

GROW YOUR PALS PROGRAM GUIDE



THE NATIONAL FFA MENTORING PROGRAM

Sponsored by



LESSON 3.14

The Amazing Hurdle Race

Unit:
EXERCISE

PRECEPTS

G Physical Growth

G3. Participate in a fitness program

NATIONAL STANDARDS

CS.02.01.02.a. Describe the benefits, risks and opportunities associated with being physically fit.

NL-ENG.K-12.12 – Applying Language Skills

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



Lesson Type:
Small Group

STUDENT LEARNING OBJECTIVES

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

- Discuss how exercise affects the body.
- Discuss the importance of warming up and cooling down.





TIME

Instruction time for this lesson: **30 minutes.**



RESOURCES

National FFA Organization. (2003). LifeKnowledge Precepts and Signs of Success



TOOLS, EQUIPMENT AND SUPPLIES

- ✓ CD player or another form of music
- ✓ Small boxes or other items that your PAL can jump
(to serve as six hurdles)
- ✓ Ribbon, tape or other material that can be used
as a finish line
- ✓ PALS3.14.SG.AS.A- one per group
- ✓ PALS3.14.SG.ASSESS.A - one per student



KEY TERMS

The following term is
presented in this lesson
and appears in ***bold italics***:
None available



CONTENT OUTLINE

Objective 1. | Discuss how exercise affects the body.

I. Hurdle race questions/discussion

Objective 2. | Discuss the importance of warming up and cooling down

I. Hurdle race questions/discussion

INTEREST APPROACH

Explain to students that you are going to test their endurance. You will play a song and they are expected to do jumping jacks for the entire song. Let students know that they are allowed to take a seat whenever they are tired but that the objective is to try to do jumping jacks the entire time. Also, tell students that if you notice them stopping, they will have to sit out. Play a song (something upbeat) and have the students start performing the jumping jacks.



We are going to start by testing our endurance today. When I say MUSIC, we will start the music. We will be doing jumping jacks until the song is over. Our objective is to keep up our jumping jacks for the entire time the music is playing. If you need to stop, that is ok, just take a seat. If anyone stops, they must sit as well. What questions do you have?

MUSIC

Once all students have sat out (or once the song is over) ask students how they feel. Possible answers may be “tired”, “energized”, or “out of breath.”



How do you feel?

Allow students to answer.



Today, we are going to get some exercise while learning about exercise. We must listen attentively to the directions for this activity and let our minds work as our bodies work to complete the race.

SUMMARY OF CONTENT AND TEACHING STRATEGIES

OBJECTIVE 1. | Discuss how exercise affects the body.



I. Hurdle race questions/discussion

OBJECTIVE 2. | Discuss the importance of warming up and cooling down



I. Hurdle race questions/discussion

Before the activity, print out PALS3.14.SG.AS.A and gather the materials for the hurdles and finish line. If it's a nice day and an outside area is accessible, implement this activity outside. Otherwise, ask the elementary teacher to suggest a good place to conduct this activity. You will be holding a race over the hurdles as you ask your PAL true /false questions to reinforce the benefits of exercise. Set up your hurdles about three feet apart, and place the finish line about three feet beyond the last hurdle. Be sure that the hurdles are small enough that your PAL can jump them easily. For each answer your PAL gets right, he/she will clear a hurdle on the way to the finish line. If he/she gets an answer wrong, go back and ask it again after your PAL has cleared the other hurdles. After your PAL answers each question, let him/her know if their answer was right or wrong, and read the explanation. Use this activity to discuss the benefits of exercise as you go along.



When I say GO, we will race to each hurdle and answer a true/false type question. After the explanation of the answer is read and if the answer is correct, we will jump that hurdle and move toward the finish line. If the answer is incorrect we will skip that hurdle, move to the next one and go back to that hurdle at the end for a second chance to answer that question and jump the hurdle. What questions do you have?

GO

Allow time to go to each hurdle, ask the question, let your PALS answer and read the explanation using PALS3.14SG.AS.A.



Hurdle 1: I heard that exercising makes you feel happy and relaxed. True or False

Allow PAL to answer and then read the explanation.



Answer 1: That's absolutely true! Endorphins [en-dor-finz] are chemicals released by the brain when you exercise. They may help you feel happy and relaxed, and lower your stress level.

If your PALS answered correctly then they jump the hurdle and move to the next hurdle. If they answered the question incorrectly, they walk around the hurdle and move to the next hurdle. They will return to the ones they missed to answer the missed questions again after they have gone through the entire course. Encourage your PALS to be enthusiastic and model that enthusiasm as you go through the course with them. Treat the course like a race!!!! Continue this process throughout all of the hurdles until each has been answered correctly and the race is complete.



Hurdle 2: I heard that I should always cool down after I do a physical activity.
True or False

Answer 2: *True! Cooling down allows your pulse and breathing rate to return to normal and helps keep your muscles from cramping. This should be part of every workout.*

Hurdle 3: I heard that warming up and stretching are two totally different things.
True or False

Answer 3: *False! To do a warm-up means literally to warm up your muscles, which mean doing a slower, gentler version of your activity. You can make stretching part of your warm-up. Stretching loosens your muscles, preparing them for the movement in your activity. A good warm-up, including stretching, is important before you start.*

Hurdle 4: I heard that physical activity is only worthwhile if I'm really good at it, or if I do it is for a long time. True or False

Answer 4: *Absolutely false! Getting a little physical activity each day, even if it's taking a 30-minute walk around the neighborhood or mowing the lawn, can help you build strong bones and muscles, reduce body fat and feel great.*

Hurdle 5: I heard that I can get athlete's foot by walking barefoot in the locker room. True or False

Answer 5: *That one is true. One way to get athlete's foot, a fungus that causes your feet to get red and itchy, is by walking barefoot on a wet or damp locker room floor where fungi may be lurking.*

Hurdle 6: I heard that exercising outside when it's really hot can be dangerous. True or False

Answer 6: *True! It's best to plan your activities in the cooler part of the day, like in the morning, but to stay safe in hot weather make sure you drink even more water than usual. Otherwise, you may get dehydrated, and feel sick. If you've been playing outside and start to feel dizzy, get some water right away and try to find some shade to cool down a little bit.*



After all questions have been answered correctly and all hurdles have been jumped be sure your PAL crosses the finish line!



Wow, that was an amazing race. We did it! Way to go!



REVIEW / SUMMARY

Today we had fun as we completed our amazing hurdle race by using our minds to review that exercise is a stress reliever; that we must warm up and cool down before and after exercise; and that 30 minutes of exercise is good for us. We also discussed that to protect ourselves from athlete's foot, we need to wear shoes in the locker room and that it is best to exercise in the morning or other times when it is not too hot! We also got a chance to exercise our bodies as we worked out with jumping jacks and jumping hurdles. What a great day! Thank you for your excellent attention!!

APPLICATION



Large Group Idea

Research a different type of exercise that interests your PALS and create presentations to share with the whole class. Examples include yoga, Tai Chi, Karate, Pilates, running, walking, swimming, playing tennis, etc.



One-on-One Idea

Create an individual exercise plan that fits your schedule and lifestyle. Be sure to include some type of exercise each day if possible.



EVALUATION

ANSWERS TO EVALUATION:

1. True
2. True
3. False
4. True
5. False
6. True

PALS3.14.SG.ASSESS.A

Name _____

Directions: Place T for true or F for false in the blank for each statement.

1. _____ Exercise makes you feel happy and relaxed.
2. _____ I should always cool down after I do a physical activity.
3. _____ Warming up and stretching are two totally different things.
4. _____ Physical activity is only worthwhile if I'm really good at it, or if I do it for a long time.
5. _____ I can get athlete's foot by walking barefoot in the locker room.
6. _____ Exercising outside when it's really hot can be dangerous.

PALS3.14.SG.AS.A

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