

GROW YOUR PALS PROGRAM GUIDE



THE NATIONAL FFA MENTORING PROGRAM

Sponsored by



LESSON 3.10

You're it. Get fit!

Unit:
EXERCISE

PRECEPTS

G Physical Growth

G3. Participate in a fitness program



Lesson Type:
Large Group

NATIONAL STANDARDS

CS.02.01.02.b. Implement a plan for respecting one's body.

NL-ENG.K-12.1 – Reading for Perspective

NL-ENG.K-12.12 – Applying Language Skills

NS.5-8.6 – Science in Personal and Social Perspectives

STUDENT LEARNING OBJECTIVES

As a result of this lesson, the student will ...

- Discuss *cardiovascular exercise* and its importance.
- Design a cardiovascular *fitness program* that could be implemented in daily life.
- Describe two programs that encourage students to make being active part of their everyday lives.





TIME

Instruction time for this lesson: **50 minutes**.



RESOURCES

- (2009). Retrieved February 12, 2010, from My-Inspirational-Quotes website
<http://www.my-inspirational-quotes.com/inspirational-stories/cliff-young/>
- (2010). President's Challenge. Retrieved February 12, 2010, from President's Challenge website. <http://www.presidentschallenge.org/index.aspx>
- (2009). Project ACES. Retrieved February 12, 2010, from Youth Fitness Coalition website. <http://lensaunders.com/aces/aces.html>



TOOLS, EQUIPMENT AND SUPPLIES

- ✓ PALS3.10.LG.AS.A
- ✓ PALS3.10.LG.AS.B – cut up
- ✓ PALS3.10.LG.AS.C – one per student
- ✓ Paper – one per student
- ✓ Marker or pencil – one per student
- ✓ PALS3.10.LG.AS.D. – one per student
- ✓ PALS3.10.LG.AS.E. – one per student
- ✓ PALS3.10.LG.AS.ESS.A

KEY TERMS



The following terms are presented in this lesson and appear in ***bold italics***:

Cardiovascular exercise
Fitness program



CONTENT OUTLINE

Objective 1. | Discuss *cardiovascular exercise* and its importance.

A. Benefits of ***cardiovascular exercise***

1. Makes your heart stronger by making your heart beat harder and faster
2. Increases muscular strength
3. Increases endurance
4. Clarifies your mental processes
5. Improves your quality of life
6. Extends your life

B. Recommendations for ***cardiovascular exercise***

1. Recommended by doctors at least three times a week for at least 20 minutes each time

Objective 2. | Design a cardiovascular *fitness program* that could be implemented in daily life.

- A. List of cardiovascular activities/exercises
- B. Weekly fitness plan calendar
 - 1. Warm up-stretching
 - 2. ***Cardiovascular exercise***-running
 - 3. Cool down-walking

Objective 3. | Describe two programs that encourage students to make being active part of their everyday lives.

- A. President's Challenge
 - 1. Active Lifestyles
 - 2. Presidential Champions
- B. Project ACES

INTEREST APPROACH

The interest approach for this lesson is to read this inspiring story PALS3.10.LG.AS.A about a farmer and the amazing feat he accomplished. Before the lesson, be sure you have copied PALS3.10.LG.AS.A, copied and cut PALS3.10.LG.AS.B and created a transparency or poster for PALS3.10.LG.TM.C. The lesson today also requires each student to have a sheet of plain paper and a marker or pencil.



Every year, Australia hosts a 282 mile endurance racing from Sydney to Melbourne – considered to be the world's longest and toughest ultra-marathon. It's a long, tough race that takes a week and normally participated by world-class athletes who train specially for the event. Backed by big names in sports like Nike, these athletes are mostly less than 30 years old men and women equipped with the most expensive sponsored training outfits and shoes.

In 1983, these top class runners were in for a surprise. On the day of the race, a guy named Cliff Young showed up. At first, no one cared about him since everybody thought he was there to watch the event. After all, he was 61 years old, showed up in overalls and galoshes over his work boots.

As Cliff walked up to the table to take his number, it became obvious to everybody he was going to run. He was going to join a group of 150 world-class athletes and run! During that time, these runners don't even know another surprising fact – his only trainer was his 81-year-old mother.



Everybody thought that it was a crazy publicity stunt. But the press was curious, so as he took his number 64 and moved into the pack of runners in their special, expensive racing outfit, the camera focused on him and reporters started to ask:

“Who are you and what are you doing?”

“I’m Cliff Young. I’m from a large ranch where we run sheep outside of Melbourne.”

They said, “You’re really going to run in this race?”

“Yeah,” Cliff nodded.

“Got any backers?”

“No.”

“Then you can’t run.”

“Yeah I can.” Cliff said. “See, I grew up on a farm where we couldn’t afford horses or four wheel drives, and the whole time I was growing up– until about four years ago when we finally made some money and got a four wheeler– whenever the storms would roll in, I’d have to go out and round up the sheep. We had 2,000 head, and we have 2,000 acres. Sometimes I would have to run those sheep for two or three days. It took a long time, but I’d catch them. I believe I can run this race; it’s only two more days. Five days. I’ve run sheep for three.”

When the race started, the pros left Cliff behind in his galoshes. The crowds smiled because he didn’t even run correctly. Instead of running, he appeared to run leisurely, shuffling like an amateur.

Now, the 61-year-old potato farmer from Beech Forest with no teeth had started the ultra-tough race with world-class athletes. All over Australia, people who watched the live telecast kept on praying that someone would stop this crazy old man from running because everyone believed he’d die even before even getting halfway across Sydney.

Every professional athlete knew for certain that it took about seven days to finish this race, and that in order to compete, you would need to run 18 hours and sleep six hours. The thing is, old Cliff Young did not know that!



When the morning news of the race was aired, people were in for another big surprise. Cliff was still in the race and had jogged all night down to a city called Mittagong.

Apparently, Cliff did not stop after the first day. Although he was still far behind the world-class athletes, he kept on running. He even had the time to wave to spectators who watched the event by the highways.

When he got to a town called Albury he was asked about his tactics for the rest of the race. He said he would run through to the finish, and he did. He kept running. Every night he got just a little bit closer to the leading pack. By the last night, he passed all of the world-class athletes. By the last day, he was way in front of them. Not only did he run the Melbourne to Sydney race at age 61, without dying; he won first place, breaking the race record by nine hours and became a national hero! The nation fell in love with the 61-year-old potato farmer who came out of nowhere to defeat the world's best long distance runners.

He finished the 282 mile race in five days, 15 hours and four minutes. Not knowing that he was supposed to sleep during the race, he said when running throughout the race, he imagined that he was chasing sheep and trying to outrun a storm. When Cliff was awarded the first prize of \$10,000, he said he did not know there was a prize and insisted that he had not entered for the money. He said, "There're five other runners still out there doing it tougher than me," and he gave them \$2,000 each. He did not keep a single cent for himself. That act endeared him to all of Australia. Cliff was a humble, average man, who undertook an extraordinary feat and became a national sensation.

Put the story down and look at the group as if you have been totally inspired by this feat!



Wow, in this story, Cliff, the farmer, set a goal to finish this long race in Australia. No one thought that he could do it, but he was successful. Of course, he had to exercise a lot, prior to the race, in order to be ready. Today, we are going to talk about **cardiovascular exercise** and why it is important to us. We will also set our own fitness goals as we design our own exercise program. Today it will be important to remember, like Cliff did, that it is not always about winning, but staying dedicated to your goals.

You will cut apart the PALS3.10.LG.AS.B and use it in a *Go Get It E-Moment®* to help your PALS understand what **cardiovascular exercise** is and the benefits of cardiovascular activity. This can be adapted to suit your location. Before class you should cut apart the activity sheet on the lines and distribute the facts around the room. It is fun for the students if they have to search for them so you can tape them under chairs, tables, etc., and put them in places where they must be hunted for. You should have the outline PALS3.10.LG.AS.C displayed on a surface so that the students can attach their information strip to it in the correct location after they share their information. This activity can also be done in pairs and small groups if you prefer, so that everyone gets to share some information. In that case, the pairs or groups would come up with the information and read it in unison. Also, before class, you will have to designate partners or groups for the second activity. These could be the same pairs or groups if you used that for the first activity or they could simply be designated by where they are sitting (such as left shoulder partner; person on your right, etc.)



SUMMARY OF CONTENT AND TEACHING STRATEGIES

OBJECTIVE 1. | Discuss *cardiovascular exercise* and its importance.

A. Benefits of *cardiovascular exercise*

1. Makes your heart stronger by making your heart beat harder and faster
2. Increases muscular strength
3. Increases endurance
4. Clarifies your mental processes
5. Improves your quality of life
6. Extends your life



When I say GO, we will have one minute to search around the room for important strips of information about **cardiovascular exercise**. Look everywhere but be courteous and respectful to your fellow students. When an information strip is found, please come to the poster located in the front of the room and stand next to it. When all seven info strips have been located and the students are by the poster, time will be called and we will go quietly back to our seats. What questions do you have?

GO!

Allow students to find all of the information strips. Call time and allow the students who did not find an information strip to go back to their seats. You will have the students with the information read their strip aloud and then attach it to the poster or other designated surface.



Thank you for being seated. Now, let's listen to some things we need to know about **cardiovascular exercise**.

*Allow the students to read their facts about **cardiovascular exercise** to the class and allow students comments about each fact.*

Cardiovascular exercise...

is exercise that makes your heart stronger by making your heart beat harder and faster.

increases muscular strength.

increases endurance.

clarifies your mental processes.

improves your quality of life.

can even extend your life.

B. Recommendations for *cardiovascular exercise*

1. Recommend by doctors at least three times a week for at least 20 minutes each time.



Great job! Let's give them a round of applause for sharing such important information with us.

Lead in the applause as the students return to their seats.

OBJECTIVE 2. | Design a cardiovascular *fitness program* that could be implemented in daily life.



A. List of cardiovascular activities/exercises



OK, we have just learned what **cardiovascular exercise** is, how it benefits us and how much **cardiovascular exercise** doctors recommend we get in a week! Let's see how everything we have just learned can come together to help us become more fit! Turn to your partner and say, "What **cardiovascular exercises** do you like to do?"

Allow students to discuss the exercises they like to do for 20-30 seconds as you move through the room.



All right, I heard some really good and fun ideas for **cardiovascular exercise**! Now, when I say WRITE, we will have one minute to write down all of the different types of **cardiovascular exercises** that were just discussed on the paper at your seat. What questions do you have?

WRITE

*Allow students to list the **cardiovascular exercise** activities that they thought of. You will capture their ideas on a writing surface (or have another FFA member write for you) as they share the activities. Be sure to clarify that all of the activities/exercises listed do have a cardiovascular component.*

B. Weekly fitness plan calendar

- 1. Warm up-stretching*
- 2. **Cardiovascular exercise**-running*
- 3. Cool down-walking*



Wow, great job! Those sure are a lot of cardiovascular activities! Remember, in order for those exercises to benefit our health, we have to work out for at least 20 minutes three days a week. Now, there is someone who has a job helping people to reach their fitness goals. In fact you might have even seen one of these people on TV or at a gym. They design **fitness programs** and they are called personal trainers. Personal trainers use their knowledge of the body and exercise to develop individual exercise plans. Today we are going to take on the roles of personal trainers and develop a fitness plan for ourselves! Those plans will include a warm up activity, such as stretching; a **cardiovascular exercise**, such as running; and a cool down activity, such as walking. Please locate the calendar and marker on your table and write your name in the blank at the top.

Allow the students to write their name in the top blank of PALS3.10.LG.AS.D.



OK, let's use the list of cardiovascular activities we just generated to help us. When I say EXERCISE, we will have four minutes to use our marker to create our own fitness plan on our calendar for one week. Each day's workout schedule will have a warm up, **cardiovascular exercise** and a cool down. We should challenge ourselves to mix and match different activities to create unique daily routines. What questions do you have?

EXERCISE

Allow the students time to create their exercise routine for a week on their calendar. Circulate around the room to answer any questions and give encouragement. When students have completed the activity, allow two or three to share their weekly exercise plan with the class.



Way to be personal trainers! Those exercise plans rock and we are going to feel so good after exercising everyday for a week, not to mention we will be helping our heart! We must be sure that we keep track of how well we completed our exercise plan so that we can get back together and discuss how we did. Each day as we complete our exercise routine, we should make a note on our calendar exercise journal of how long we exercised and how the exercise made us feel. The next time we get together, we will go over our calendars and journals together and discuss our success with our exercise plan.



If your PALS program allows, it would be very beneficial to meet with your PALS in a week to review their exercise plan so that you can help your PAL to continue to meet their goals.

OBJECTIVE 3. | Describe two programs that encourage students to make being active part of their everyday lives.



- A. President's Challenge
 - 1. Active Lifestyles
 - 2. Presidential Champions



Oh my goodness, there is something I almost forgot to tell you that all really good personal trainers need to know about! We need to be aware of some amazing programs that recognize students for working hard and getting fit.

Distribute PALS3.10.LG.AS.E.



There are two programs on this handout. The top one is the President's Challenge and it has been recently expanded into a whole series of programs designed to help improve anyone's activity level. It's about choosing to live healthier - and finding things you really like to do.

The best strategy here is to be very familiar with these programs yourself by going over them in-depth before this lesson. It is better if you mention the highlights of each program instead of just reading your PALS the information.

The President's Challenge



No matter how active you are right now, you'll find a program that's right for you:

Active Lifestyle

For those just getting started (less than 30 minutes of activity a day, five times a week).

Presidential Champions

For those who are already active and want a new challenge.

Both programs offer a personal activity log to track your progress online - along with awards for reaching your goals. You can even join with others to take the Challenge as a group.

Once you see the difference staying active can make, you'll wonder why you didn't start sooner. So make a choice to get fit!

Learn all about it at http://www.presidentschallenge.org/the_challenge/index.aspx
B. Project ACES

The other program is **Project ACES** (All Children Exercise Simultaneously)

Since 1989, the first Wednesday in May, at 10 a.m. local time, has been Project ACES Day, when millions of children, parents and teachers all over the world exercise simultaneously in a symbolic gesture of fitness and unity.

Children will exercise, walk, jog, bike, dance, do aerobics or a combination of all the above.

Each school organizes its own participation assembly for the 15-45 minutes the program runs. There is no specific routine to follow, just have the children do some form of exercise at 10 a.m. Feel free to be as creative as you would like. Many schools choose to invite local celebrities to the event and play music to accompany the activities. Organizers of local events can choose to get the whole school involved, or just selected classes. The majority of schools will get the entire school population outside on to a play field, put on music, and have everyone in the school have some fun by moving and exercising together. If it rains, have a backup plan. Some schools have the student body go to the gym and do aerobics and calisthenics. Another option if it rains is to pump music over the PA system, and have the classes exercise in their classrooms.



Learn more about it at <http://lensaunders.com/aces/aces.html>

We could all benefit from meeting the challenges these programs present; so let's consider adding them to our fitness plans and step up to a higher level of fitness for ourselves.



REVIEW / SUMMARY



Wow, we did it! We actually learned about how **cardiovascular exercise** benefits our hearts and we became personal trainers to create our own weekly exercise plan complete with warm ups, cardiovascular benefiting exercises and cool downs! Way to go! It is going to be so exciting to see how our exercise plan helps us be fit. And don't forget that we also became aware of two programs that reward us for exercising. Thanks for being attentive and working so hard today.



APPLICATION

One-on-One Idea

Use a computer and help your PAL look up exercise sites on the web such as:

http://kidshealth.org/kid/stay_healthy/fit/work_it_out.html

<http://www.key2fitness.com/index.html>

<http://www.fitness.gov/activelife/pepup/pepup.html>

Continued Discussion

Register a group to use the free group Activity Tracker for the Active Lifestyle and Presidential Champions programs.



EVALUATION

ANSWERS TO EVALUATION:

Students' stories will vary. They should have included at least three benefits of cardiovascular exercise for the heart in their story. Also, they should have a warm up, cardiovascular exercise and a cool down in the exercise plan in their story that includes 20 minutes for three days a week at least.

PALS3.10.LG.AS.A

Every year, Australia hosts a 282 mile endurance racing from Sydney to Melbourne – considered to be the world’s longest and toughest ultra-marathon. It’s a long, tough race that takes a week and normally participated by world-class athletes who train specially for the event. Backed by big names in sports like Nike, these athletes are mostly less than 30 years old men and women equipped with the most expensive sponsored training outfits and shoes.

In 1983, these top class runners were in for a surprise. On the day of the race, a guy named Cliff Young showed up. At first, no one cared about him since everybody thought he was there to watch the event. After all, he was 61 years old, showed up in overalls and galoshes over his work boots.

As Cliff walked up to the table to take his number, it became obvious to everybody he was going to run. He was going to join a group of 150 world-class athletes and run! During that time, these runners don’t even know another surprising fact – his only trainer was his 81-year-old mother.

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PALS3.10.LG.AS.A *(continued)*

When the race started, the pros left Cliff behind in his galoshes. The crowds smiled because he didn't even run correctly. Instead of running, he appeared to run leisurely, shuffling like an amateur.

Now, the 61-year-old potato farmer from Beech Forest with no teeth had started the ultra-tough race with world-class athletes. All over Australia, people who watched the live telecast kept on praying that someone would stop this crazy old man from running because everyone believed he'd die even before even getting halfway across Sydney.

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When he got to a town called Albury he was asked about his tactics for the rest of the race. He said he would run through to the finish, and he did. He kept running. Every night he got just a little bit closer to the leading pack. By the last night, he passed all of the world-class athletes. By the last day, he was way in front of them. Not only did he run the Melbourne to Sydney race at age 61, without dying; he won first place, breaking the race record by nine hours and became a national hero! The nation fell in love with the 61-year-old potato farmer who came out of nowhere to defeat the world's best long distance runners.

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PALS3.10.LG.AS.B

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improves your quality of life.

can even extend your life.

is recommend by doctors at least three times a week for at least 20 minutes each time.



PALS3.10.LG.AS.C

A. Benefits of cardiovascular exercise

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

B. Recommendations for cardiovascular exercise

- 1.

PALS3.10.LG.AS.D

_____ Fitness Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

EXERCISE JOURNAL

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

PALS3.10.LG.AS.E

The President's Challenge

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PALS3.10.LG.ASSESS.A

Write a paragraph from your heart's point of view explaining why it is important to participate in cardiovascular exercise and explaining a beneficial fitness program with cardiovascular exercise.