

Topic: Physical Exercise (Members: Malachi Brannon, Jennifer Diggs)

Population we are teaching: 3rd (8-9 years old), 4th (10 years old) and 5 grade (10-11)

Outline

- Introduction
 - Ideas
 - Ask the class, what is exercise?/ Explain what it is?
 - For kids, exercise means playing and being physically active (Ben-Joseph, 2022).
 - Benefits of physical activity
 - Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as: Heart disease. Cancer. Type 2 diabetes.
 - Questions to ask the class
 - What's your favorite thing to play?
 - Does anybody play sports regularly? What kind?
 - Activities
 - Classroom only activity
 - Yoga for kids (all ages)
 - Simon Says
 - Outdoor/Gym Activities
 - Sports (relay race, UNO fitness, follow the leader, Simon Says, hopscotch, bear crawls, crab walks, tag)
- Summary/End activity
 - Restate the importance of exercise/activities everyday
 - Questions
 - Prizes to the winning team?

Activities with youtube explanation

- Uno Fitness
 - Explanation
 - Video: <https://www.youtube.com/watch?v=CHkKmhvyXyw>
 - How we could do it: depending on the size of the class, we could make groups/teams probably max of 3 teams with 3-4 ppl. One of us would have a deck (or 3 different decks for each team) of uno cards while the other will keep score. One kid from each group will come up and draw one card. Depending on what the card is, will be the activity they will have to perform. It will be one person at a time,

and we will score who is the fastest at completing the activity. Then the next set of kids come up and draw a card..etc. whoever has the highest score at the end wins the game.

- Wildcard: 10 jumping jacks
 - Reverse: 10 standing twists
 - Draw +2: kid will pick opposing team to draw two cards and they will have to do both activities
 - Skip: kid will pick a opposing team to miss a round
 - Red number card: push ups (4?)
 - Yellow number card: crunches (5?)
 - Blue number card: deadbug
 - Green number card: idk
- Follow the leader
 - Explanation
 - One child is chosen to be the leader.
 - The rest of the children line up behind the leader.
 - They must copy all the actions and movements of the leader (run when the leader runs, do jumping jacks, turn around and take 3 steps forward, etc.)
 - Switch after 5 active movements
 - Simon Says
 - Explanation
 - The players must obey all commands that begin with the words "Simon says".
 - If Simon says, "Simon says touch your nose" then all players must touch their nose.
 - However, if Simon says, "jump" without saying "Simon says" first the players must not jump.
 - If they do jump, that player is out until the next game.

Annotated Bibliography

Lorenz, K. A., Stylianou, M., Moore, S., & Kulinna, P. H. (2016). Does fitness make the grade? the relationship between elementary students' physical fitness and academic grades. *Health Education Journal*, 76(3), 302–312.
<https://doi.org/10.1177/0017896916672898>

In this article, a cross sectional study was done to examine if there is a relationship between physical activity and academic performance in elementary students. Researchers followed standard procedures from FITNESSGRAM, and class grades in English writing, mathematics and science subjects to see if there was a correlation between them. Results showed that aerobic exercise such as running, had a significant influence on scoring higher in academic performance. This study is relevant because it provides a positive correlation between physical activity and academic performance.

Ben-Joseph, E. P. (Ed.). (2022, August). *Kids and Exercise (for parents)* . KidsHealth. Retrieved March 4, 2023.
<https://kidshealth.org/en/parents/exercise.html#:~:text=When%20most%20adults%20think%20about,playing%20and%20being%20physically%20active.>

This website explained what exercises are recommended for school aged children. It discusses the importance of exercise and dedicating time to be active throughout the day. Exercise for kids does not always require kids to go somewhere to receive adequate exercise. The focus is on kids finding an interest in physical activities so that it does not feel like the exercise is forced on them. The exercises should be fun for them to encourage long term active lifestyles.

Centers for Disease Control and Prevention. (2022, July 26). *Physical education*. Centers for Disease Control and Prevention. Retrieved March 5, 2023, from <https://www.cdc.gov/healthyschools/physicalactivity/physical-education.htm>

The national Centers for Disease Control and Prevention utilized a meta-analysis of various studies on importance of physical activity in schools. Results showed that physical education programs provide cognitive and physical stimulation to develop motor skills and improvement in class activities.