



Lesson one: Components of an exercise session (30 minutes)

1. Outcomes

By the end of this lesson the learners should be able to:

- understand and explain the components of an exercise session
- understand and explain the importance of stretching
- give an example of an aerobic or cardiovascular activity
- give an example of a strengthening exercise.

2. Teacher's corner

In lesson one, you should explain the components of an exercise session to the learners. There are four components of an exercise session:

a. Warm up

The warm up prepares the body for the exercise session. It increases the blood flow to all active muscles and gradually raises the heart rate and breathing rate. In addition, adequate warm up exercises reduce the risk of injury. A warm up should be light and last 6 to 10 minutes. You may have noticed that the warm up exercises in most of the lesson plans are only five minutes – this is to allow you time to complete the session. However, feel free to increase the length of the warm up to suit the needs of your class.

b. Stretching

Stretching is also part of the warm up and plays a role in increasing blood flow to the muscles. It improves the muscles' flexibility and the joints' range of motion. Stretching is particularly important for people with movement problems or bad posture.

Keep to the following guidelines when stretching:

- Hold each stretch for 20 to 30 seconds
- Repeat each stretch twice on each side
- When you are in the position, hold the stretch for the specified time (do not bounce it)
- They should feel a slight pull but no pain.

c. Main part of an exercise session

The focus of this section of the exercise session varies depending on whether you want to train cardiovascular fitness, muscle strength, coordination or flexibility. These components of fitness will be explored in more detail in grade 5.

d. Cool down

The cool down is your way of saying thank you to your body for the exercise session. As it implies, it cools the body down and brings it back to a resting state. The aim is to slowly return the breathing rate, heart rate and temperature to pre-exercise levels. It also plays a role in reducing the risk of injury and muscular pain after exercise.

The detail in which you explain and teach the components of the exercise session should depend on your class. However, the learners must be aware of each exercise component and what it involves. With stretching, they do not have to know the guidelines. However, you should reinforce the guidelines each time you stretch with the class.

3. Activities

For lesson one you'll need the following equipment:

- A large, flat playing area
- A wall
- Two marked lines (for crows and cranes)
- A music system or drums (you can also clap hands to the beat)
- A whistle.

Activity one: Warm up (8 minutes)

Choose a warm up activity from the list of warm up and cool down exercises.

Activity two: Crows and cranes (7 minutes)

Activity two is one of the main parts of this exercise session and focuses on aerobics.

- Divide learners into two teams and have them stand back to back
- One row is the cranes and the other row is the crows
- When you call out 'cranes', the cranes must run to a line you have set beforehand, while the crows chase and try to touch them
- When a crane is touched, they have to leave their team and join the crows
- When you call 'crows', the cranes have to touch the crows.

Note that the learners may be confused about which team has to chase the other if you draw out the 'cr...' sound when calling 'crows' or 'cranes'.

Activity three: Wall slides and wall pushes (7 minutes)

Activity three is also a main part of this exercise session and focuses on muscle strength and endurance.

Wall pushes:

- This is like a push up, but is done in a standing position
- The learners should stand facing the wall, with their feet shoulder-width apart
- They place their hands on the wall. Their arms should be relatively straight, but not locked at the elbow joint. They should be leaning forward slightly, with their arms shoulder-width apart.
- The learners will then bend their arms slowly until their nose touches the wall and then straighten their arms slowly
- They should repeat this movement 10 times.



Tip for wall pushes:

If you want to make this more challenging, ask the learners to stand further away from the wall or to do it even slower.

Wall slides:

- Ask the learners to stand with their backs against the wall so their head, shoulders and hips are touching the wall and their feet are shoulder-width apart
- They will then slide down, bending their knees to 90°, keeping their back, shoulders and hips against the wall
- They should hold this position for 3 to 4 seconds before sliding up again
- They should repeat this movement 10 times.



Alternate between the wall pushes and the wall slides. Aim for three sets of 10 each for the wall pushes and wall slides, depending on the time available.

Activity four: Cool down: (5 minutes)

Choose a cool down activity from the list of warm up and cool down exercises.

Tips for the activities:

Most of the activities for this lesson require little organisation and the class can do them as one big group. However, ensure that all the learners can hear you when you are explaining the instructions or the benefits of each exercise component as they are likely to be quite spread out.

4. Wrap up (3 minutes)

Revise the components of the exercise session and make sure that the learners know how to do these exercises on their own.

Introduce the learners to the worksheet for lesson one.

Name _____

Worksheet: Grade three lesson one

Task one: An exercise session

Fill in the parts of an exercise session in the table like the example. Then you should write down what that part of the exercise session does to help your body stay fit and healthy.

Part of exercise session	What it does
Example: Warm up	Gets my body ready for exercise

Task two: Pictures

Find pictures in magazines of people doing physical activity. Paste them in the table provided and write down which part of the exercise session you think they are doing.

Picture	Part of the exercise session