

Level: Kindergarten

Lesson Number 1: Strength Information

Equipment: 2 dice, cardiovascular cards, strengthen cards, stereo, music

Objectives: 1. Demonstrate correct conform while doing the six strength exercises.

2. Demonstrate the six cardiovascular exercises.

3. Improve cardiovascular fitness.

4. Work safely with other students.

5. Have fun.

Part 1: Dice day

The explanation for this game can be found in these activities section of the book.

Part 2: Explain that we strengthen our muscles differently from the way we strengthen our heart. When you do a strength exercise you cannot keep doing it for more than one minute. Your muscles get too tired to continue working and you have to stop. If you exercise your heart you must continue to exercise or at least 10 minutes without stopping. Exercises for your muscles are specific for each muscle. "Today you will learn six exercises to strengthen your muscles. You will learn and exercise to strengthen your stomach, your arms, your chest, and your back. it is important that you do the exercises correctly. I will hold up one of the cards and show you how to do the exercise. When I am finished showing you how to do the exercise, then I will let you try it." Begin demonstrating how to do the exercises, be sure that each student understands the correct form for each exercise. Once you are sure that your class understands the strength exercises, you can place the cards around the space alternating them with cardiovascular cards.

Part 3: "When I say go, I want you to go stand at a station so that there are three students at each card. Ready, go." Once your class is all set up at a station, explain to them that you will turn on the music, and just like the cardiovascular stations, they will do the 12 exercises that are on the cards today. Once they have completed the 12 stations, have the class turn over the card and do the stretches to cool down.

## Dice Day

### **Goals**

- To improve cardiovascular fitness
- To practice mathematical skills
- To improve strength and endurance

### **Key Concepts**

Rolling dice provides an effective motivational strategy and an opportunity to practice basic addition skills while exercising.

### **Materials**

1. Two dice
2. One paper bag
3. Pieces of paper

### **Activity:**

- Write specific activities or exercises on pieces of paper, fold, and put into a paper bag or some container.
- Select activities or exercises that are suitable for the playing area.
- If limited space is available use exercises described in chapter 13.
- If a larger outdoor space is available, you can use more vigorous running activities.
- Have a student come up and pick a piece of paper from the bag. Teacher reads the slip aloud to the class.
- Then, have the student roll the dice. That's how many times the students must perform the task. For example, if "jumping jacks" was picked and a six was rolled, students complete six jumping jacks.
- When that task is completed, have a new student come up and pick out a new task, then roll the dice.

You can use the 6 cardiovascular exercises from the cards as exercises, or choose from some ideas that you have or the students have come up with.