



## Fitness for Sport

By Jessica DeLeuw

Jessica.deleuw@gmail.com



Rhythm and Moves, Inc.

Let's get down to business and practice our fitness. Fitness for Sport encourages students collaborate with their teams to create warm-ups, strength workouts, and cool downs specific to muscles used in that sport. Students identify how they will practice their mental fitness and support each other in their mental fitness while they practice their physical fitness. With the integration of student choice and technology students gain ownership of their learning as individuals and as a team.

### Purpose

Empower students to value fitness as a way to improve their physical and mental performance in sport.

### Benefits

- Include fitness in each sport unit throughout the whole year.
- Apply fitness knowledge and concepts to different sports and activities.
- Create warm ups, workouts, and cool downs for different sports activities.
- Practice fitness for sport both individually and cooperatively.
- Maximize time for fitness and sport with teamwork and routines.
- Prevent injury by using appropriate warm up and cool down exercises.

### Learning Goals

#### Psychomotor

- Demonstrate appropriate exercises for an effective warm up, specifically cardiovascular and dynamic flexibility exercises.
- Demonstrate appropriate exercises for an effective workout, specifically strength exercises.
- Demonstrate appropriate exercises for an effective cool down, specifically static flexibility exercises.

#### Cognitive

- Identify specific muscles used in that sport.
- Explain the importance of an effective warm up and effective cool down.
- Identify appropriate warm up exercises for muscles specific to a sport.
- Identify appropriate workout exercises for muscles specific to a sport.

- Identify appropriate cool down exercises for muscles specific to a sport.

#### Affective

- Complete individual responsibility to work towards team goal in warm up, game, and cool down.
- Support teammates in physical fitness and mental fitness with positive words and actions.

#### Standards

##### **National Physical Education Standards - S3.E4 Fitness knowledge**

- Grade 3 - Recognizes the importance of warm-up & cool-down relative to vigorous physical activity. (S3.E4.3)
- Grade 4 - Demonstrates warm-up & cool- down relative to the cardio-respiratory fitness assessment. (S3.E4.4)
- Grade 5 - Identifies the need for warm-up & cool-down relative to various physical activities. (S3.E4.5)
- Grade 6 - Describes the role of warm-ups and cool-downs before and after physical activity. (S3.M12.6)
- Grade 7 - Designs a warm-up/cool-down regimen for a self-selected physical activity. (S3.M12.7)
- Grade 8 - Designs and implements a warm-up/ cool-down regimen for a self-selected physical activity. (S3.M12.8)

##### **California State Physical Education Standards – Standards 3, 4 and 5**

Fitness for Sport addresses Physical Education Standards in several different grade levels: Grades 3, Grade 4, Grade 5, Grade 6, Grade 7 and Grade 8. The activities can be modified to be appropriate for that grade level.

- Grade 4 - 3.1 Participate in appropriate warm-up and cool-down exercises for particular physical activities.
- Grade 4 - 4.7 Explain the purpose of warm-up and cool-down periods.
- Grade 6 - 4.1 Distinguish between effective and ineffective warm-up and cool-down techniques.
- Grade 6 - 5.1 Participate productively in-group physical activities.

##### **Common Core Standards**

- CCR Standard 6 - Use technology, including the Internet, to produce and publish writing and to interact and collaborate with others.
- CCR Standard 9 - Draw evidence from informational texts to support analysis, reflection and research.

## **Vocabulary for Fitness for Sport**

- Physical Fitness
  - Health Related Fitness (Definitions from Human Kinetics)
    - Cardiovascular - The ability of the heart, lungs, blood vessels, and blood to work efficiently and to supply the body with oxygen.
    - Strength - The ability of muscles to lift a heavy weight or exert a lot of force.
    - Flexibility - The ability to move all body parts and joints freely.
      - Dynamic Flexibility – Refers to a stretch is performed by moving through a challenging but comfortable range of motion repeatedly, usually 10 to 12 times. This helps to improve functional range of motion and mobility in sports and activities for daily living.
      - Static Flexibility – Refers to a stretch is held in a challenging but comfortable position for a period of time, usually somewhere between 10 to 30 seconds. This helps to improves overall flexibility.
- Warm Up - Exercise designed to get you ready for physical activity; includes cardiovascular activity followed by stretching exercises.
- Cool Down - Exercise designed to help you recover after physical activity; includes cardiovascular activity followed by stretching exercises.

“Many experts consider static stretching much less beneficial than dynamic stretching for improving range of motion for functional movement, including sports and activities for daily living.” – Human Kinetics

## **Lesson Plan Activities**

1. Warm Up: Game for Sport – Students participate in a lead up game for that sport. While students play, students think about the different muscles being used in the different activities they are doing in that sport.
2. Warm Up: Fitness for Sport – Students participate in an example of Fitness for Sport, by completing a Warm Up as a team before the sport. The Warm Up Leader starts the activity. Each player on the team gets a turn to announce the muscle as well as the warm up exercise for that muscle. All students complete the warm up exercises together as a team.
3. Game Play – Students participate in a game for the Sport. The setup and rules are already communicated and posted. The Game Leader starts the activity. Each player on the team has an individual responsibility to contribute towards the team goal.
4. Workout (Optional) – Students participate in an example of Fitness for Sport, by completing a Workout as a team after the sport activity. Workout Leader starts the activity. Each player on the team gets a turn to announce the muscle as well as the warm up exercise for that muscle.
5. Cool Down: Fitness for Sport - Students participate in an example of Fitness for Sport, by completing a Cool Down as a team before the sport activity. The Cool Down Leader starts the activity. Each player on the team gets a turn to announce the muscle as well as the warm up exercise for that muscle.
6. Teamwork: Fitness for Sport - These are individual jobs that work towards the team goal of Fitness for Sport.

- Cardio Warm Up Leader
- Muscle Warm Up Leader
- Workout Leader
- Game Leader
- Cool Down Leader

### Additional Lesson Activities Just for Fun

1. Team Cheers – Shout your team cheer when you have completed the activity!
2. Team Names – Represent your team with a team name.
3. Team Plays – Create your own team plays.
4. Team Reflection – Write a success, challenge and next step after each game.
5. Team Success Notes – Write a success note for a player on your team and the other team after each game.
6. Tournament Play – Post a schedule for the different teams they will play.
7. Team Points – Record team points for sportsmanship, teamwork and games. Add the total points at the end.
8. Google Docs – Collaborate via Google Docs before class to plan and prepare your warm up, workout and cool down for the game in class.

Examples of Fitness for Sport

## Team Fitness for Football

PLAYER	MUSCLE	HEART WARM UP	MUSCLE WARM UP	WORKOUT	COOL DOWN
1	GLUTEUS MAXIMUS	High Knee Skipping	Reverse Lunges	Straight Leg Kickbacks	Kneeling Quad Stretch or Standing Flamingo Pose
2	QUADRICEPS	Squat Jumps	Jumping Lunges	Wall Sit Hold	Triangle Pose Or Touch Your Toes Stretch
3	DELTOID	Skipping with Arm Swings	Shoulder Rolls	Plank Up Downs	Warrior 1 Pose with Basket Or Hoop Stretch
4	BICEPS	Cross Country Skiing	Arm Circles Forward	Push Ups	Warrior 1 Pose with Wings Or Door Stretch
5	TRICEPS	Cross Country Skiing	Arm Circles Backward	Chair Dips	Upward Salute Pose Or Scratch Your Back Stretch
6	RECTUS ABDOMINUS	Elbow to Knees	Toe/Sky Touches	Curl-Ups	Upward Dog Pose Or Abdominal Stretch

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## Team Fitness for Soccer

PLAYER	MUSCLE	HEART WARM UP	MUSCLE WARM UP	WORKOUT	COOL DOWN
1	QUADRICEPS	Heel Kicks	Heel Kicks	Squats	Standing Dancer's Pose Or Flamingo Stretch
2	HAMSTRINGS	Walking Soldier	Front to Back Leg Swings	One-Legged Squats	Standing Forward Bend Or Reach for Toes Stretch
3	GASTROCNEMIUS	Jumps	Walking Lunges	Heel Raises	Downward Dog Pose Or Wall Calf Stretch
4	GLUTEUS MAXIMUS	High Knees High Knee Skips	Reverse Lunges	Straight Leg Kickbacks	Pigeon Pose Or Knee to Chest Stretch
5	ABDOMINALS	Elbow to Knee	Inchworm	Sit-ups	Upward Dog Pose Or Abdominal Stretch
6	OBLIQUES	Karaoke	Windmills	Bicycle Crunches	Half Moon Pose Or Oblique Stretch

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## Team Fitness for Basketball



PLAYER	MUSCLE	HEART WARM UP	MUSCLE WARM UP	WORKOUT	COOL DOWN
1	GLUTEUS MAXIMUS	High Knees	Reverse Lunges	Straight Leg Kickbacks	Pigeon Pose Or Knee to Chest Stretch
2	QUADRICEPS	Heel Kicks	Walking Lunges	Wall Sit Hold	Kneeling Quad Stretch or Standing Flamingo Pose
3	DELTOID	Skips with Arm Swings	Shoulder Rolls	Plank Up Downs	Warrior 1 Pose with Basket Pose Or Hoop Stretch
4	BICEPS	Cross Country Skiing	Arm Circles Forward	Push Ups	Warrior 1 Pose with Wings Or Door Stretch
5	TRICEPS	Cross Country Skiing	Arm Circles Backward	Chair Dips	Upward Salute Pose Or Scratch Your Back Stretch
6	RECTUS ABDOMINUS	Elbow to Knees	Toe Touches	Curl-Ups	Upward Dog Pose Or Abdominal Stretch

# **Team Fitness for Sport**

PLAYER	MUSCLE	HEART WARM UP	MUSCLE WARM UP	WORKOUT	COOL DOWN
1					
2					
3					
4					
5					
6					

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If you have any ideas, suggestions, questions or concerns, please email Jess DeLeuw at [Jessica.deleuw@gmail.com](mailto:Jessica.deleuw@gmail.com). Have fun!