

**Names:** Makenna Sunbury, Lindsey York, Onnie Adams

**Teaching Date:** 9/21/2021

**Topic:** Aerobics for Children

**Demographic:** Children ages 7-12 who are physically active

**Equipment / Teaching Aids:** (18 students)

- Parachute
- Jump Ropes
- Bowling Pins
- Scooters
- Cones
- Jump Ropes
- Hula Hoop
- Hacky Sacks
- Volleyball

**Goal of Lesson:** To teach children the importance of aerobic exercise and how to incorporate a healthy lifestyle in their daily lives.

**Objectives:**

*Cognitive*

1. The children will understand what aerobic exercises are and how they can improve overall health.
2. The children will understand the purpose of each exercise and what aerobic benefit it provides.
3. The children will understand the aerobic benefits that compromise some of their favorite childhood games.
4. The children will learn how aerobic exercise affects breathing and their heart rate.

*Psychomotor*

3. The children will be able to perform basic aerobic exercises through cardiovascular and muscular activities.
4. The children will be able to do 25 minutes of aerobic exercises.
5. The children will follow a warm-up, activity, and cool-down sequence of exercises.
6. The children will use various equipment to perform aerobic exercises.

## *Affective*

5. Students will learn tools to be active in everyday life.
6. Students will be able to use the information learned to teach other students about the aerobic benefits of exercise.
7. Students will use these games and exercises during recess/at home.

### **Introduction:** (4 minutes Onnie and Makenna)

- Hook:
  - Ask children to raise their hand if they have played: Sharks and Minnows, Red Light Green Light, Freeze Tag?
  - Ask children to raise hand if they play sports
  - Ask if anyone knows what these activities have in common
    - They all involve aerobic exercise!
- Introduction: Introduce ourselves (everyone will introduce themselves)
- Overview: Today we will be teaching you the importance of aerobic exercise. Stated in an article by OrthoInfo, Dr. Mary Mulcahey said. “Aerobic exercise uses continuous, rhythmic movement of large muscle groups to strengthen the heart and lungs (cardiovascular system). When you exercise your muscles demand more oxygen-rich blood which, in turn, makes your heart beat faster to keep up. To strengthen your cardiovascular system, you should do prolonged aerobic exercise (ideally reaching 20 to 60 minutes of activity) intensely enough to increase your heart rate” (Mulcahey, 2021). To put it in simpler terms, Stanford Children’s Hospital stated, “Aerobic exercise is important for kids. It helps to keep their heart, lungs, and blood vessels healthy...Kids who exercise tend to have: better heart and lung fitness and stronger bones and muscles” (Stanford Children’s Hospital). After this class you will have new ideas of ways to stay active and new games to play with your friends and family.

### **Activity:** (6 minutes and 30 seconds; Lindsey)

#### Dynamic Warm-Up: (30 seconds each; 6 minutes 30 seconds total)

- Indian run/follow the leader (exception: 1 minute)
- Jumping Jacks
- Frankensteins
- Single leg toe touch
- Mario jump (high knee jump)
- High Knees (fast)
- Booty kicks
- Karate Kick
- Crab Crawl

- Duck Walk
- Arm circles
- Side bends (3 directions for 10 seconds)

**Music:** High Hopes- Panic! At The Disco, Sunflower- Post Malone ft. Swae Lee, I Like To Move It- Real 2 Real, Madagascar, Safe and Sound- Capital Cities, Dynamite- Bazuka, Danza Kuduro- Don Omar & Lucenzo, Wake Me Up- Avicii

Activity: (30 minutes; Makenna, Onnie, Lindsey)

- Parachute game (parachute) (5 minutes)
  - Participants will hold onto the parachute and run underneath the parachute and find a new spot when different categories are called that they relate to. For example, *run under if your birthday is in July.*
- Popcorn (Parachute, hackysack) (5 minutes)
  - Place hackysacks on top of the parachute. Split group into 2 teams. Begin bouncing the hackysacks on the parachute. One team will try to bounce the hackysacks off the parachute, which the other team tries to keep them on.
- Relay race (scooters, bowling pins, hula hoop, cones to mark) (10 minutes)
  - Counts as muscle activity
  - Split group into 2 teams. One person from each team will sit on a scooter and have one hand supinated. They will have to carry a bowling pin on the palm of their hand all the way to the end where there is a hula hoop to place the pin in. If the pin falls off their hand on the way there, they have to start over. Once the pin is in the hula hoop, race back to your next teammate in line and have them begin the next round. Whichever team finishes first wins.
- Fifeball (volleyball) (10 minutes)
  - One person will toss the ball in the air and the participants form a circle around the ball.
  - The ball is allowed to strike the floor once. If the ball strikes the floor twice, the person closest to the ball is out. Participants should gain aerobic exercise by running away from the ball. The game then restarts, with one less person.
  - Double hitting and spiking are not allowed. The ball must be hit upwards
  - The winner is the last person in the game.

Extra Activity: Red Light Green Light

- Will instruct students to form a line across the gym. An instructor will call out “Green,” “Yellow,” or “Red” and that will cue the children to either run, walk, or stop. The first child to cross the finish line is the winner.
- Multiple rounds may be played if time permits.

Cool-Down and Flexibility: (2 minutes 30 seconds; Makenna)

- Students will sit at a spot and perform the following stretches for 30 seconds each
  - Right side v sit
  - Left side v sit
  - Middle v sit
- Students will stand up and perform the following stretches for 30 seconds each
  - Standing quad stretch
  - Leaning hamstring stretch

**Closing:** (2 minutes; Lindsey)

Summary: Today we learned about aerobic exercises. We played parachute, popcorn, had relay races, Fifeball, and red light green light. The American Heart Association recommends that children, “get at least 60 minutes per day of moderate-to vigorous-intensity physical activity, mostly aerobic” per week (American Heart Association). So remember, get outside and move around. This could mean going on a bike ride, jumping rope, or taking your dogs on a walk!

Main goals: To teach children the importance of aerobic exercise and how to incorporate a healthy lifestyle in their daily lives.

Questions: Does anyone have any questions?

**References:**

Mulcahey, M. K. (n.d.). *Aerobic exercise - orthoinfo - aaos*. OrthoInfo. Retrieved September 16, 2021, from <https://orthoinfo.aaos.org/en/staying-healthy/aerobic-exercise/>.

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