

# Tour de Fitness

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## SECONDARY

### III. Lesson Focus

#### **SUPERSTAR (2 wall line dance) by Greg Davidson**

**Standard(s):** 1 & 3

**Suggested Grade Level:** Secondary

**Equipment:** Music- "Gonna Make You Sweat" (Everybody Dance Now) by C&C Music Factory

**Directions:** Have students spread out around gym or playing area about arms-length apart and staggered all facing the teacher. Teach the first few steps without the music, then practice those steps with the music. Continue teaching steps and practicing with music until dance is complete. As an assessment, have a Dance-Off → right half of class performs while the left side is the audience then switch.

#### **SUPERSTAR**

4 cts - 4 hand waves over the head to the left

8 cts - Headache walk right 2 steps (step together, step together)

Headache walk left 2 steps

\*Headache walk description- 1 hand on forehead, the other hand straight out to the side with a wave ("Shoo Away"/attitude wave)

8 cts - Block (2 hands into chest)- 2 cts

Push hands out in front- 2 cts

Repeat (hands in 2 cts- hands out 2 cts)

4 cts - Train pump pivot on left foot 4x's in a circle (360°)

8 cts - 4 Monkeys right

4 Monkeys left

8 cts - Raise right hand up, then left hand up, then right hand up 2x's

Raise left hand up, then right hand up, then left hand up 2x's

8 cts - Raise right hand up and hold (2cts), then left hand up and hold (2cts). Bring right hand to left armpit and hold (2cts), then left hand to the right armpit and hold (2cts).

8 cts - Superstar jump- Stride jump forward with hands raised, and yell superstar, jump back to attention, then repeat superstar, then attention.

8 cts- Walk forward 4 steps with a clap, walk back 4 with a clap.

8 cts - Walk forward 4 steps and turn to face the back wall. Walk forward 4 steps towards the back wall....then repeat the dance, beginning with the hand waves.

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## ELECTRIC SLIDE (4 wall line dance)

**Standard(s):** 1 & 3

**Suggested Grade Level:** Secondary

**Equipment:** Music "It's Electric" by Marcia Griffiths

**Directions:** Have students spread out around gym or playing area about arms-length apart and staggered all facing the teacher. Teach the first few steps without the music, then practice those steps with the music. Continue teaching steps and practicing with music until dance is complete. As an assessment, have a Dance-Off → right half of class performs while the left side is the audience then switch.

Grapevine Right, L, R, tap L

Grapevine Left, R, L, tap R

Step back R, L, R, tap L

Rock forward on L tap R, Rock back on R tap L, Rock forward on L tap R, Rock back on R tap L

Step on L with  $\frac{1}{4}$  pivot turn, scuff R

Dance starts again

### **Variations:**

Grapevine Turn R, L, R, tap L

Grapevine Turn L, R, L, tap R

Turn back R, L, R, tap L

Charleston → Step L, kick forward R, step back R, lunge back L and touch the floor with your R hand

Repeat Charleston

Step on L with  $\frac{1}{4}$  pivot turn, scuff R

Dance starts again

\*You can teach a more challenging dance to the same song:

Tap out R, together, slide R, tap L

Tap out L, together, slide L, tap R

Rock forward R, L, R, L

Rock back R, L, R, L

Rock forward, R, L

Rock back R, L

$\frac{1}{4}$  pivot turn to R while doing Grapevine R, L, R, together L

Jazz square → Step R over L, step back L, side step R, step together L and clap

Dance starts again

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## HEALTH-RELATED AND SKILL-RELATED FITNESS CIRCUIT

**Standard(s):** 1 & 3

**Suggested Grade Level:** Secondary

**Equipment:** Music, Recording sheet and pencil (for every student), cones, stop watch, measuring tape, 2 basketballs, coins, jump rope,

**Directions:** Prior to this activity, review the differences between HR and SR Fitness. A worksheet can be provided to the students before this activity or note cards can be placed at each station with a description of the components. Have students get into groups of two and hand out the recording sheet to every student. Students are to go around the gym or playing area and complete the HR and SR fitness activities recording their results on the recording sheet at each station. Collect all worksheets at the end of class. Repeat this activity often to compare results.

Station 1: Agility and Speed Course (2 trials)

Station 2: Endurance-Complete (#) of push-ups/wall push-ups and crunches

Station 3: Coordination- Double Ball Bounce (3 tries)

Station 4: Muscular Power- Standing Broad Jump (3 tries)

Station 5: CV Capacity- Jump Rope (forward, backward, tricks)

Station 6: Balance- The Stork Stand (3 tries)

Station 7: Flexibility- Perform different stretches

Station 8: Strength- Arm Wrestle your partner (best 2 out of 3)

Station 9: Perceptual Awareness- Nose touch (1 try) and Finger touch (2 tries) AND  
Reaction Time- Coin Catch (2 tries)

## Health Related Fitness

-HR Fitness is the type of fitness we all should develop regardless of age or sex in order to live longer and live "better".

- You do not have to be athletic to be "good" at HR fitness. In fact, many athletes measure low in some aspects of health fitness (Ex. flexibility, muscular strength) because often coaches neglect attention to these areas.

-Possessing adequate health fitness components slows down effects of aging so people feel better as they live longer.

-Everyone can improve in HR fitness with practice.

## Definitions

1. Strength- the ability of the muscles to exert large amounts of force

2. Endurance- the ability of the muscles to be used (contract) over and over again without getting tired

3. Flexibility- the ability of the body to bend, twist and stretch through a range of motion at a joint(s)

4. Cardiovascular (Aerobic) Capacity- the ability of the heart, blood vessels and lungs to get and deliver fuel (oxygen) to the exercising muscles during long periods of exercise

5. Body Composition- the percentage of body weight that is fat tissue compared to lean tissue such as muscle & bone

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## Skill-Related Fitness

- SR Fitness makes you "good" at sports, leisure activities, and "your play".
- Different activities you participate in maximize different abilities in skill fitness.
- SR Fitness can be improved with practice up to a certain point but a person's ability to do skill fitness is largely genetic.

## Definitions

1. Agility- the ability to change your body position quickly in a controlled manner.
2. Balance- the ability to keep an upright posture while standing still or moving.
3. Coordination- the ability to use your senses (eyes) with your body part(s) (hands or feet) in a smooth & accurate way while doing motor tasks
4. Power- the ability to do strength performances quickly (speed + strength)
5. Perceptual Awareness- the ability to know where your body parts are in relation to space, teammates, opponents, or objects
6. Reaction Time- the amount of time it takes to get moving once you see the need to move
7. Speed- the ability to perform a movement or cover a distance in a short period of time

## FLYIN DISC HORSESHOE

**Standard(s):** 1

**Suggested Grade Level:** Secondary

**Equipment:** 4 Frisbees and 2 hula hoops for every 4 students

**Directions:** 1<sup>st</sup> activity: Practice the Frisbee forehand pass. Have students start close then move farther apart. Demonstrate first.

Cues:

1. Make a peace sign, then turn hand so palm is up
2. Hang Frisbee on peace sign
3. Hold Frisbee with peace sign, close peace sign fingers along inside rim and thumb on outside/top. Curl the rest of the fingers into your palm.
4. Elbow in (but not tight), palm up, face throwing side to target
5. Step toward target with the foot that is closest to the target, snap wrist and fingers on follow through
6. Keep palm up throughout throw (most common error)

2<sup>nd</sup> activity: Set up the Flyin Disc horseshoe pits. Place 2 hoops approximately thirty feet apart and approximately ten feet away from the next set of hoops. Students pair up within their group of four and stand at opposite hoops as in regular horseshoes where partners are across from one another. All 4 flying discs start at one hoop (each student with 2) throwing towards the hoop across from them (one at a time).

Students throw the flying discs attempting to make them land in the hoop across from them. Students are awarded 3 points for the entire Frisbee in the hoop, 2 points if the Frisbee lands touching any part of the hoop and 1 point if it lands within one walking

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step from the hoop. The students play to a number set by the teacher, the best two out of three to a lower number, or they can just play for fun and tally their individual totals.

### **“WACKY” OLYMPICS** “Wacky” Olympics

**Standard(s):** 1

**Suggested grade level:** Secondary

**Equipment:** plungers with ball; basketballs, tennis racquets and balls, jump ropes, cups

**Description:** Divide class into equal ability level teams. Have each team perform each of the following tasks (events) as relays beginning on the baseline of the basketball court (or playing area) to the opposite baseline and back to the starting point where the student will “tag” the next person to complete the task.

Event #1 – Statue of Liberty -- plunger with a ball. Place the ball on top of the plunger and carry it like the Statue of Liberty’s torch. If the ball falls off the plunger, you must stop where it fell and recite or sing the last verse of the national anthem:

“O say, does that star-spangled banner yet wave  
O'er the land of the free and the home of the brave?”

Event #2 – Canadian Leg Circles -- Dribble a basketball to the opposite baseline and complete 10 leg circles around each leg then dribble back to start.

Leg Circles→ While in a stationary defensive stance, dribble basketball around each leg 10 times.

Event #3 – USA Figure 8 – Dribble a basketball to the opposite baseline and complete 5 figure 8's; dribble back to start.

Figure 8's→ While in a stationary defensive stance, dribble basketball around and through legs in a figure 8 pattern (∞).

Event #4 – Russian Racquets- Balance a ball on a racquet and run to the opposite base line and back. If the ball drops, pick it up and bounce it 3 times on the racquet before continuing.

Event #5 – Britain Ball Bounce- Bounce ball on one side of racquet to the opposite base line; complete 5 pushups (or wall pushups) then bounce ball on one side of racquet back to start.

Event #6 – Chinese Table Tennis- Bounce ball on alternating sides of racquet to the opposite base line and back. If the ball drops, pick it up and bounce it 3 times on the racquet before continuing.

Event # 7 – German Jump Rope- jump rope to the opposite base line.

Stop and complete 5 backwards jumps on the base line then jump rope back to start.

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Event # 8 – Colombia Cup Stacking- Skip to the opposite baseline, complete 6 cup stack and unstack; skip back to start.

Event #9 – Argentina Agiltiy- Jog to ½ court and backpedal to opposite baseline; then, backpedal to ½ court and jog back to start.

Event #10 – Trinidad Trio- Dribble a basketball to the opposite baseline; bounce a tennis ball 10 x's on a racquet; dribble back to the start point with the basketball.

### **FITNESS STATIONS**

**Standard(s):** 1

**Suggested Grade level:** Secondary

**Equipment:** floor tape, jump ropes, 1-2 ladders, cones, basketballs, hula hoops

**Directions:** Set up the following stations (Make stations “signs” for students to refer to when they rotate to each station).

1. W's or dot drill - With floor tape mark W's or dots for dot drill.
2. Jump rope - for any j-rope pattern
3. Wall push offs or “normal” push ups
4. Quick feet - agility ladders
5. Crunches
6. Lunges
7. Cone dribble – basketballs
8. Hula hoops

Divide students into stations and have them complete the task at each station for a given amount of time – 30 seconds to begin and progress from that point or have them complete a given number at each station. Have students rotate in the same direction from 1 station to the other.

### **CUP STACKING/3 STACK**

**Standard(s):** 1

**Suggested Grade Level:** Secondary

**Equipment:** Cups, stopwatch

**Directions:** Every student gets a set of cups or pair students to one set of cups. Teach the 3 stack to the students and have them practice it. Once the skill is mastered perform a series of relays, sit-up stacks, etc. Practice the 3-3-3 and ultimately students will be timed in the

3-3-3.

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### **CUP STACKING/6 STACK**

**Standard(s):** 1

**Suggested Grade Level:** Secondary

**Equipment:** Cups, Stopwatch

**Directions:** Every student gets a set of cups or pair students to one set of cups. Teach the 6 stack to the students and have them practice it. Once the skill is mastered perform a series of relays using the 6 stack (6-6 and the 3-6-3). Ultimately students will be timed in the 3-6-3.

### **CUP STACKING/1 CYCLE**

**Standard(s):** 1

**Suggested Grade Level:** Secondary

**Equipment:** Cups, Stopwatch

**Directions:** Every student gets a set of cups or pair students to one set of cups. Teach the 10 stack to the students and have them practice it. Then teach the cycle stack and have them practice it. Once the skill is mastered perform a series of relays using the 10 and cycle stack. Ultimately students will be timed in the cycle stack.