

MUSHER CIRCUIT TRAINING

Developed by: Terrie Hanke 2006 Teacher on the Trail™

Discipline: Physical Education

Topic: Fitness

Grade Level: Middle & High School

Resources / References / Materials Teacher Needs:

Recorded music, A pair of dice, Tape, Necessary mats or other equipment

Lesson Summary: Not only are the dogs in top notch physical condition for Iditarod, the mushers are too. Mushers need to have upper body strength, lower body strength, core strength, cardio-vascular endurance, flexibility and mental stamina. Students will create stations for a circuit-training course aimed at helping mushers improve strength, endurance and flexibility.

Standard's Addressed: National Physical Education Standards

Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

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:

- Students exercise through play and group games to increase strength, endurance and flexibility.
- Students understand principles of training and conditioning.
- Students create exercises for circuit.

Assessment:

- Create exercise poster for circuit training which must include
 - Name of exercise
 - Purpose of exercise
 - Picture or diagram of exercise
 - Instructions for exercise
 - Repetitions
- Willingly and whole-hearted participation

Procedural Activities: Understanding the necessity of the mushers being in good physical condition for the Iditarod, students will design exercises for a circuit training activity that would be appropriate for mushers. Students will be responsible for selecting exercises to enhance upper body strength, lower body strength, core strength, cardio-vascular endurance or flexibility. Students will create a poster for their chosen exercise that will be placed around the gymnasium to create a circuit training activity. The posters must include -

- Name of the exercise
- Purpose of the exercise
- Picture or diagram of the exercise
- Brief instructions for the exercise
- Number of repetitions
- Necessary equipment

Determine the number of exercises to be used on any given day for the circuit training activity. Place the posters on the wall of the gymnasium stations. Students are responsible for placing the necessary equipment (mats, hand held weights, core balls, etc.) at their station. This activity can be used for a number of days so that everybody's exercise is included in the circuit and everybody has the responsibility of preparing the station. Students should pair up to travel the circuit. Allow 2 minutes for each station and about a minute to travel to the next station. Play music during the circuit. When the music stops, the students move to a new station. Roll either a single die or a pair of dice to determine how many stations the students advance.

Materials Students Need: Tennis shoes and appropriate exercise/aerobic clothing; computer & printer; internet access.

Technology Utilized to Enhance Learning: Use the following technology skills to create a fun exercise poster –

- Word processing, Page Layout, Font Styles and Color
- Google Image Search, save images, insert images, size images

Other Information: The students need experience with a variety of exercises before attempting this activity. It may be advisable for the students to work in groups.

Modifications for special learners/ Enrichment Opportunities: Students can work at their own pace at each station and can make any necessary adaptations to perform the exercises throughout the circuit.

Notes: See example exercise poster