



Physical Activity Curriculum

Please note that the following schedule may be adapted to fit your students' needs, your own preferences and expertise, and the available materials.

PA – Week 1&6 – 1 hour

Theme: Cardio-respiratory Fitness

Possible Materials: ladders, cones, jump ropes

1. Discussion (10 minutes)

- Define Cardio-respiratory Fitness: This component of fitness is measured by the body's ability to take in adequate amounts of oxygen. It is based on the body's ability to carry oxygen efficiently through the blood to body cells. It involves the efficiency of the heart, lungs and blood vessels.
- What does it look like? Aerobic activities are those that involve large muscle groups and are done at a moderate, steady pace for fairly long periods of time. Kids should be active for 60 minutes every day!

Examples: swimming, biking, running, dancing, in-line skating...

Anaerobic activities are those that use oxygen faster than your heart and lungs can deliver it. Activities are short and intense and build power and speed.

Examples: Sprinting, one play on the football field...

- Benefits of having a high level of cardio-respiratory fitness:
 - Reduced risk for diseases, including diabetes, heart disease and cancer
 - Promotes healthy weight management
 - Improves self-esteem
 - Reduces stress

2. Warm up (5 minutes)

- Suggestions: Rhythmic movements (Marching, adding various arms movements, walking around) and dynamic stretching

3. Main Workout (35-40 minutes)

- Suggestions: aerobics class, boot camp style class, games (The Blob), relay races, cardio circuit with 5-6 stations (ladder drills, jump rope, jogging, jumping jacks, stairs, skipping, burpees...) 3 minutes at each, 2-3 rotations

4. Cool Down and Stretch (5-10 minutes)

- Bring heart rate down, relax students, lead them through static stretches for each major muscle group
- Review the benefits and importance of Cardio-respiratory fitness



PA – Week 2&7 – 1 hour

Theme: Flexibility

Possible Materials: ladders, cones, jump ropes, mats

1. Discussion (10 minutes)

- Define Flexibility: The ability to move your joints through a full range of motion. Joints are the places in your body where two bones meet.
- Review the joints of the body (i.e. elbows, knees, shoulders, ankles, hips, and spine).
- What does flexibility look like? Stretching, yoga
- Guidelines: Short, mild stretching throughout the day can increase blood flow and provide a feeling of relief. Static stretches held for a longer period of time (20-30 seconds) should be done when muscles are warm in order to make flexibility gains.
- Benefits of having a functional measure of flexibility:
 - Comfortable function for daily activities (reaching high places, etc...)
 - Reduces muscle pain (low back)
 - Reduces risk of injury

2. Warm up (5 minutes)

- Various rhythmic movements and dynamic stretching

3. Main Workout (35 minutes)

- Suggestions – Yoga, cardio games, circuit with stations including exercises for the low back and hamstrings and/or stretching, Obstacle course with certain obstacles requiring flexibility

4. Cool down and stretch (10 minutes)

- Stretches for 20-30 seconds for each major muscle
- Deltoids, biceps, triceps, back, abdominals, glutes, hips, quads, hamstrings, calves
- Review the main points about flexibility

PA – Week 3&8 – 1 hour

Theme: Muscular Strength

Possible Materials: ladders, cones, jump ropes, tubing, medicine balls, mats

1. Discussion: (10 minutes)

- Muscular strength is the ability of the muscles to move objects or weight by contracting. You can move your own weight or other objects or weights.
- What does it look like? Weight lifting, squats, pushups, lunges
- Benefits:
 - Increases lean muscle mass
 - Increases metabolism (our body ability to use energy)
 - Helps reduce injury
 - Helps your body move efficiently and well



- Keeps your bones strong and healthy
2. Warm Up (5 minutes)
 - Mixture of rhythmic movements and dynamic stretching
 3. Main Workout (35-40 minutes)
 - Suggestions: Circuit with stations alternating strength and cardio drills - focusing more on strength, boot camp style workout
 - Games, relay races
 4. Cool Down (5 minutes)
 - Static stretches for all major muscle groups
 - Review the importance of muscular strength

PA – Week 4&9 – 1 hour

Theme: Body Composition

Possible Materials: ladders, cones, jump ropes, mats

1. Discussion: (10 minutes)
 - Body Composition is the percentage of different types of tissues in the body. Having a high percentage of body fat is a risk factor for many diseases.
 - Weight is not always a reliable indicator of body composition. Five pounds of fat takes up much more space than 5 pounds of muscle.
 - Aerobic exercise uses fat as fuel, so engaging in regular aerobic activity will help you reduce excess fat. Resistance training will help build lean muscle.
 - Benefits of having a healthy percentage of fat and healthy body composition:
 - Reduces risk of diseases, including heart disease and cancer
 - Increases metabolism (increasing our body's ability to burn calories and use energy efficiently)
 - Improves self-esteem
 - Increases function and comfort when engaging in daily activities
2. Warm up (5 minutes)
 - A mixture of rhythmic movements and dynamic stretching
3. Main Workout (35-40 minutes)
 - Suggestions:
 - Circuit with alternating stations of cardio drills and resistance training (ladder drills, crunches, jumping jacks, planks, partner activities, pushups on ground or against wall...)
 - An aerobics class, step, cardio kickboxing, then strength exercises at the end
 - A boot camp style class – alternate running and walking with various strength exercises along the way



4. Cool down & Stretch (5 min)
 - Decrease heart rate and stretch major muscle groups
 - Review the main points regarding body composition

PA – Week 5&10 – 1 hour

Theme: Muscular Endurance

Possible Materials: ladders, cones, jump ropes, mats, medicine balls

1. Discussion (10 minutes)
 - Muscular endurance refers to your body's ability to use a group of muscles over and over again without becoming tired quickly.
 - What does it look like? Climbing stairs, running, pushing pedals on a bicycle for a long period of time...or posture, standing up all day
 - Benefits:
 - Enables you to be active for long periods of time
 - Helps you perform activities comfortably
 - Helps reduce the risk of disease
2. Warm Up (5 minutes)
 - A combination of rhythmic movements and dynamic stretching
3. Main Workout: (40 minutes)
 - Suggestions: Boot camp style class or circuit
 - Run/walk workout – 3 min run, 1 minute walk
 - Games
4. Cool Down (5 minutes)
 - Static stretching for the major muscle groups
 - Review the importance muscular endurance