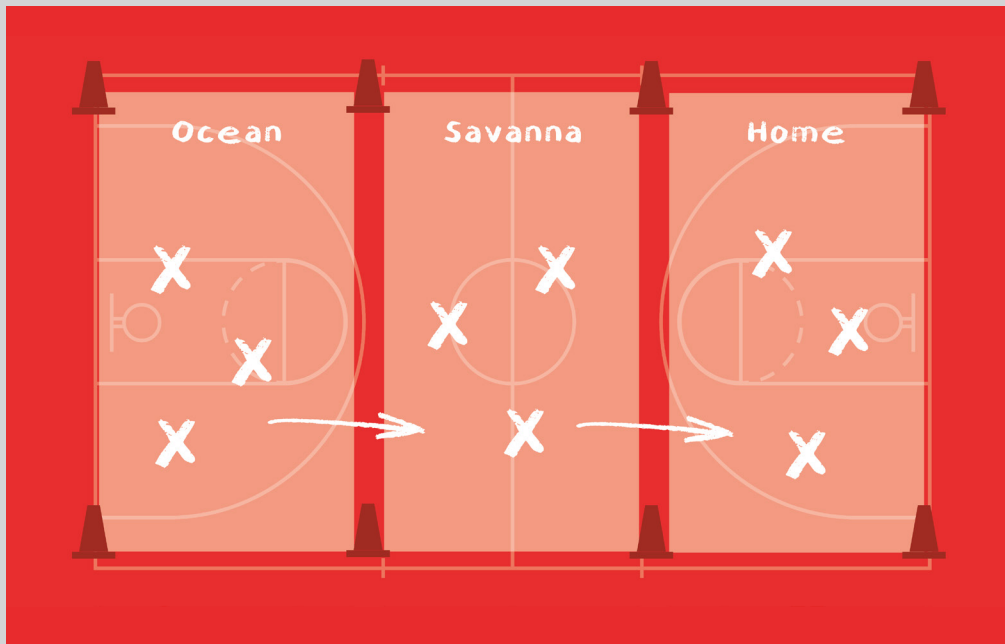


BOOST YOUR BRAIN POWER



GAME SET UP:



PE STANDARDS:

- Standard 1: Develops a variety of motor skills
- Standard 2: Applies knowledge related to movement and fitness concepts
- Standard 3: Develops social skills through movement
- Standard 4: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity

MATERIALS:

- Cones or Place Markers

OVERVIEW:

Demonstrate animal movements at low, moderate, and vigorous intensity levels.

1. Learners pretend to visit different animal habitats. After each activity, feel your heartbeat and notice the difference in heart rates based on the intensity of the movements.
2. Ocean: Do each movement for 30 to 45 seconds.
 - o Low: Swim like a fish – Flutter arms and walk slowly.
 - o Moderate: Move like a crab – Crab-walk around the area.
 - o Vigorous: Move like a dolphin – Swim and jump quickly.
3. Savanna: Do each movement for 30 to 45 seconds.
 - o Low: Move like a hedgehog – Crawl slowly, moving hips side to side.
 - o Moderate: Gallop like a zebra – Gallop around the area.
 - o Vigorous: Move fast like a cheetah – Run quickly around the area.
4. Home: Yes, we are animals, and our community is our habitat. Do each movement for 30 to 45 seconds.
 - o Low: Stretch, pretend to clean your room.
 - o Moderate: Dance, pretend to dribble a ball, or shovel snow.
 - o Vigorous: Jog around, jump rope, or dance energetically.

BOOST YOUR BRAIN POWER



Scan here for the full PE lesson plan!

BEFORE THE GAME:

The number one thing you need to know is that your body benefits from all kinds of movement. Move many times and many ways throughout the day!

Ask learners to pretend to move like different animals!

- Move like a cat. Move slowly or crawl on your hands and knees; pause to arch your back. Now stop and put your hand on your heart. What do you feel? How fast or slow is your heart beating? You should be able to sing and speak normally at this heart rate.
- Now, move like a rabbit. Hop to the opposite side of your area. Stop to feel your heart beating again. Does it feel different? You may have more trouble singing at this heart rate, but still be able to speak.
- Next, move quickly like a gazelle around the perimeter of our area. Your heart is beating even faster because this was a vigorous exercise. You may have trouble speaking at this heart rate.
- Let's cool down and move slowly like a cat again. This will help our heart rate slow down.

REFLECTION AFTER THE GAME:

Q: How would you explain slow, medium, and fast (low, moderate, and vigorous) move choices to a family member?

A: When you move slowly, it can be hard to feel your heartbeat. With moderate activity, your heart starts beating faster, and with vigorous movement, your heart beats rapidly.

Q: What healthy move choices will you make today?

A: Acknowledge responses that include a variety of slow, medium, and fast (low, moderate, and vigorous) movements.

MODIFICATIONS:

Older Learners

- Substitute the *fitClub* Talk and Sing activity for the habitat activity.

Seated Exercise

- Use arms to replicate the different animal motions. Moving slow for the low intensity animals and fast for the high intensity ones.

Find more modifications at fit.sanfordhealth.org.

