

## **HPE Activities and Assessments Task Force**

### **High School Physical Education – Fitness/Rhythmic Movement**

#### **LESSON INFORMATION:**

**Lesson Title:** Maniac Jacks

**Objective:** Students will improve cardiorespiratory endurance, while incorporating rhythm and coordination challenges through participation in the Maniac Jack workout.

**Grade Level:** 9-12

**GLEs:** HM3D9-12

**Content Standard:** HP4

**Process Standard:** 1.6

**Time needed to Teach this Lesson/Unit:** 1 day – 50 minute class

#### **LEARNING TARGETS:**

1. Students will maintain the beat of music while performing a routine.
2. Students will demonstrate four different ways to perform a jumping jack.
3. Students will perform a routine without cuing from the teacher.
4. Students will monitor their heart rate to determine if they are in their target heart rate zone throughout a routine using heart rate monitors or self-pulse check.

## LESSON DESIGN:

Following a warm up:

### Maniac Jack Routine

1-8 Four **jumping jacks** (Each jumping jack is 2 counts)

1-8 Eight marches in place (variations: grapevine, imaginary jump rope, slides, step-touch, walking, cha-cha)

1-16 Four **knee jumping jacks** (Do 1 regular jumping jack, bring the R knee up, step R – this is 4 counts. Repeat the jumping jack and bring the L knee up, step L – this is 4 more counts). Repeat the entire sequence.

1-8 Eight marches in place

1-16 Four **side karate kick jumping jacks** (Do 1 regular jumping jack, kick the R leg to the side like a side karate kick, step R– this is 4 counts. Repeat the jumping jack and kick the L leg to the side like a side karate kick, step L – this is 4 counts. Repeat the entire sequence

1-8 Eight marches in place

1-16 Four **scissors jumping jacks** (Jump with the R foot forward, jump and put the L foot forward, jump and put the R foot forward and hold for 1 count. Arms go up when the R foot is forward, down when the L foot is forward, up when the R foot is forward, hold. Reverse the feet -jump with the L foot forward, jump and put the R foot forward, jump and put the L foot forward, hold. Arms go down when the L foot is forward, up when the R foot is forward and down when the L foot is forward, hold 1 count. Repeat the entire sequence.

1-8 Eight marches in place (Turn 180 degrees to the L)

You are now facing the back wall. Repeat the entire sequence.

## **Variations:**

1. Jack variations: front karate kicks, 2 jacks-hold 2 counts-back kick, low kick front, heel jack
2. Make this a step routine by adding aerobic steps in between each jack sets
3. In between jack sets add a combination of any four types of punches (jabs, cross jabs, undercuts, hooks).
4. This combination can be done with the class around the perimeter of the gym area. Instead of marching/running in place, the class can run, jump, skip, hop, etc., around the gym and stop to do the jumping jack activities. On the last 8 marches the students can turn around and move in the opposite direction. Use your creativity and make it a rhythmic and cardiac challenge!

**ASSESSMENT:** Self Assessment Form (attached)

**Technology and Materials Needed:** CD player, music that is between 120-140 beats per minute, portable microphone (almost a necessity in order to protect the vocal cords and still be able to cue above the music), heart rate monitors

**Recommended music:** Country – “All My Ex’s Live in Texas,” George Strait; Classical – “William Tell Overture”; Bluegrass- “She’ll be Coming Round the Mountain”, Big Smith; Pop – “See You Again”, Miley Cyrus. All of these titles are available on iTunes.

## **Resources:**

1. PE Central ([www.pecentral.org](http://www.pecentral.org)), Dance Idea of the Month, April 2008
2. Perceived Heart Rate Scales:  
[www.exercise.about.com/cs/fitnesstools/l/blperceivedexer.htm](http://www.exercise.about.com/cs/fitnesstools/l/blperceivedexer.htm)  
[www.sportsmedicine.about.com/cs/strengthening/a/030904.htm](http://www.sportsmedicine.about.com/cs/strengthening/a/030904.htm)  
[www.productivefitness.com/rateofperceivedexertion.aspx](http://www.productivefitness.com/rateofperceivedexertion.aspx) (Poster)

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## Maniac Jack Self Assessment

Name:

Hour:

Rate yourself on the following (1 lowest – 5 highest)

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 1. I stayed on beat:                         | 1 | 2 | 3 | 4 | 5 |
| 2. I remembered the jack sequences:          | 1 | 2 | 3 | 4 | 5 |
| 3. I stayed in my Target Heart Rate Zone:    | 1 | 2 | 3 | 4 | 5 |
| 4. It was an enjoyable & productive workout: | 1 | 2 | 3 | 4 | 5 |

Average Heart Rate: \_\_\_\_\_

My rate of perceived exertion was: \_\_\_\_\_

## Perceived Exertion Scale

When exercising, it's important to monitor your intensity to make sure you're working at a pace that is challenging enough to help you reach your goals, but not so hard that you blow a lung. One way to do that is to use a Perceived Exertion Scale. The standard is the [Borg Scale of Perceived Exertion](#), which ranges from 0-20. Because I'm a math-idiot, I made up my own scale (see below) that's a little easier to remember. In general, for most workouts you want to be at around Level 5-6. If you're doing interval training, you want your recovery to be around a 4-5 and your intensity blasts to be at around 8-9. As you'll see below, working at a level 10 isn't recommended for most workouts. For longer, slower workouts, keep your PE at Level 5 or lower.

- **Level 1:** I'm watching TV and eating bon-bons
- **Level 2:** I'm comfortable and could maintain this pace all day long
- **Level 3:** I'm still comfortable, but am breathing a bit harder
- **Level 4:** I'm sweating a little, but feel good and can carry on a conversation effortlessly
- **Level 5:** I'm just above comfortable, am sweating more and can still talk easily
- **Level 6:** I can still talk, but am slightly breathless
- **Level 7:** I can still talk, but I don't really want to. I'm sweating like a pig
- **Level 8:** I can grunt in response to your questions and can only keep this pace for a short time period
- **Level 9:** I am probably going to die
- **Level 10:** I am dead

<http://exercise.about.com/cs/fitnesstools/l/blperceivedexer.htm>