational foundations, and overall philosophy. It also includes an executive summary (page 8) that distills the ratio-

nale and main components into a single page. This program introduction is similar to those found in the classroom guides and the *Guide for Wellness Coordinators*.

- **Using the Lesson Plans** (page 15): This section outlines the role of the physical educator, presents delivery options for the **FFL: Elementary** physical education lessons, describes the lesson plan structure, and provides tips for successful delivery of the lesson plans.



PROGRAM INTRODUCTION

Fitness for Life Elementary School

Fitness for Life: Elementary School (FFL: Elementary) is a unique program that focuses on schoolwide wellness. It provides curriculum materials for the classroom and physical education classes, as well as schoolwide activities and take-home information that promote healthy lifestyles in the school and the community. The healthy lifestyles components feature sound nutrition and regular physical activity. The program is designed specifically for elementary school students and involves the entire school, including teachers, administrators, and staff.

Program Rationale

Every school that receives federal school lunch program money must develop and carry out a school wellness policy. **FFL: Elementary** helps schools carry out a wellness plan. It supplements other school programs, such as physical

education, health curricula, and school cafeteria programs. It provides a focal point for healthy lifestyle promotion on a schoolwide basis. Some important outcomes of **FFL: Elementary** include the following:

- **Helping children meet national physical activity guidelines.** National physical activity guidelines call for 60 minutes of physical activity each day for every child. Many youth do not get the recommended amount of activity (United States Department of Health and Human Services [USDHHS], 2008). **FFL: Elementary** helps students meet the guidelines and is especially important to children whose daily activity outside of school is low.
- **Helping children avoid becoming overweight or obese.** Childhood obesity has tripled since the 1980s. Today, more than 15 percent of children are classified

Some of the information provided in this section is similar to information provided in the introduction to the classroom guides and the *Guide for Wellness Coordinators*. This overlap is intentional. Not all teachers will read the same books, and it is important for everyone to get similar information. The *Guide for Well-*

ness Coordinators includes more detail about the **Fitness for Life: Elementary School** program and its educational foundations. Wellness coordinators may want to lend their guide to classroom teachers, physical education teachers, and others who want more information about the program.