

# CHECKPOINT FITNESS

**Developed by:** Terrie Hanke 2006 Teacher on the Trail™

**Discipline:** Physical Education

**Topic:** Aerobic & Strength Exercises

**Grade Level:** K - 12

**Resources / References / Materials Teacher Needs:** Recorded music, die for each checkpoint, list of exercises for each checkpoint, hand held weights, mats, balls.

**Lesson Summary:** Students run, jog or walk for a predetermined amount of time and intensity around the gym. When time is up students choose a checkpoint to go to. A student rolls the die to determine what exercise the group will do. All students perform the exercise. Repeat.

**Standard's Addressed: National Physical Education Standards**

**Standard 1** – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 4** – The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5** – The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge self-expression and/or social interaction.

**Learning objectives:**

1) Students exercise through play and group games to increase strength, endurance and flexibility.

**Assessment:**

1) Willing and whole-hearted participation in activity.  
2) Exercise in target zone for 50% of activity time if using heart rate monitors.

**Procedural Activities:** The instructor selects 6 activities for each checkpoint. Place the exercises numbered 1 - 6 on a sheet of paper. Necessary equipment for exercises needs to be placed at each of the checkpoints along with one die. The students will run, walk or jog for a predetermined amount of time and intensity around the gym. When time is up, the group heads to a checkpoint. Only one group may occupy each checkpoint. When the group has arrived at a checkpoint, one of the members rolls the die. The number that comes up determines the exercise to be done by the group. Once the group has finished the exercise, they run, walk or jog again. When time is up the group heads to another checkpoint. With six exercises at each checkpoint combined with the chance of rolling the die, students can return to a checkpoint more than once. Students can return to a checkpoint more than once. With 2 exercises at each checkpoint combined with the chance of rolling the die, duplication most likely won't be a problem

**Materials Students Need:** Tennis shoes and appropriate exercise/aerobic attire.

**Technology Utilized to Enhance Learning:** Polar Heart Rate Monitors to determine the amount of time each student spends in his/her target zone. Insta-Pulse™ monitors to determine heart rate during activity. Internet research on the checkpoints (integrate with Social Studies).

**Other Information:** Exercises are grouped at checkpoints either by muscle group or by equipment needed. There isn't anything magic about the exercises or how they've been grouped except to minimize the need for equipment. Feel free to create your own exercises or pick and choose from the list supplied. For a slightly different twist, place four cards at each checkpoint. Card #1 reads TEACHER ONLY; card #2 reads EVERYONE; Card #3 reads STUDENT CHOICE and card #4 reads VOLUNTEER. After rolling the die to determine what exercise will be done, a card is selected to determine who does the exercise. Other card ideas might be eye color, hair color, sex, pet, dog, cat, etc. Finally, music can be played for the aerobic movement segment. When the music stops, that's the signal to claim a checkpoint. Time at each checkpoint should be limited to about 1 minute & 30 seconds. This should allow enough time to roll the die, select the card and perform the exercise. Each checkpoint can have the same list of exercises or each checkpoint can have a unique list.

**Modifications for special learners/ Enrichment Opportunities:** Exercises and movement can be modified to accommodate physically challenged students. Students can create their own lists of activities for each checkpoint. Students can name the checkpoints based on their knowledge gained in Social Studies.

**Notes:** A list of suggested exercises along with a brief explanation of each activity follows. Further along you'll find a sample Checkpoint Exercise Sheet followed by demographic, historical and trail information for Checkpoint Skwentna. Lastly there is a blank checkpoint exercise sheet.

ACTIVITY	DESCRIPTION
Air Cycles	Lie on back, roll backward onto shoulders, support hips with hands and bicycle with legs elevated above head.
Wall Sit	Sit against wall with back flat against the wall, hips and knees bent at 90 degrees
½ Squats	Stand with feet hip's width apart. Squat to position of thighs parallel with floor then stand.
Side Flutter kick	Lie on side supporting head with hand. Flutter kick with legs. Change sides.
Lunges	Stand with feet together. Lunge by taking a step forward. Thigh of front leg should be parallel to floor at lowest position. Alternate legs.
Reverse Lunges	Stand with feet together. Lunge backward by extending one leg behind body. Thigh of front leg should be parallel to floor at lowest position. Alternate legs.
Genie	Kneel on floor with arms across chest. Keeping body straight, lean back, return to upright.
Leg Raises - Side	Lie on side supporting head with hand. Raise top leg keeping toe pointed forward. Change sides.
OJ Squeeze	Lie on side supporting head with hand. Bend top leg and place foot in front of bottom knee. Raise lower leg to strengthen inside of thigh.
Sumo	Stand with feet hip's width apart, toes pointing outward, hands on hips. Squat to position of thighs parallel with floor than stand.
Bicep Curls*	Stand straight. With hand held weights curl palms to shoulders. Repeat and switch.
Lateral Raises*	Stand straight. With hand held weights raise arms to side to head height. Repeat & switch.
Tri-kickbacks*	Kneel on all fours. With hand held weights bend one elbow to 90 degrees so elbow is touching ribs. Extend lower arm backwards. Repeat & switch.
Alternate Raises*	Stand straight. With hand held weights raise arms forward to head height. Repeat & switch.
Hammer Curl*	Stand straight. With hand held weights, curl thumb side of fist to shoulders. Repeat and switch.
Overhead Karate Thrusts	Stand with legs shoulder-width apart. Hold elbows at sides, bend arms and make 2 fists. Forcefully punch air above head with fists. Quickly return to start and repeat.
Mountain Climbers	Stand, bend forward, place hands on floor, alternately extend legs backward and return as if running in place with hands on floor.
Burpees	Stand, bend forward, place hands on floor, extend legs backward into pushup position then forward, then stand. Repeat.
Skiers	Stand straight, jump off both feet, extend right leg back and left leg forward. Land in stride position. Jump again, land in stride position with right leg forward and left leg backward. Add arm swing for greater momentum.
Moguls	Stand straight, jump lightly off toes and rotate hips and heels to the right, jump again rotate to the left. Action parallels that of skiing in moguls.
Jumping Jacks	Stand straight, Bring arms overhead simultaneously jump and extend legs to side. Return to start. Repeat. Consider variations of jumping jacks. Do regular jack then kick right leg forward and clap under knee, return to start then kick left leg forward and clap under leg.
Doggies	Kneel on all fours. Raise bent leg to side then extend lower leg, return to flexed position and lower leg. Alternate legs.
Bridge	Lie on floor with knees bent, feet and hands on floor. Shoulders remain on floor, lift hips off floor. Hold 10 seconds. Return to start and repeat.
Elbow to Knee	Stand straight with elbows bent and hands at chin. Raise knee and cross opposite elbow to raised knee. Lower and switch.
Trunk Extension	Lying face down, raise opposite arm and leg, return and alternate.
Quadruped Extension	Kneel on all fours. Raise opposite arm and leg, return and alternate.
Wall Pushups	Stand arm's length away from wall with hands on wall with thumbs and pointer fingers forming a triangle. Rise onto tiptoes, flex elbows, touch nose to wall.
Push-ups	Assume push-up position either full extension on toes or part extension on knees.
Crunches***	Lie on back, place feet flat on floor, cross arms over chest, roll head and shoulders off floor.
Medicine Ball Pass	Stand 6 feet from a partner. One partner holding medicine ball. Pass ball to partner. After catching, bend over and touch ball to floor then stand up, extend ball over head. Bring ball down to chest and pass to partner who repeats.
V-Pushups	Plant feet hip's distance apart. Bend forward at the hip to place hands on the floor 2 – 3 feet in front of toes. Bend elbows, lower head to floor. Return and repeat.
Abdominal Pull	Balance on butt and hands with heels close to seat. Extend legs to a slightly bent position. Return to balanced starting position and repeat.

Lower Body Exercises

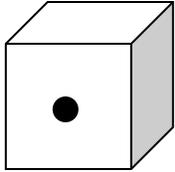
Upper Body Exercises

Aerobic Exercises

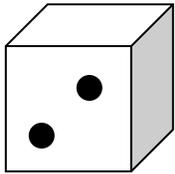
Torso & Combo Exercises

\* Need hand held weights; \*\* Need weighted medicine balls; \*\*\*Need mats for floor exercise

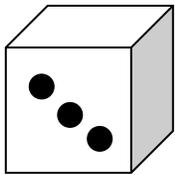
# CHECKPOINT SKWENTNA



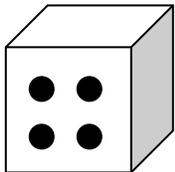
**25 CRUNCHES**



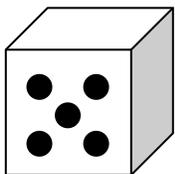
**20 MOUNTAIN CLIMBERS**



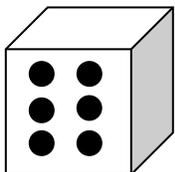
**10 BURPEES**



**50 AIR BICYCLES**



**1 MINUTE WALL SIT**



**30 BICEP CURLS**

# Skwentna – Checkpoint #3

Population: 173  
Neighborhood Type: Rural  
School: Matanuska-Susitna Schools (Closed)  
Altitude: 150 feet above sea level  
Average Rainfall: 27 inches  
Average Snowfall: 120 inches  
January Temperature Range: -36 to 33 degrees (F)  
July Temperature Range: 42 to 83 degrees (F)  
Average days of precipitation – 136  
Average days of Sunshine – 133

Athabascan Indians have fished and hunted in the area for centuries. In early 1900, the Alaska Road Commission blazed a trail from Seward to Nome going through Old Skwentna from The Susitna River to Rainy Pass. The trail provided access to the Innoko Mining District. Prospectors, trappers and Indians used the trail to transport goods by dog sled.

Skwentna lies on the south bank of the Skwentna River at its junction with Eight Mile Creek, 70 air miles northwest of Anchorage. Seven percent of Skwentna's population are Alaska Native or part Native. The actual checkpoint is located at Joe and Norma Delia's log house. Their house also serves as the Post Office. There is no road access to Skwentna. Most homes are for seasonal use. Some of the homes have individual water wells. Outhouses are the primary means of sewage disposal. Electricity is provided by individual generator. Most residents burn and bury their own refuse. There are no roads so people travel by snowmachine or air.

Leaving Yentna, the mushers will travel 34 miles to reach Skwentna. All but the last few miles will be on the Yentna River before heading up the Skwentna River to the checkpoint. In his Trail Notes published in *Iditarod's Guide to the Last Great Race*, Don Bowers, Jr. says the river during the middle 15 miles of this run branches out into a maze of channels and sloughs with many trails for local travel. With no hills, this is normally a fast run with most mushers making Skwentna in 3 to 4 ½ hours.

The trail from Skwentna to Finger Lake runs mostly up hill but Bowers doesn't consider it to be overly tough. The 45-mile run will take from 4 to 6 hours. After leaving Skwentna, the teams will encounter Skwentna River, swamps, small lakes, woods, meadows, tree lines, Shell Creek and Onestone Lake. Bowers reminds mushers that when leaving Skwentna they must carry enough food to keep the dogs happy until reaching Rainy Pass, as there is no food drop at Finger Lake.

# CHECKPOINT:

