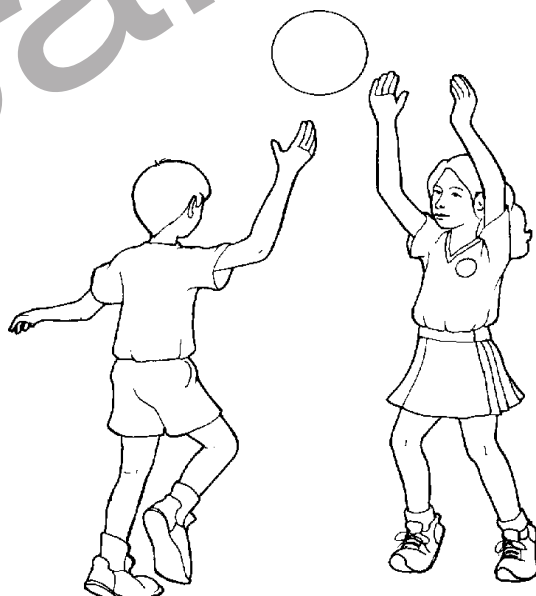


Book 3
For 11 - 13 yr olds

Life Fit

**Activities to foster an
active lifestyle.**



Written by Tony Abbotts & Paul Larkin. Illustrated by Melinda Parker. Edited by Kylie Lowson.

© Ready-Ed Publications - 2000.

Published by Ready-Ed Publications (2000) P.O. Box 276 Greenwood W.A. 6024

COPYRIGHT NOTICE

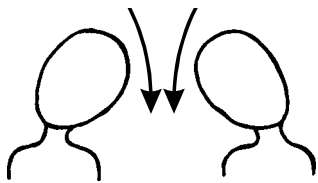
Permission is granted for the purchaser to photocopy sufficient copies for non-commercial educational purposes. However, this permission is not transferable and applies only to the purchasing individual or institution.

ISBN 1 86397 347 8

Contents

Warm-ups/Warm-downs/Stretches	5 - 8
<i>Curriculum Focus: Fun Runs</i>	
Interval Loop Run	9
Wave Run	10
Horse and Jockey	11
Orienteering Run	12
Pyramid Run	13
<i>Curriculum Focus: Obstacle Courses</i>	
Obstacle Course 3.1	14
Obstacle Course 3.2	15
Obstacle Course 3.3	16
Obstacle Course 3.4	17
Obstacle Course 3.5	18
<i>Curriculum Focus: Parachute Games</i>	
Rock and Roll 1	19
Rock and Roll 2	20
Rise and Fall	21
Target Practice	22
Rollerball	23
<i>Curriculum Focus: Relays</i>	
Dual Relay	24
Endurance Relay	25
Build-ups Relay	26
Dress Up Relay	27
Multi Relay	28
<i>Curriculum Focus: Aerobics</i>	
Aerobics 3.1	29
Aerobics 3.2	30
Aerobics 3.3	31
Aerobics 3.4	32
Aerobics 3.5	33
<i>Curriculum Focus: Partner Activities</i>	
Stand and Deliver	34
Save Your Partner	35
Giant Table Tennis	36
Sit-up Ball	37
Circus Activities	38
<i>Curriculum Focus: Vigorous Games</i>	
Dodge Ball	39
Safety Hoop	40
Octopus	41
Quicket	42
Number Swap	43
<i>Curriculum Focus: Circuits</i>	
Lower Body Circuit	44
Lower Body Circuit (b)	45
Upper Body Circuit	46
Upper Body Circuit (b)	47
Hoop Circuit	48
Torso Circuit	49
Torso Circuit (b)	50
Golf Circuit	51

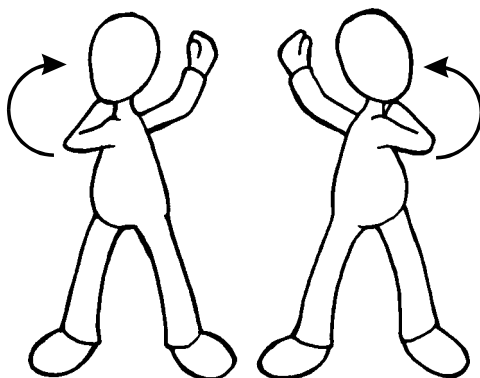
Stretches



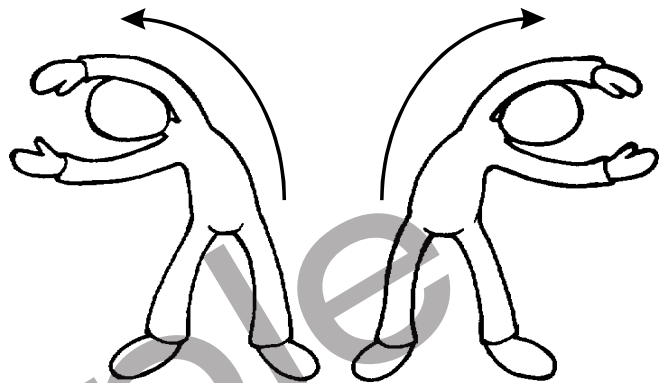
Neck stretch,
forward, backward
side stretch



Shoulder stretch,
do both sides



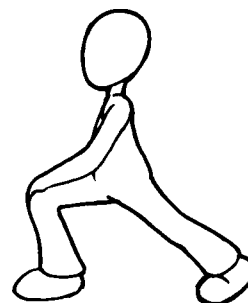
Trunk twisting



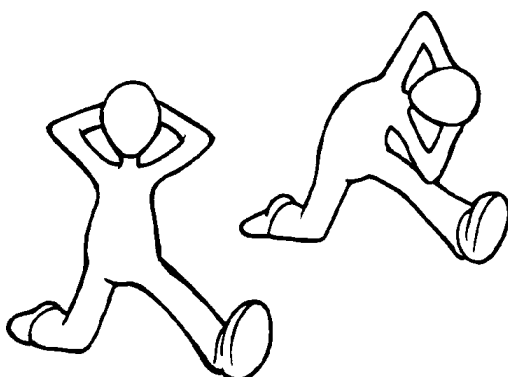
Sideways stretch



Trunk rolls



Forward lunge on both sides



Elbow to knee



Leg stretch on both sides

Outcome:

Children are able to distinguish between an effort phase and a recovery phase during exercise.

Equipment:

Stopwatch or timepiece, 6 witches hats.

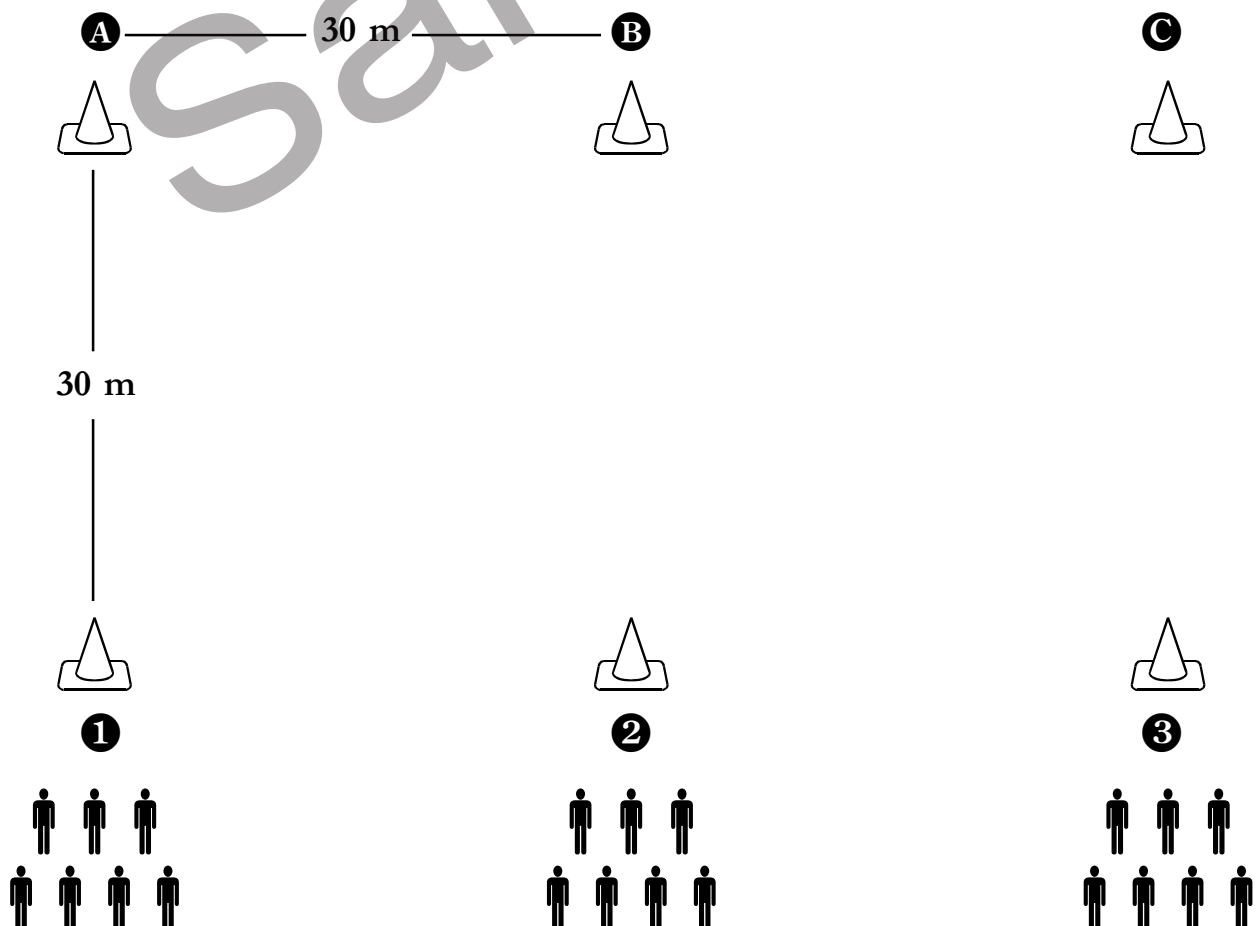
Activity:

Put children into three groups with one group at each hat – 1, 2 and 3 (see diagram).

Teams can run separately and be timed, or one runner from each team can run solo in a relay format.

On “go” Team 1 will run around hat **A**, back around hat **1**, up around hat **B**, back around hat **1** and finally out around hat **C** and back to hat **1**.

Team 2 run: hat **B**, hat **2**, hat **C**, hat **2** and hat **A**, hat **2**. Team 3 will run hat **C**, hat **3**, hat **B**, hat **3** and hat **A**, hat **3**.



Outcome:

Children repeat movements to form a sequence and adjust speed/tempo to suit.

Equipment:

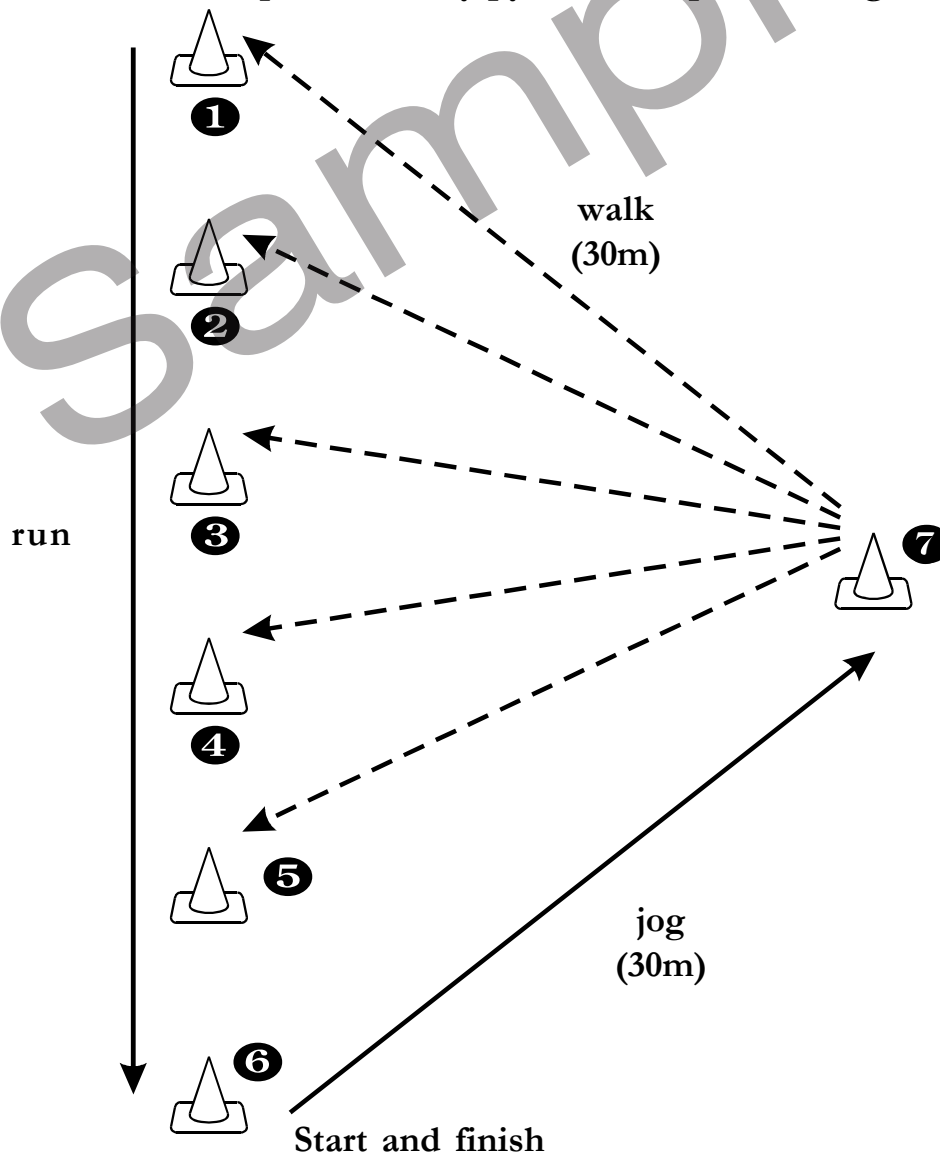
Witches hats to mark out distance.

Activity:

The children work as a group for this activity. They start at hat ⑥ and jog to hat ⑦ before walking to hat ①.

When they reach hat ① they run to hat ⑥, jog to hat ⑦ and walk to hat ②. This is repeated for hats ③, ④ and ⑤.

The children may be required to complete a set of pyramids, e.g. 3, or given a set time to complete as many pyramids as possible, e.g. 8 minutes.



Outcome:

Children develop their skills of speed and timing in moving through an 'active' obstacle course.

Equipment:

2 witches hats, 3 small rubber balls, 3 skipping ropes, 3 hoops, 3 beanbags.

Activity:

The children are put into 5 groups with even numbers in each group (if possible).

One group has to move through the course whilst the other four groups provide the obstacles. At the completion of the course Group ① turns around and has another turn through. They then take over Group ②'s activity and Group ② goes to 3, ③ to 4, ④ to 5 and Group ⑤ completes the course.

The four activities are: rolling balls back and forth, wiggling ropes on the ground, holding hoops to walk or crawl through, and tossing beanbags above head height back and forth.

