

Session Guide: Fitness Animal Game

Session Outline

Description

This physical activity session will introduce a fun running and exercising game. It provides a fun and engaging way for learners to exercise while maintaining social distancing. The game consists of selecting a type of animal that learners think fewest of their peers will choose, carry out an exercise associated with it and those who chose the most common animal have to jog for a short while and leave the game. When there are 1 or 2 learners left, they are the winners and the game can start again.

Session Objectives

The objectives of this session are to:

- Carry out physical exercises through a fun and engaging game.
- Learn new ways of exercising and staying healthy.

Expected Outcomes

By the end of the session learners will have:

- Warmed up.
- Played the game several times.
- Cooled down.

Areas involved

- Games and fitness
 - Running games
 - Athletics
 - Aerobics



Activity: Warmup

Objectives

To warm up thoroughly before starting the game.

Expected Outcomes

Learners will have carried out an aerobic exercise followed by a stretch.

Teaching Instructions

Mention that the session will include repeated short anaerobic exercises in the form of a game. As such, start with an aerobic exercise, such as a (socially distanced) jog for 8-10 minutes followed by a full body stretch.

Suggested Guidelines

- If learners are jogging ensure they don't do so as a group and they maintain social distancing.

Activity: The Fitness Animal Game

Objectives

- To carry out physical exercises through a fun and engaging game.
- To learn new ways of exercising and staying healthy.

Expected Outcomes

- Learners will have carried out a series of physical exercises through a game.

Teaching Instructions

Explain the game to the learners: Learners should stand in a large circle with 2 metres between each other to maintain social distancing. When you clap, they need to quickly select an animal: lizard, starfish or spider. They will then have 30 to 60 seconds to carry out the exercise associated with each animal. The lizard should lie on the ground with the chest down and do



push ups. The starfish should carry out star jumps. The spider should lie on the ground on their backs and move their legs and arms back forth as if they were walking on a ceiling. While the learners carry out their exercise, you should count the number of each animal. When you clap again you shout the name of the animal most learners chose and everyone who chose that animal should quickly jog around the circle in a clockwise direction, at least 2 metres away from the circle, keeping good distance between each other. When they get back to their original position, they stop and leave the circle. Repeat the exercise with the learners who are still in the circle until there are only 1 or 2 learners left, who are the winners. Give learners a few minutes to rest and repeat the game.

Suggested Guidelines

- Encourage learners to select different animals, not always the same, as the muscle type they are exercising could tire.
- Encourage learners to stretch while they are resting in between rounds of the game.

Activity: Cool Down and Stretches

Objectives

- To ensure that learners cool down and stretch at the end of their physical activity.

Expected Outcomes

- Learners will have safely cooled down and stretched after their exercise session.

Teaching Instructions

Lead comprehensive stretching routine for 5-10 minutes ensuring you state the importance of stretching and cooling down after exercising. You can use any combination of stretches or you can find plenty of cooldown stretching routines online. Some examples are below.

- <https://www.youtube.com/watch?v=IVt1KqKcYZk>
- <https://www.youtube.com/watch?v=u5Hr3rNUZ24>
- https://www.youtube.com/watch?v=Ufmhww_7XNo
- <https://www.youtube.com/watch?v=t9NlnqDhGv4>

