

running HAPPY energy YOGA
 FIT exercise
 HEALTHY conditioning
 RUN lifestyle muscular gym BODY fit
 strength RELAX training stretch HEALTH
 SQUAT rest gym water train jog
 drink fit body LUNGE YOGA run food

FUNDAMENTALS TO MAKE YOUR STUDENTS SWEAT!

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A resource for the 2014 ACHPER Victoria State Conference

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Health and the Australian Curriculum

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Strength and Conditioning

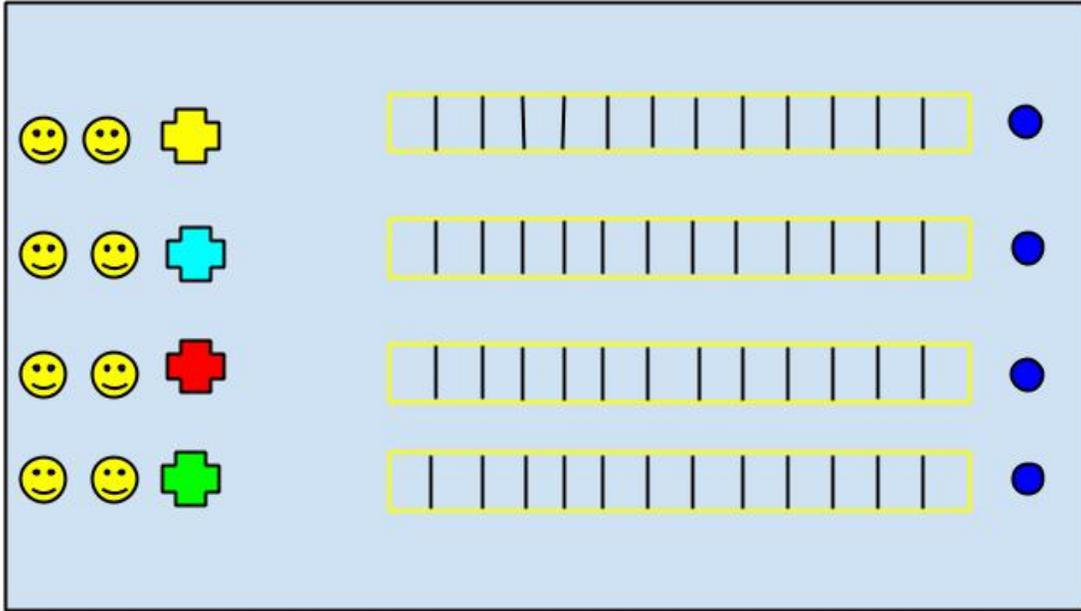
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Appendix

Healthy Eating Pyramid



Equipment

Cones

Agility ladders (1 per team)

Buckets (1 per team)

Healthy eating pyramid and foods (see appendix)

Blu-tack

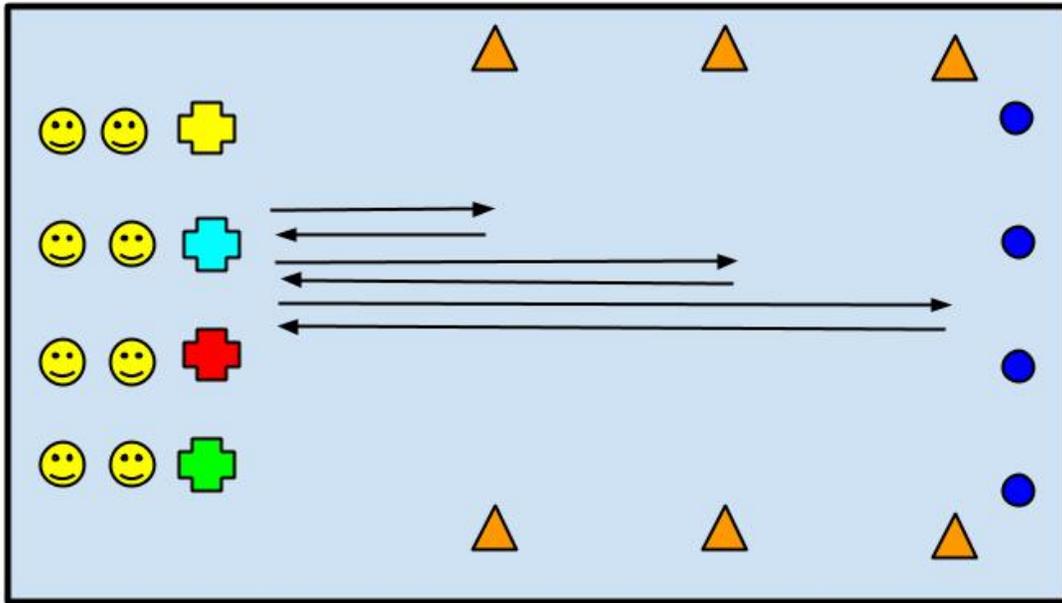
Directions

- Form 4 equal groups, with students lining up behind a cone.
- On GO, the first student runs with fast feet through the agility ladder, to bucket at the end.
- They collect one 'food' from the bucket and go back through the agility ladder to their group.
- Students rotate through the activity until all 'foods' have been collected from the bucket.
- Using the A3 Healthy Eating Pyramid and blu-tack provided, students attach each food into 3 categories: each most, eat moderately and eat small amounts.

Variation

Change the movement completed with the agility ladder.

Fats, Proteins and Carbohydrates



Equipment

Cones

Fats, proteins and carbohydrate sheet and answers (see appendix)

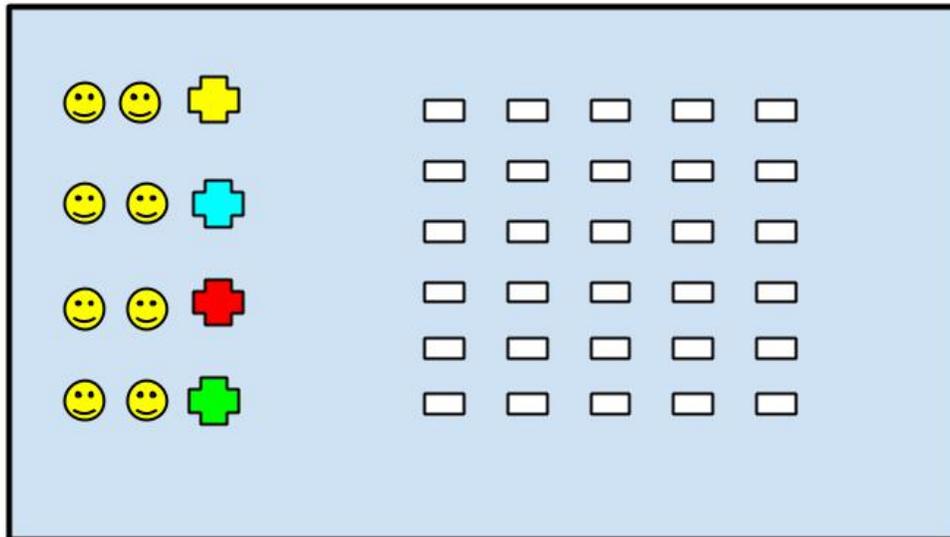
Directions

- Form 4 equal groups, with students lining up behind a cone.
- On GO, the first students runs up and back to each of the 3 cones, collecting a 'food' from the wall on the last shuttle.
- Students rotate through the activity until all 'foods' have been collected from the wall.
- Using the table, students need to attach each food next to its main source of energy (fat, carbohydrate and protein).
- Once teams are finished, their answers are checked. The winning team will be the first team finished the shuttle runs with all answers correct.

Extension

Different movement for shuttle runs (bear walk, crab walk, skipping, backwards running).

Health Benefits Match Up



Equipment

Health benefits match up cards (see appendix)

Cones

Directions

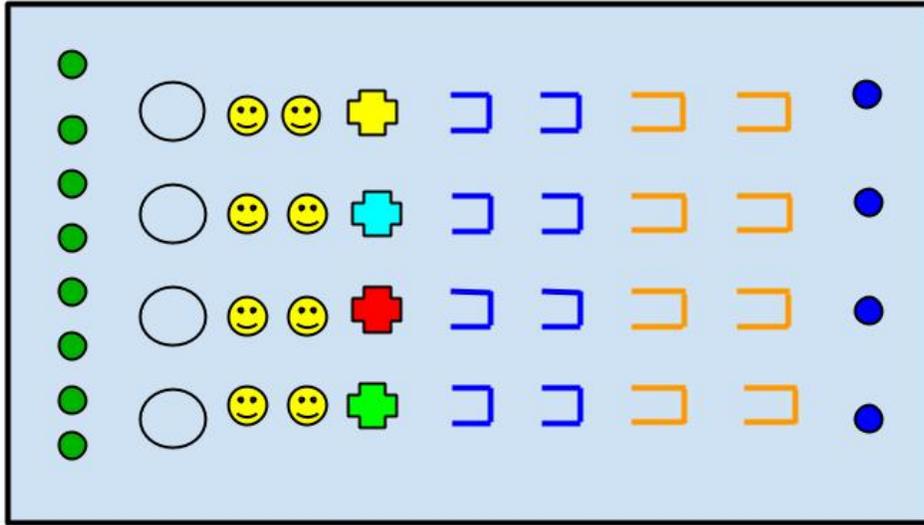
- Set up match up cards as a memory game (see figure above)
- Form 4 equal groups, with students lining up behind a cone.
- On GO, the first students runs out to the cards and chooses two cards to turn over.
- If it is a match, students take the cards back to their team.
- If it's not a match, students turn the cards back over.
- Teams continue until there are no cards left. The team with the most pairs is the winner.

Extension

Change the movement when collecting cards (skipping, side-stepping, gallop)
Spread cards out across the road to make the activity more difficult.

Alcohol and Smoking

Basketball



Equipment

High hurdles

Low hurdles

Hoops (1 per team)

Bucket (1 per team)

'True and False' buckets (2 per team)

Smoking and Alcohol 'basketball'

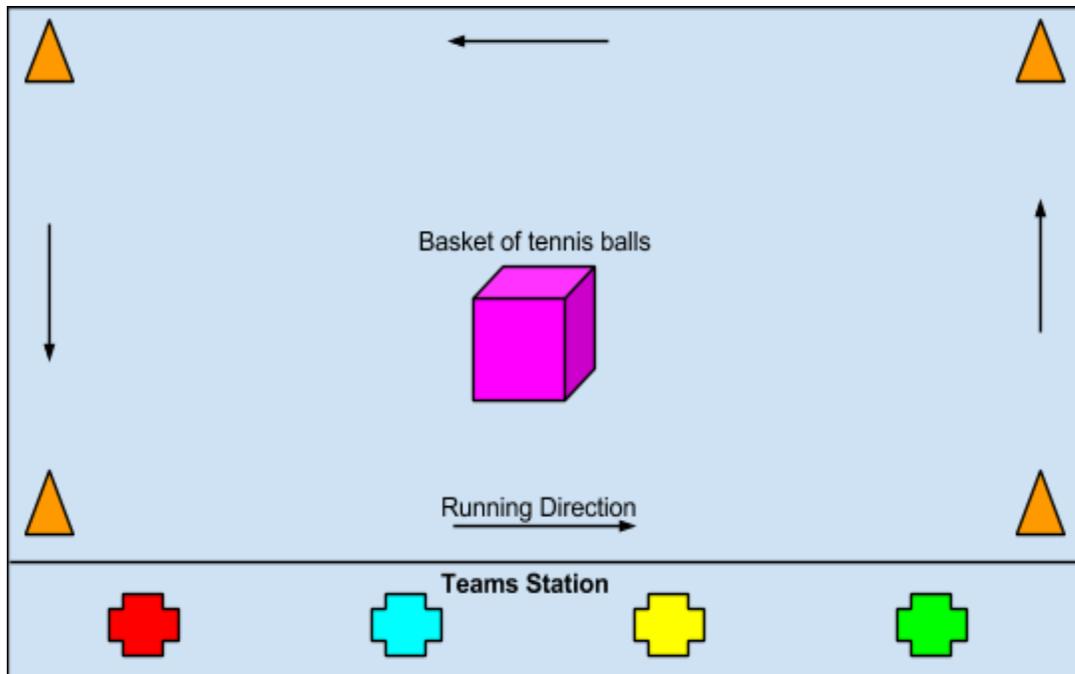
Directions

- Set up the equipment as shown in the figure above.
- Form 4 equal groups, with students lining up behind a cone.
- On GO, the first student jumps the low hurdles, crawls under the high hurdles, completes 10 star jumps and a paper ball from the bucket.
- The student runs back to their team and opens the paper ball. Students in the team discuss if the alcohol or smoking statement is true or false.
- The same student then scrunches the paper ball back up, stands in the hoop and attempts to throw it in the correct bucket like a basketball.
- Continue until all 'facts' have been collected from the bucket. Check teams answers.

Variation

Change exercise from star jumps to burpees, sit ups, push up, tuck jumps etc.

The 10 minute challenge



Equipment

Cones for corners

Cones to mark team station

Tennis Balls (For counting laps)- Or mixed small items.

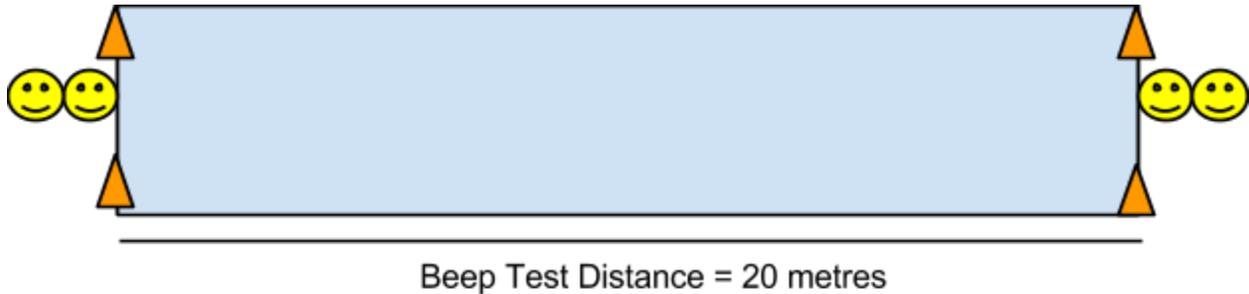
Directions

- Break group into teams of 5. Runners must stay at their home station.
- Set a countdown clock for 10 minutes
- A lead runner will start the race. Runners can run more than one lap at a time.
- After they tag the next runner they should head to the basket of tennis balls and collect a ball for each lap they ran.
- Continue this pattern until the 10 minutes has expired.
- Count the number of tennis balls at the Team Base.

Extension

After they complete the first 10 minutes have the teams leave the tennis balls in their hoop and complete the challenge in reverse. This time they place a ball back in the basket each time they complete a lap.

Team Beep Test



Equipment

Cones to mark either end of the Beep Test Distance
A copy of the Multi Stage Beep test

Directions

- Form a small group of 4 or 5 students
- Split group into two ends of the 20 metre space
- Formulate a plan of how your group will perform the test (i.e. Run 1 lap or 2 laps in a row)
- Once test has commenced encourage communication so groups talk to each other
- The rules of the Multi Stage Beep test remain the same as individual test. One foot must touch or be above the line in order to continue.
- Once a group has finished they should walk for 5 minutes to cool down

Extension

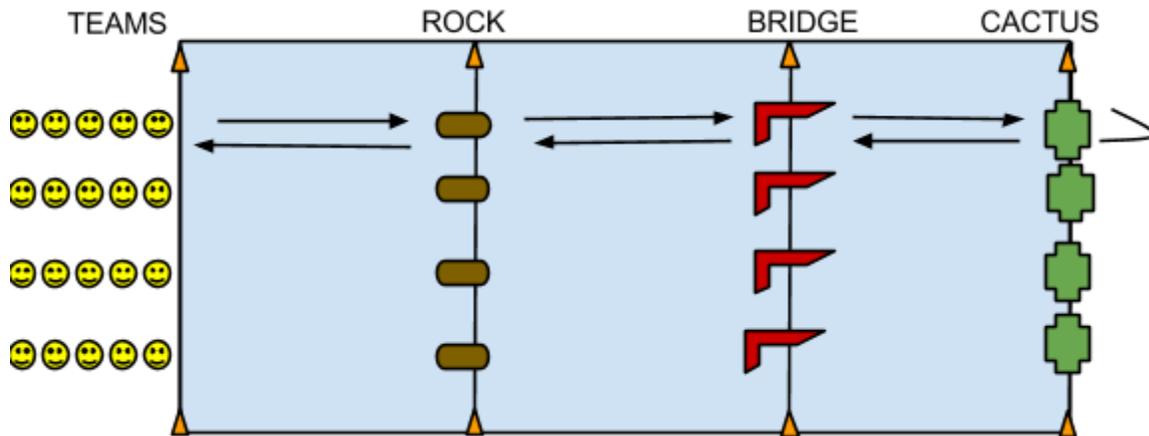
Reduce the size of the group to three members to make it harder

Increase the size of the group to make it easier for members

Place a small 30cm hurdle in the middle of the running area to add a challenge

Reduce the test distance to 15 metre to allow for groups to stay in the test longer

Rock, Bridges, Cactus



Equipment

Cones to mark each of the lines being used

Directions

- Form a small group of 4 or 5 students
- The first person in each line will be the Rock
- The second person in each line will be the Bridge
- The third person in each line will be the Cactus
- On go the first person will run to the first line and become a rock, the second person will then jump over the rock and run to the second line and become a bridge, the third person will then jump over the rock then go under the bridge and stand on the third line with arms spread out forming a cactus.
- The rest of the group, one at a time, will then jump over the rock, go under the bridge, run around the cactus then run straight back (or repeat the process on the way back to start).
- Once the whole group has gone through, the cactus will leave their spot and return to start, then the bridge followed lastly by the rock.

Variation

Change the actions of those on the line. i.e. V-sit, scarecrow, plank hold

Run in partners through the relay

Separate the class into two groups- set up 6 human obstacles

PE Monopoly

Adapted from Lynn Borrows lovepe.me/pe-monopoly

Equipment

PE Monopoly board (A4 properties)

Dice

Directions

- Set up the PE Monopoly around the room to create the board.
- Students can work as individuals, small groups or as a class.
- As students roll the dice, they move along the board the amount of spaces shown on the dice.
- At each new property, there is a task to complete.
- Students take turns in rolling the dice.
- The first student or group who returns to GO, is the winner.

Variation

Students keep track of their laps for every time they pass GO.

Change group sizes so that students can participate as an individual, pair, small groups or a whole class.

Students can choose a marker character and be creative when moving to their next property (eg. dog, race car, wheel barrow).



PE Monopoly (Brighton Edition) is available for download from healthybodies-happyminds.com (Workshops ---> ACHPER Conference 2014)

Sport-Ed Cardio

Tennis Cardio



Equipment

Tennis Racquet (individual)

Tennis Balls x 3 (individual)

Tennis Net or divider (Shared)

Directions

- This can be a whole class at once activity or individual station activity.
- Each child should have access to the above pieces of equipment individually

Activity 1: Tennis racquet lunges x 20

With racquet above your head perform a lunge walk on any line you select. After 10 change direction and try to make it back to the starting point.

- To lunge successfully:
 - Step far forward with one leg while simultaneously lifting up onto the ball of the back foot.
 - While allowing your chest to remain high in the air and keeping your shoulders back, bend the knees and drop your hips downwards straight to the ground. Ensure that the back knee does not touch the floor or that the front knee does not move too far forward.
 - Press up with your front leg and bring the back foot forward.
 - Take another step forward with the opposite leg and repeat the lunge.

Activity 2: Sideways run, scoop, deliver

- Students are to start with tennis ball 3 metres either side of the racquet and one tennis on the racquet. On go they are to run to take the tennis ball from the racquet and replace the ball to the right, then return this ball to the racquet. Then head to the left and take this ball and replace the ball in the middle then back to the right. If there is not a ball to replace simply leave a ball and continue to next ball.

Activity 3: Shuttle Pyramid

- Place racquet 10 metres from the net. This is the starting point. Students are to have 10 seconds rest between each interval.
- Interval 1- Run to the net and back to racquet. Stop
- Interval 2- Run to the net and back to racquet x 2. Stop
- Interval 3- Run to the net and back to racquet x 3. Stop
- Interval 4- Run to the net and back to racquet x 4. Stop
- Interval 5- Run to the net and back to racquet x 5. Stop
- Interval 6- Run to the net and back to racquet x 4. Stop
- Interval 7- Run to the net and back to racquet x 3. Stop
- Interval 8- Run to the net and back to racquet x 2. Stop
- Interval 9- Run to the net and back to racquet x 1. Stop

Activity 4: Classic Catches (Pairs)

In this game of classic catches, one partner has their racquet ready to volley the ball back to the thrower.

- The thrower should underarm the ball then catch.
- How many catches can you make in 60 seconds. Then swap.

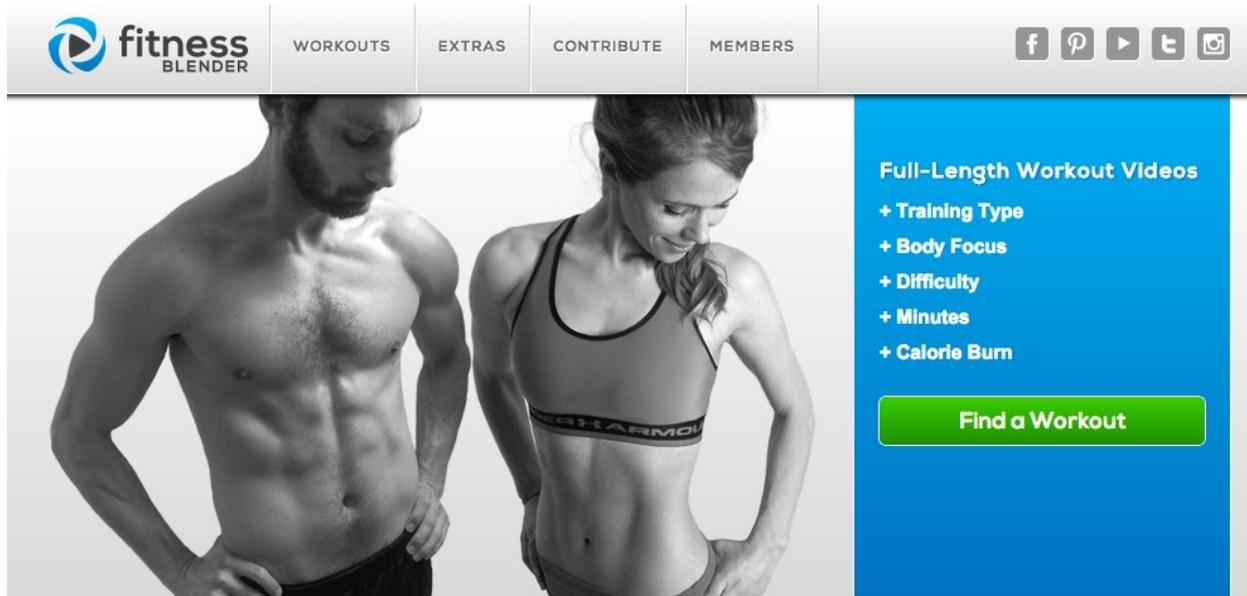
Activity 5: Lob and return

- Start with back to the net and partner standing with ball in hand behind you.
- Partner should lob the ball over your head
- When you see the ball your challenge is to run and catch the ball using only your racquet. As it is tennis you are allowed to have once bounce.
- After 10 attempts, changeover with partner.

Variation

This style of workout can be applied to any sport unit you select. Be creative, aim for sweat and look for signs of heavy breathing. This way you know you have designed a good session.

Fitness Blender



Click on the below examples for a quick workout

[Fitness Blender.com](https://www.fitnessblender.com)

[No Equipment Cardio Intervals and Upper Body Toning Workout](#)
[Cardio Kickboxing and Core Workout](#)



Exergaming

Exergaming is a form of physical activity to blends physical movement with sensor technology. Use what kids love to do and merge it with your unit goals.

The most common devices that are used are:

- Nintendo Wii
- X-Box
- Playstation

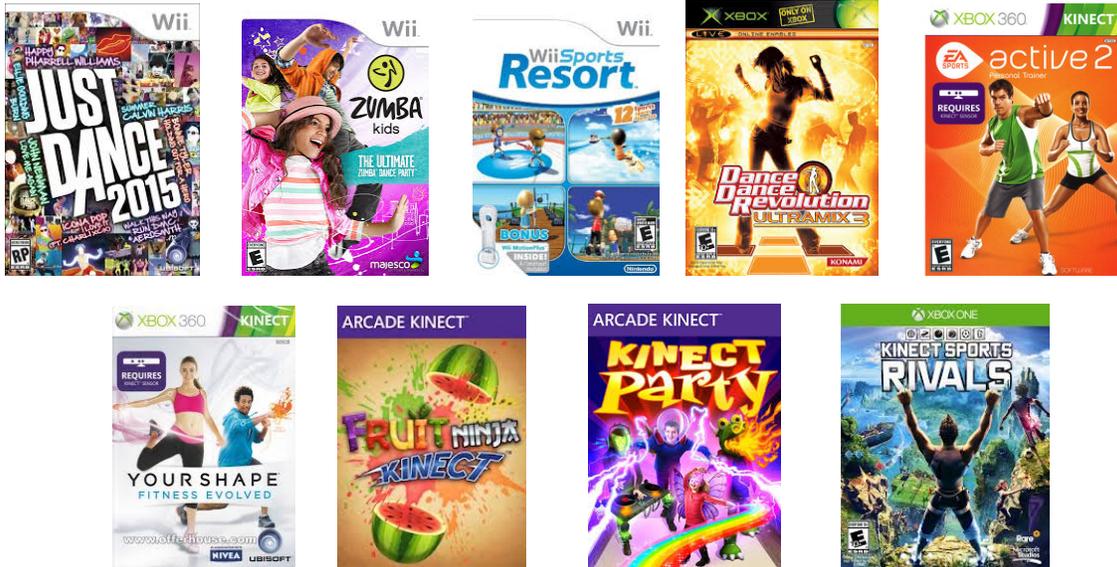
A revolution that has swept through schools is JUST DANCE. This has given life back into reluctant Dance Units.

Lets try one right now

[BEST SONG EVER- One Direction](#)



A small example of what is on shelves in stores:



Available through Gophersport.com

Below are the games tested, along with the average calories burned per minute of play.

- | | |
|----------------------------------|-----------------------------------|
| Resting - 1.1 calories | Treadmill walking 3 mph - 4.4 |
| Wii (Boxing) - 4.0 | Dance Dance Revolution (13) - 4.9 |
| Sportwall - 6.2 | Xavix (J-Mat) - 6.7 |
| Cyber Trazer (Goalie Wars) - 5.5 | Light Space (Bug Invasion) - 5.7 |

Teemo



Teemo is the app that turns spare minutes into fitness adventures!

Climb Everest! Hike the Inca Trail! Sail the Caribbean! Teemo's adventures transport you and your students to exotic virtual locales where you'll help each other get fit in real life!

Teemo is designed to make getting in shape more fun, social and efficient. By combining short-and-sweet exercises, exciting adventures and socializing with friends, Teemo turns fitness into the kind of playful, encouraging activity it should be.

- Choose from 10 globetrotting adventures that mix real geographical info with imaginative storylines
- Create teams and complete adventures together in the style of a relay race
- Improve fitness efficiently with a proven program of short-burst exercises
- Work out using an interval timer, with audio and visual prompts
- No special equipment needed: just comfortable clothes and a little room to move
- Play your own music while you train (using iTunes, Spotify or other streaming services)
- Track your students progress and win rewards



*Scan the QR to download Teemo
from the iTunes App Store*

Appendix

Resources

Healthy Eating Pyramid

Healthy Eating Foods

Fats, Proteins and Carbohydrates (student sheet)

Fats, Proteins and Carbohydrates (teacher sheet)

Health Benefits Match Up Cards

Links

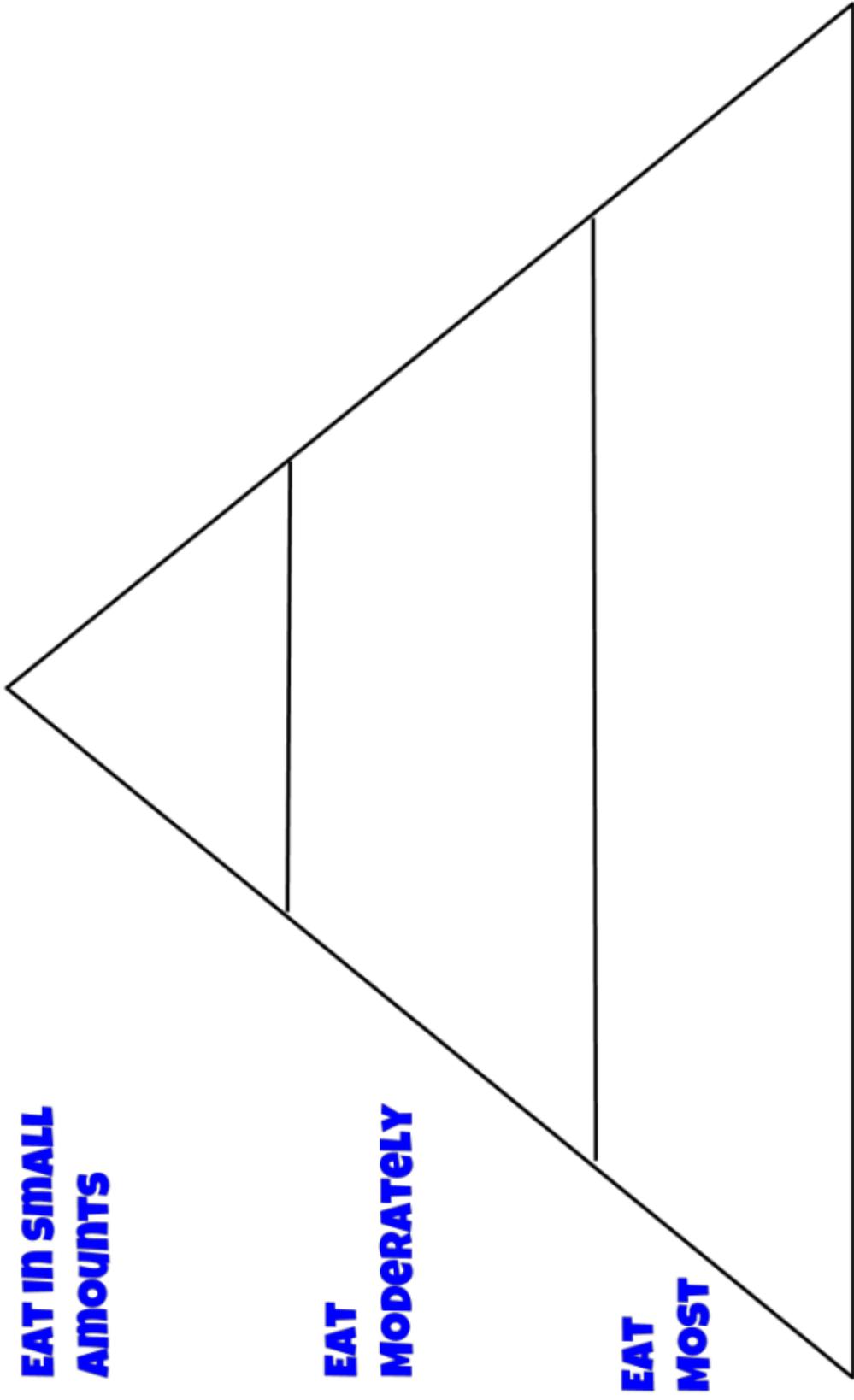
exergamingaustralia.com/

physhedreview.weebly.com/exergaming.html

www.examiner.com/

www.microsoftstore.com

HEALTHY EATING PYRAMID



**EAT IN SMALL
AMOUNTS**

**EAT
MODERATELY**

**EAT
MOST**

MOVE MORE

HEALTHY EATING PYRAMID

FAT, PROTEINS AND CARBOHYDRATES

FATS	
PROTEIN	
CARBOHYDRATES	

FAT, PROTEINS AND CARBOHYDRATES

FATS	OIL
FATS	BUTTER
FATS	CHOCOLATE
FATS	AVOCADO
FATS	CREAM
PROTEIN	EGGS
PROTEIN	MILK
PROTEIN	CHICKEN
PROTEIN	FISH
PROTEIN	Red meat
CARBOHYDRATES	RICE
CARBOHYDRATES	BREAD
CARBOHYDRATES	PASTA
CARBOHYDRATES	BANANA
CARBOHYDRATES	POTATO

Reduced stress	Reduced stress	Sleep quality
Sleep quality	weight loss	weight loss
Reduced risk of cardiovascular disease	Reduced risk of cardiovascular disease	Reduced risk of Type 2 Diabetes

Reduced risk of Type 2 Diabetes	Reduced risk of some cancers	Reduced risk of some cancers
Strengthens bones and muscles	Strengthens bones and muscles	Reduced risk of falls for elderly persons
Reduced risk of falls for elderly persons	Improve mental health and mood	Improve mental health and mood

Lower blood pressure	Lower blood pressure	Boost energy levels
Boost energy levels	Increase self esteem	Increase self esteem
Improves flexibility	Improves flexibility	