

#9440

# TAKE AIM ON FITNESS

AMERICAN PRODUCTION SERVICES

1998

Grade Levels: K-5

25 minutes



## DESCRIPTION

A children's gymnastic team demonstrates, at the gym and at home, basic flexibility, strength, and gymnastic moves to encourage their peers to become or stay fit.

## ACADEMIC STANDARDS

### Subject Area: Physical Education

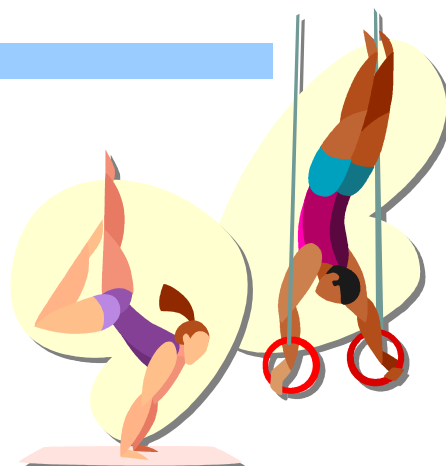
- Standard: Understands the benefits and costs associated with participation in physical activity
  - Benchmark: Understands the health benefits of physical activity (e.g., good health, physical endurance)
- Standard: Uses a variety of basic and advanced movement forms
  - Benchmark: Uses a variety of basic non-locomotor skills (e.g., bending, twisting, stretching, turning, lifting)

## INSTRUCTIONAL GOALS

1. To demonstrate various gymnastic/yoga positions.
2. To encourage children to exercise.

## VOCABULARY

1. flexibility
2. gymnastics
3. poise
4. yoga



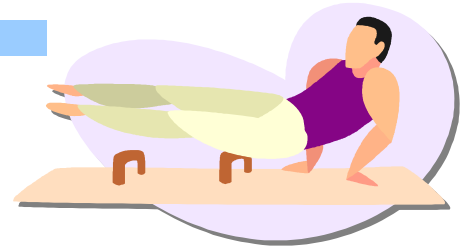
## BEFORE SHOWING

1. View the video uninterrupted.
2. Review the vocabulary list.
3. Discuss the rules before beginning the exercise program and the importance of following rules when exercising.

## AFTER SHOWING

### Discussion Items and Questions

1. Discuss the importance of staying fit.
2. Review the different positions demonstrated in the video.  
Discuss the origins of the positions.
3. What are the benefits of participating in an exercise program such as this?
4. What exercises do you currently do to stay fit?



### Applications and Activities

1. Plan a week-long activity calendar focusing on exercising and healthy eating. Challenge the class to take an active part in each activity at school and at home.
2. Create a bulletin board containing information about the planned calendar in activity #1 and encourage the entire school to participate.
3. Write an oath for each class member to take focusing on staying fit. Have a special ceremony celebrating the event. Ask students to provide healthy snacks to serve.

## RELATED RESOURCES



### Captioned Media Program

- Posture #2321
- Shape Up 'n Sign #7777



### World Wide Web

The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and "kid safe" sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

- **KIDSHEALTH**

<http://kidshealth.org/kid/>

Searchable site contains articles, fun features and interactive activities for children to learn more about health and fitness.

- **KIDS HEALTH AND FITNESS**

<http://www.kidshealthandfitness.com.au/kids/>

Includes games, information and activities focusing on ways to keep fit.

- **USA GYMNASTICS ONLINE**

<http://www.usa-gymnastics.org>

The sport, the athletes, the records.

