

Kindergarten-2nd Grade Lesson 3: STRENGTH

Overview

In this lesson students will be introduced to how we use our strength to help us every day. The first video shown as part of this lesson will discuss the different aspects of how we use strength in common activities, like carrying groceries and going up stairs. To illustrate strength, a contracting muscle is compared to a rubber band stretching and then propelling us forward. This example is used to show how muscles contract and relax over and over to do things like go up stairs. The lesson also reviews how to increase our strength over time using the tale of Milo of Croton as an example. The importance of core strength and how it prevents injuries is discussed using the “three little pigs”. Core strength is compared to having a stronger “house” and makes us harder to knock down. The lesson concludes with a discussion of ways to measure our strength, practical examples of how strength is used to play sports, and different ways to get stronger over time. After the knowledge portion of this lesson, we pivot to showing students videos that will provide a brief warm up followed by different strength exercise workouts. Workout videos include a circuit style workout and a group challenge to test who has the most strength.

Behavior Change Objective:

As a result of this lesson, students will increase their strength over time by being more active.

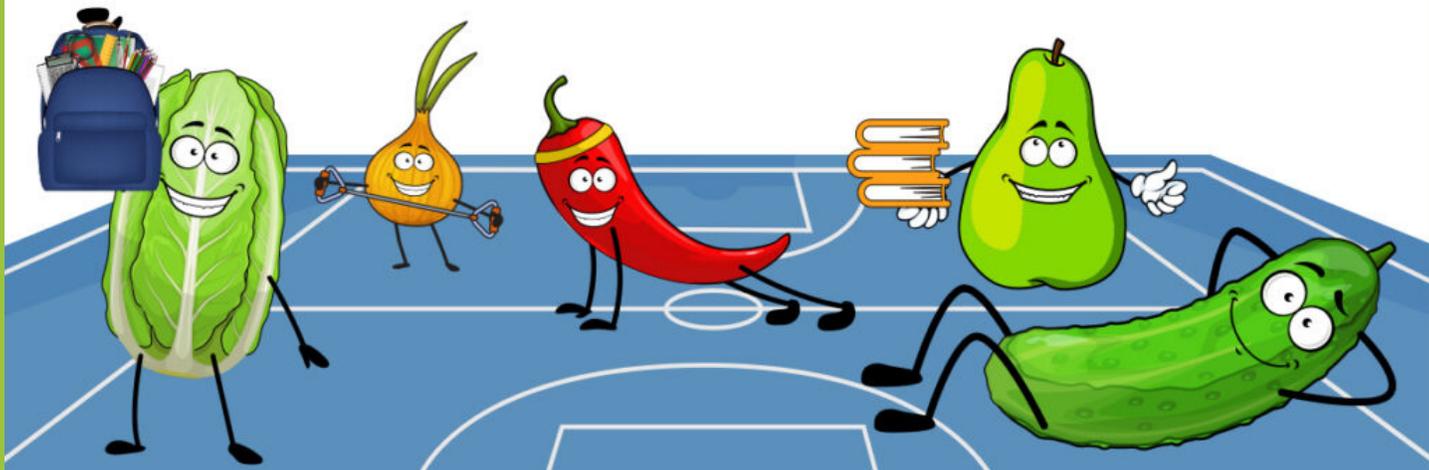
Learning Objectives:

Students will be able to:

- Describe how strength is used in every day activities.
- Recite that the body part that makes us strong is our muscles.
- List the different methods used to measure strength.
- Recite several activities they can do at home to increase strength.

Educational Standards:

NJSLS for Comprehensive Health and Physical Education: 2.6.8.A.1; 2.6.8.A.4; 2.5.8.A.2; 2.5.8.B.2; 2.1.8.E.1; 2.1.8.E.4
NHES: 1.8.1; 1.8.2; 1.8.5; 5.8.4; 5.8.6; 6.8.1; 6.8.2; 7.8.1; 7.8.2; 7.8.3



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Materials

- [Videos](#) & AV Equipment:
 - Strength Video: 6:17
 - General Warm-Up – 4:34
 - Strength Circuit – 8:51
 - Activity Ball skills – 4:35
- Suitable floor space/surface
- Ball/tennis ball
- Stopwatch

Before You Begin

- Review entire lesson - look through and see appropriate places to pause the video and engage students with a question for students to answer in pairs, small groups, or to the whole class
- Review Classroom Management techniques (see links for helpful videos)

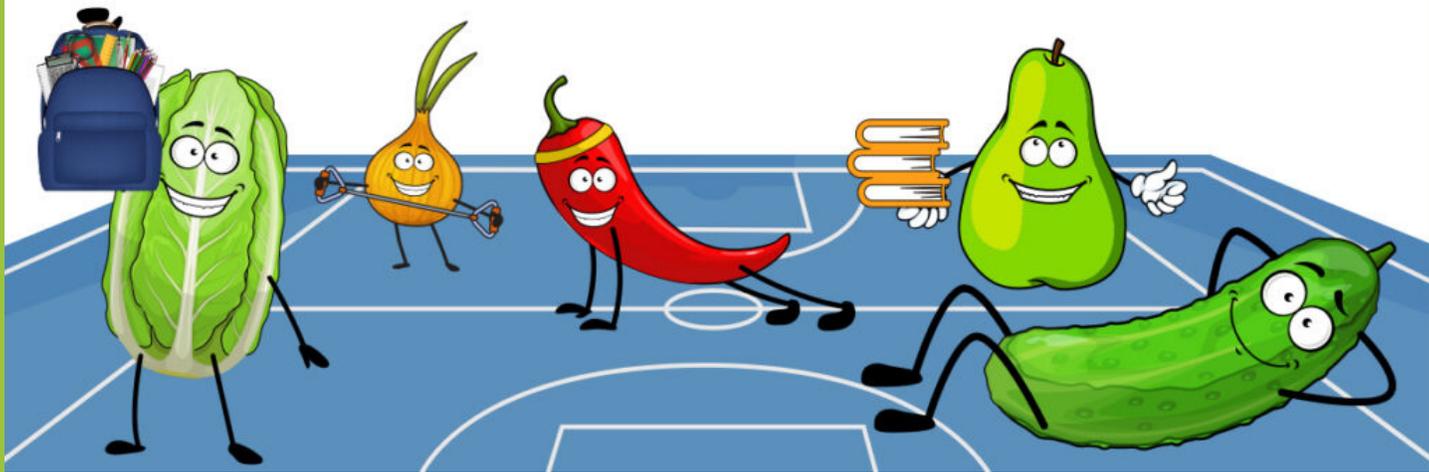
- [How to Handle an Out of Control Middle-School Classroom](#) (start at 2:03)
- [How to Make a Noisy Class Quiet](#) (start at 2:40)
- [SPARK Classroom Management Strategies](#) – specific to PE classes
- Gather your materials
 - Blow up balloons
- Ensure students have space to move
- Set up AV equipment and provide space for film viewing.
- **TIP:** It is helpful to have the instructor model movements in between circulating, coaching, and cueing students

Procedure

1. Activate Prior Knowledge:

2. **Introduce the Lesson:** Show video entitled [Strength](#) (Video 1). Pause when appropriate to engage students.

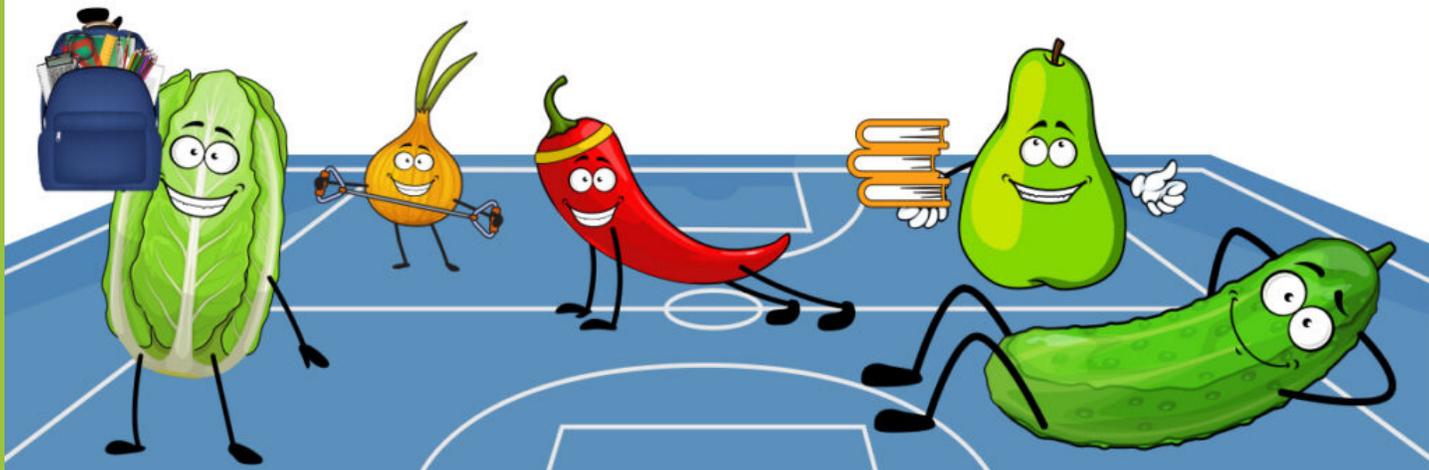
- Post-video questions:
 - What part of the body is responsible for generating our strength?
 - What are ways we can improve strength at home?



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Procedure, cont.

3. **General Warm-Up** (Video 2)
 - a. Pre-warm-up question: Why might we want to warm our bodies up before exercise?
4. **Teaching/Skill**
 - a. **Activity:** Students will complete a series of **strength assessments** (Video 3). Encourage students to take note of how many reps of each exercise they can do now, if they keep doing these exercises and build their strength they will be able to do more later.
 - i. Break into two groups- take about 5-10 mins per group:
 1. Squat group
 - a. technique - demo, position, posture, etc.
 - b. modifications- chair, bench, etc.
 - c. everyone attempts 10 together
 - d. if time allows maybe show a lunge or other type of squat for a variety
 2. Push up group
 - a. technique - demo, position, form, etc.
 - b. modifications- kneeling, wall push up, bench push up
 - c. everyone attempts 10 together
 - d. if time allows, show a pike push up, etc.
 3. Flip groups and repeat
 - a. Bring both groups together and have them alternate- between the two - they can ladder up like 1:1, 2:2 up to 5, or do "I go, you go" with a partner, etc.
5. **Cool Down - Yoga & Meditation**
 - a. **Pre-Cool Down Question:** Why might it be important to do something like yoga or mindful breathing after a hard workout?
 - b. You can have students test their heart rate before and after (it should be slower!)



Kindergarten-2nd Grade Lesson 3: EXTENSION ACTIVITIES



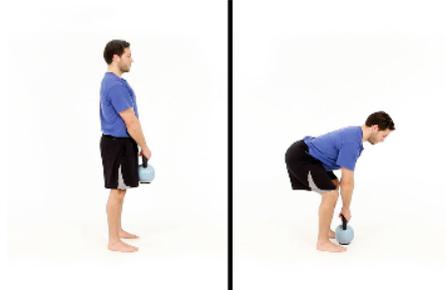
Squat



Sets: 3 **Reps:** 8-12 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Begin standing with your feet at shoulder width apart. Slowly perform a squat by keeping your back straight and bending at your knees and hips, lowering your body down as if you were going to sit in a chair. Make sure feet stay flat on the ground, do not let heels come up and keep your knees from going past your toes. Stand back up to starting position. Repeat as directed.

Kettlebell RDL (Romanian Deadlift)



Sets: 3 **Reps:** 8-12 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Starting Position: Begin by standing tall with feet shoulder width apart and knees unlocked. KB starts between your feet with the handle of kettlebell lining up with your ankles. Movement: Proceed into a hip hinging motion sitting hips back while maintaining natural curve of your back and reach for handle of kettlebell. Once gripped engage your core and lock your shoulder

Comments: Can be done without weight or you can grab something to hold like a text book or back pack

Step Up



Sets: 3 **Reps:** 8-12 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Position: Standing. Movement: Stand in front of step. Step up onto step with right leg and bring left leg up to meet it. Return to floor with both feet. Repeat with left side.

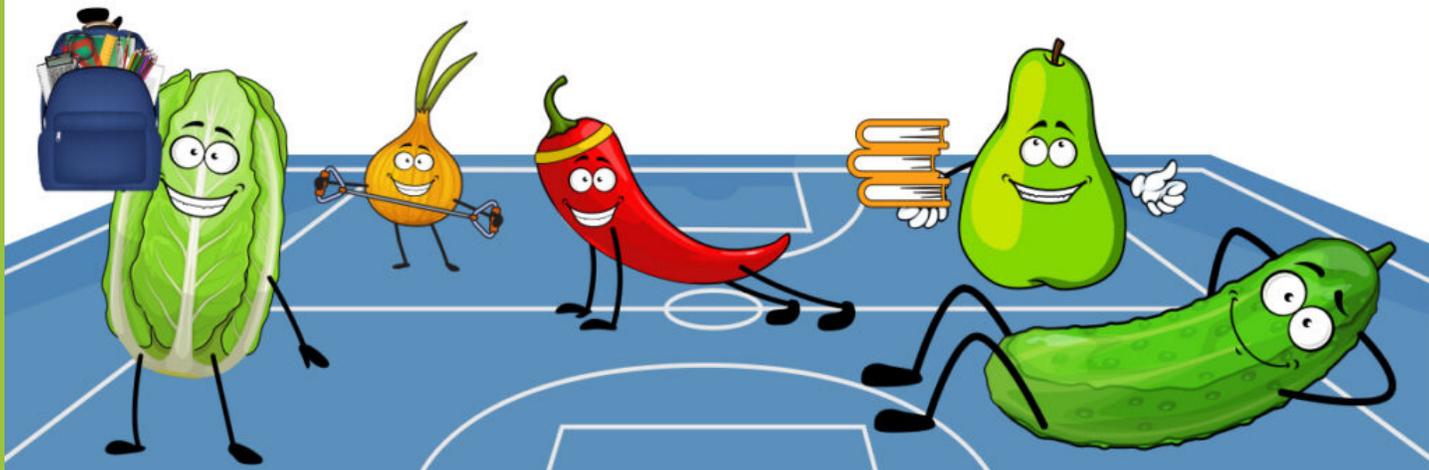
Heel Raise



Sets: 3 **Reps:** 8-12 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Begin by standing in front of a stable surface. Gently lift both heels of the ground and push up onto your toes keeping your knees straight. When fully lifted, slowly lower your heels back to the ground. Repeat as directed.

Comments: both sides



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Push Up on Knees



Sets: 3 Reps: 8-12 Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description:

Starting Position: Begin lying flat on your stomach on the floor. Place your hands at your sides just outside your shoulders. Bend your knees so that your feet are off the floor. **Movement:** Engage your core and push into the floor with your hands so that your trunk lifts off the floor until your arms are fully extended. Make sure to keep your knees, hips, and shoulders in a straight line. Repeat as prescribed. **Tip:** Be sure to keep your neck in neutral as well.

Push Ups



Sets: 3 Reps: 8-12 Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description:

Starting Position: Begin in a plank position on your hands. **Movement:** Starting position, engage abdominals and your glutes to tuck your pelvis, then push chest as far from the floor as you can to achieve end range protraction. Lower your trunk towards the floor keeping your trunk rigid, then push back to the starting position. **Tips:** Push-ups challenge your core strength as much as they challenge the strength of your shoulders. If your hips/belly hit the floor first then you are losing the core component of the exercise, you must keep your trunk rigid and stable. Doing push-ups from an elevated position will

Prone Pike



Sets: 3 Reps: 8-12 Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description: Starting position is lying on your stomach with hands up by your shoulders in a push up position. Begin exercise by tightening abdominals and performing a push up. Once you have pushed yourself up and your body and arms are straight, lift your hips back and upwards creating a V with your body. Pause and then slowly return to the starting position. Maintain tight abdominals throughout exercise. perform specified number of repetitions.

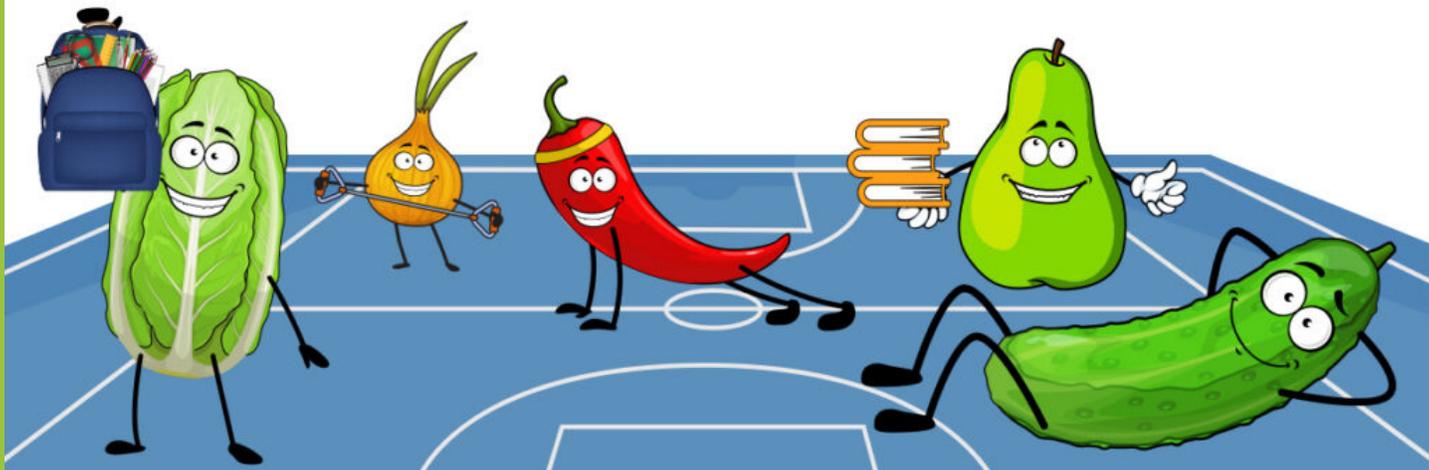
Comments: Bend you elbows and draw your head towards the ground, then press back up straightening your arms for a pike push up

Tricep Push Ups in Chair



Sets: 3 Reps: 8-12 Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description: Begin seated in an armed chair with your feet flat on the floor. Place both hands on the arms of the chair, and lift your bottom off of the chair by straightening your elbows. Slowly bend you elbows, lowering your bottom back to the chair. Repeat as directed. You can make this exercise easier or harder depending on how much weight you put through your legs.



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Plank



Sets: 3 **Reps:** 30" **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Begin by lying on your stomach with both forearms under your chest. Keeping your abdominals tight, push up through your forearms so that your chest, hips, and knees are off the ground. You should be able to draw a straight line from your ankles, through your hips to your shoulders. Hold as directed. Repeat as directed.