



Manaiakalani

Class OnAir



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Episode Title: Fitness Routine

Teacher: Kelsey Parrant

School: Pt England School

Year Level: 5

Lesson Topic: To create a detailed fitness routine to share with others.

Learning Intention: WALT: understand what exercise is, why it is important and how to create my very own fitness routine to share with others.

Links with the
[New Zealand Curriculum](#)

Personal health and physical development

- **Regular physical activity:** Maintain regular participation in enjoyable physical activities in a range of environments and describe how these assist in the promotion of well-being.
- **Safety Management:** Identify risks and their causes and describe safe practices to manage these.

Movement concepts and motor skills

- **Movement skills:** Develop more complex movement sequences and strategies in a range of situations.
- **Positive attitudes:** Develop movement skills in challenging situations and describe how these challenges impact on themselves and others.

Key
[Competencies](#)

Managing self: Students will need to manage themselves by participating in the whole class lesson around exercise. Students will also have to manage themselves by working in a group to create a workout routine.

Thinking: Students will need to think about what different exercises will work well for a warm up, activity or game as well as a cool down. Students will also need to think about the right amount of time for each activity or idea that will work well with others.

Participating and contributing: Students will need to participate in a whole class fitness routine. Students will also need to participate in small groups to create a fitness routine to share with others. Students will need to contribute their thoughts and ideas to each other as they create their fitness routine.

Relating to others: Students will need to relate to others by thinking about how best to explain an exercise or activity to someone else. They will need to think about the key elements that someone else will need to complete these activities.

Prior Knowledge

Students will need to use their prior knowledge of what it means to think, act and be positive. Students will also need to use their prior knowledge of the importance of exercise and why warm ups and cool downs are a key part of exercise. Students will need to use their prior knowledge of different games and activities that they could use for their fitness routine. The prior knowledge of these games will be important so that students can share the following:

- What equipment they will need
- How long each exercise will take
- What area or space will be required to complete these activities safely and properly.



Lesson Sequence

Before the Session	Students will need to have watched our inquiry video for the term and familiarise themselves with the key things that we need to think, act and be positive. Students have also set fitness goals at the beginning of the term that they will need to think about going into the fitness routine.
During the Session	1. Introducing the learning intention and the key parts of the fitness routine. 2. Warm Up: Why is a warm up important? What could we do as a warm up? Go through some key stretches and warm up activities that the students could use as examples. 3. Activity or game: What are some games or activities that you could play? Discuss the key equipment needed to play each of the games as well as the spaces and areas required. List some games or activities that the students could use. Look through the resources and discuss some of the games or activities. 4. Cool Down: Why is a cool down important? What could we do as a cool down? Go through some key stretches and cool down activities that the students could use as examples. Discuss how we could use mindfulness, reflection and breathing techniques to cool our bodies down. 5. Once we have looked at the key elements of the fitness routine, go through some examples with the students. 6. Warm up - stretches 7. Activity - Just Dance 8. Cool down - breathing exercise 9. Have the students break up into groups to work with to create their very own fitness routine.
After the Session	Students will need to work collaboratively as a group to create a warm up, game/activity and cool down. They will need to outline what equipment they will need, where they will complete this activity and how long it will take. Finally students will then need to film themselves completing the exercises and activities to share this on their blog and with others in the class.

Learn Create Share Breakdown

Learn	How to create a fitness routine and what a warm up, activity/game and cool down look like.
Create	Create a fitness routine that has a warm up, activity/game and a cool down.
Share	Share this with others in the classroom as well as sharing this on their own blog.

Resources Used	Inquiry Video Fitness Routine Task Warm up video
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[Activities and games resource](#)
[Cool Down Video](#)

Reflection

Reflection on Lesson Sequence

I think that this lesson went really well. The students were really engaged with the content and were excited to create their own exercise routine. I had previously completed a similar lesson as a rotation with the rest of the team but added some extra elements with my class to see if I could extend their learning even further and got some great results. The students worked really well together in their groups as they were self selected and they were working with others that they really wanted to work with. One thing I would do differently would be to note down who was working in each group as they seemed to change over the course of the students creating the routines and there were some students who didn't know what group they were in.

I really liked how creative the students were with their routines and there was no group that did the same thing. They all created something that was unique to them in the group that they had chosen. I also liked that the students were able to choose their own groups. Sometimes this doesn't work out as well as you would like but with this group of students it worked out perfectly. My class loves getting outside and doing something different so this lesson was right up their alley.

We did run out of time to share these with each other as I would have liked but having the video element means that this is something that we can come back to and students can also come and check out each other's fitness routines by checking out their blogs. This ended up being a really cool lesson and I really enjoyed teaching it and I think the students got a lot out of it. The link back to mindfulness was really great to as this is part of our inquiry focus this term.

Next Steps

- Share the fitness routines with each other.
- Complete the games and activities with the class in the afternoons.
- Have the students reflect on the fitness routine that they created.
- Have the groups share their routines with each other and seek feedback from peers to see how we could improve this or what we could do differently.