

Grade Level: High School

Unit: Cardiorespiratory Moderate and Vigorous Physical Activity

Lesson 3: Run-Aerobic Circuit-Aerobic games

Objectives

- Students will be able to use correct form in running.
- Students will be able to use correct form in a variety of aerobic circuits.
- Students will be able to use correct form in a variety of aerobic games.
- Students will complete a variety of stations with aerobic activities.

Standards

- Participates in a variety of strength- and endurance-fitness activities such as weight or resistance training (S3.M4.7)
- Participates in a variety of aerobic-fitness activities using technology (S3.M4.6)
- Participate in moderate to vigorous aerobic physical activity that includes intermittent or continuous aerobic physical activity of both moderate and vigorous intensity for at least 60 minutes per day (S3.M6.6)

Key Vocabulary

- Stations
- Aerobic capacity
- Circuit
- Intensity

Equipment Needs

- Activity area to complete movement
- Appropriate space for 5-7 stations in activity area
- Equipment necessary for specific aerobic games
 - Ultimate Disc
 - Soccer
 - Mindful Movement such as Yoga / Pilates / Pliyoga
 - Cardio Kickboxing

Set-up

- Designate a running course with cones/poly spots
- Have 5-7 stations set up
 - Sit-up
 - Push ups
 - Wall sits
 - Curl ups or pull ups
 - Planks
 - Squats
 - Stretches

- Have an aerobic game/activity set up from the list below
 - Ultimate Disc
 - Soccer
 - Mindful Movement such as Yoga / Pilates / Pliयोग
 - Cardio Kickboxing

Safety

- Check activity area for obstacles or holes
- Make sure students stay hydrated
- Be aware of energy expenditure levels
- Instruct students to be aware of others in the activity area

Warm Up

- Students will play a game of tag with 1 foot long pool noodles as tagging tools. Instruct students to tag softly when using noodles. They can tag while running, jumping, skipping or any other locomotor form chosen, but will play for 4 consecutive minutes.

Description

1. Running - Teach students proper running form. Have them run on a pre-designed course for at least 6 minutes without stopping. Students choose their own speed.
2. Aerobic Circuits
 - a. Introduce a circuit with 5 to 7 stations of 1 minute each before students rotate to the next station. Stations include:
 - i. Sit-up - https://www.youtube.com/watch?v=1fbU_MkV7NE
 - ii. Push ups - <https://www.youtube.com/watch?v=rjc0O7OXS3g>
 - iii. Wall sits - <https://www.youtube.com/watch?v=-cdph8hv000>
 - iv. Curl ups or pull ups - <https://www.youtube.com/watch?v=wuVnNxxk63Q>
 - v. Planks - https://www.youtube.com/watch?v=ASdvN_XEl_c
 - vi. Squats - <https://www.youtube.com/watch?v=aPYCiuiB4PA>
 - vii. Stretches
 1. Calf
 2. Hamstring
 3. Quad
 4. Groin
 5. Arms
3. Aerobic Games
 - a. Have the students play one of the following games, while keeping their heart rates at or above the moderate physical activity level.
 - i. Ultimate Disc
 1. Using a disc in the same manner as football. If the disc is dropped, it's a turnover. If caught, play continues until the disc drops or it is caught in the endzone. Players can take 3 steps after catching the disc and must throw it before 5 seconds.

- ii. Soccer
 - 1. Only using your feet, dribble a soccer ball and kick it to a partner or into a goal. Defending team attempts to steal the ball.
 - iii. Mindful Movement such as Yoga / Pilates / Pli yoga
 - 1. Yoga - <https://www.youtube.com/watch?v=rt1bsoOukjI>
 - 2. Pilates - https://www.youtube.com/watch?v=VWZl_wIZxOI
 - iv. Cardio Kickboxing
 - 1. <https://www.youtube.com/watch?v=jJLkzjeU5FU>
- b. Make sure to take a small break (i.e. halftime) if needed.

More Challenging

- For pull-ups, add weight to students in the form of a weight belt or other type of safe resistance.
- For running increase speed
- For soccer add a second ball

Less Challenging

- For pull-ups, start with an angled pull-up (see video)
- For running decrease intensity by slowing pace
- For aerobic games, build in a break during the activity
- Decrease the size of the game activity area

Assessment

- Written - Have students write a 1 page essay on why they liked one of the three activities the best. They must explain why, including the physical benefits. (place in portfolio)
- Have students complete portfolio journal prompts:
 - My favorite activity from today's lesson was...
 - This activity was my favorite because...
 - One activity I will commit to exploring further on my own time is...
- Physical - students will work at an intensity to reach heart rates in the moderate zone for a minimum of 2 of the 3 activities (chart will be placed in their portfolio) See chart from lesson 2.

Cool Down/Review/Closure

- Review the three skills introduced today.
 - Discuss steps to each activity
 - Discuss physical fitness levels and intensity levels for each
 - Discuss when and why each type is performed (example answers)
 - Running - burn calories, full body workout, can be done anywhere and alone or with a partner
 - Aerobic Circuit - Build strength, lots of different activities, can be done anywhere and alone or with a partner/group
 - Aerobic Games - Flexibility of types of games, fun, teamwork, burn calories.