

Level/Grade: Secondary

Lesson Focus: Fitness

Motor Areas: (*Perceptual Motor, Physical Fitness*)

Equipment:

Task Cards

Music Player, TV, Phone (Speaker)

Standards Addressed:

3.4 Develop personal goals to improve performance in weight training and fitness.

Warm Up:

Listen to Macarena Dance on YouTube & perform the dance with your child. (I like “Maxarena: link provided below)

Review the steps of the dance ahead of time if possible.

<https://www.youtube.com/watch?v=MAAsP7TYPYcc>

Activity:

(5 min.) Introduction:

- Assess your child’s ability to perform 1) Push Ups & 2) Curl Ups.
- Write the results in a Journal or piece of paper.
- Every month, reassess push ups & sit ups to see if improvement has occurred.

(20 min.) Fitness Lesson:

- Go to the Website www.darebee.com
- Pick a fitness workout to complete with your child
- Start on the level that is best for your child (Level I, II or III)
- See attached sheets if you don’t have internet access.

(5 min.) Record your activity minutes on Fitness Log

- See attached Fitness Log to keep track of time on activity.

Modifications:

- Push ups can be done on knees or against a wall/door.
- Curls ups can be assisted (i.e. pull up with a rope or T-Shirt tied to a door handle).
- For fitness activities, student can start on level that is acceptable for their ability.
- If you don’t have weights, use cans of food, bags of rice, or various things around the house.
- Increase or decrease time on task based on student ability levels.

Level/Grade: Secondary

Lesson Focus: Fitness

Motor Areas: (*Perceptual Motor, Object Control, Locomotor, Physical Fitness, Adaptive Behaviors*)

- Physical Fitness

Equipment:

- Timer
- Yoga mat (optional)

Standards Addressed:

2.1 Participate in moderate to vigorous physical activity at least four days each week.

2.2 Participate in challenging physical fitness activities using the principles of exercise to meet individual needs and interests.

3.1 Participate in physical activities for personal enjoyment

Warm Up:

Complete 5-minute warm-up including the following exercises:

- Shoulder rotations (10x forwards, 10x backwards)
- Arm circles (10x forwards, 10x backwards)
- Chest expansions (10x)
- Torso rotations (10x each side, 20x total)
- Jumping jacks (10x)
- Triceps stretch (10 sec each arm)
- Deltoid stretch (10 sec each arm)
- Toe touches/standing hamstring stretch (10 sec)
- Flamingo stretch/quadriceps stretch (10 sec each leg)

Activity:

Fitness Circuit:

The fitness circuit will consist of 6 different exercises. The student should be shown a video of each exercise so they know how to correctly perform them before starting the circuit. Each exercise will be performed for 30 seconds. They will then receive a 30 second break and be instructed to perform the next exercise. Once all exercises are completed, give the student 1-2 minutes to rest and then repeat the same circuit for a second time.

1. Jumping jacks
2. Squats (can hold onto wall or sturdy object for additional support)
3. Running in place
4. Push-ups (against the wall or on knees for modification)
5. Curl-ups
6. Calf raises (can hold onto wall or sturdy object for additional support)

Closure:

Have student take at least a minute to focus on taking deep breaths (inhaling through their nose and exhaling from their mouth) to cool down their body.

Modifications:

- Exercise modifications are listed in the activity section, rest time can be increased/decreased depending on student's fitness level, can add additional rounds if time permits and student is able.

Level/Grade: Secondary

Lesson Focus: Catching

Motor Areas: (*Perceptual Motor, Object Control, Locomotor, Physical Fitness, Adaptive Behaviors*)

Object Control

Equipment:

- Tape or something to mark distances
- Catching object (could be different sizes)
- Partners

Standards Addressed: Grade 6- 2.3, Grade 7- 1.1, Grade 8- 1.4, HS C1 1.12

Warm Up: Running in place for 15 seconds, 15 jumping jacks, 15 jumps, and marching in place for 15 seconds.

Stretches: Hands Up In The Air, Give yourself a Hug, Twist Side to Side, Head Side to Side, Arm circles going forward, Arm circles going backward, Shoulder Raises, Hold hands out in Front for 10-15 seconds, Touch your toes/head sitting down, Hands behind your head and stretch/relax
*Hold each stretch for 15 seconds

Activity:

Activity 1: Catching Mechanics

Parents: Place an "X" on the floor 5, 10, and 15 feet away from each other. Student on one side and parent/partner on the other.

Students: Stand on one X and the partner on the other. Begin with underhand throw on the 5-foot mark to pass catching object to one another. Once you are able to catch the object 5 times, you can move to the 10-foot mark. Once you are able to catch the object 5 times from this mark, you can move on to the 15-foot mark.

- Catching hands out
- Keep your eye on the object
- Catch using hands/body
- Catch using hands only

Activity 2: Catching back and forth

Practice your catching: Catch with a partner standing at either 5, 10, or 15 feet away. If the student doesn't catch the ball he must perform 5 jumping jacks and if the partner doesn't catch the ball he must perform 5 jumping jacks. Once student successfully and accurately catches the object 5 times in a row, the challenge is over!

Closure: Have students demonstrate their catching hands and if possible state the cues.

Modifications:

Sit in a chair while doing the stretches. Catching distance can be moved closer to partner if needed, parents can assist child with arm movements (hand over hand). Catching objects can change in size, color and texture to accommodate for the students.

Level/Grade: Secondary
Lesson Focus: Striking
Motor Areas: Object Control
Equipment: balloons
Standards Addressed: High School Standard 1.6 Demonstrate independent learning of movement skills in individual and dual activities.
<p>Warm Up: Students will perform the exercises listed below and complete 3 sets for a count of 10;</p> <ol style="list-style-type: none"> a. High Knees b. Trunk Twist c. Side Bends <p><i>Example:</i> Set 1: High Knees/10 seconds, Trunk Twist/10 seconds, and Side Bends/10 seconds Repeat 2 more sets</p>
<p>Activity: Balloon Tennis https://www.youtube.com/watch?v=bS-8EUIu7L4</p> <p>All Tasks are to be performed 10 times/3 sets</p> <ol style="list-style-type: none"> 1. Strike balloon with; <ol style="list-style-type: none"> a. 2 hands b. Different body parts 2. Strike balloon at different levels <ol style="list-style-type: none"> a. High Level b. Mid-Level c. Low-Level 3. Partner Rally (hitting the balloon back and forth) <ol style="list-style-type: none"> a. Activity 1: 2 balloons -Hit balloon to partner, while receiving their balloon simultaneously One balloon may be used if task is too difficult with 2 balloons. b. Activity 2: 1 balloon -With one hand behind the back strike the balloon to partner Partner 1: Strikes with hand only Partner 2: Strikes with balloon while holding the knot in the balloon.
<p>Modifications: Student may practice the components of the skill one at a time;</p> <ul style="list-style-type: none"> -toss and catch balloon -attached balloon to a string and tape to door frame for striking only <p>Fill up with beans or rice to increase student reaction striking time and improve movement</p>

Level/Grade: Secondary, 6th-12th

Lesson Focus: Balance

Motor Areas: (*Perceptual Motor, Object Control, Locomotor, Physical Fitness, Adaptive Behaviors*)

- Perceptual Motor

Equipment:

- Cones (10)
- Music

Standards Addressed:

- 2.2 Participate in challenging physical fitness activities using the principles of exercise to meet individual needs and interests

Warm Up:

- Search YouTube for yoga poses and complete 4-5 yoga poses for 30second each

Activity 1:

Student: Place the cone in front of you and do the following (focus on your balance):

- Stand on your RIGHT foot and slowly bend down and pick up the cone and stand back up. 5x on your RIGHT foot
- Stand on your LEFT foot and slowly bend down and pick up the cone and stand back up. 5x on your LEFT foot
- Place the cone on top of your head, squat down and up 10x without dropping the cone off your head
- NEXT:
- Knock down the cone with your RIGHT foot 10x
- Knock down the cone with your LEFT foot 10x

Activity 2:

Student: Stand up and space out 10 cones in a room.

- Knock down all the cones with your RIGHT foot. Once they are all knocked over, Pick them up with your RIGHT foot.
- Knock down all the cones with your LEFT foot. Once they are all knocked over, Pick them up with your LEFT foot.
- Now Time yourself and see how long it takes you to “KNOCK DOWN” and “PICK UP” your cones. You can use both feet.
- Do this 3x and see if you can beat your time every round.

Closure: Have students demonstrate how to knock over and pick up a cone with their preferred foot

Modifications: Use a wall or partner to help with balancing