

# Chair Aerobics

✓ classroom

✓ gymnasium



Action Schools! BC

4-7

Healthy Heart

Perform active routines to music and get a workout in and around a chair while developing fundamental movements! Chair aerobics is fun and great for student leaders.

**HEALTH  
COMPONENTS  
OF FITNESS**

ENDURANCE  
FLEXIBILITY  
STRENGTH

JUMPING  
SWINGING

**FUNDAMENTAL  
MOVEMENT  
SKILLS**

## CURRICULUM CONNECTIONS



### BIG IDEAS

- Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being (4).
- Daily physical activity enables us to practise skillful movement and helps us develop personal fitness (5-6).
- Physical literacy and fitness contribute to our success in and enjoyment of physical activity (6-7).
- Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals (7).

### CURRICULAR COMPETENCIES:

- Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments (4-5).
- Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments (6-7).
- Participate daily in physical activity designed to enhance and maintain health components of fitness (5-7).
- Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness (6-7).

## CONTENT

- Proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills.
- Benefits of physical activity and exercise (4-5).
- Differences between the health components of fitness (5).
- How to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games.
- Effects of different types of physical activity on the body (7).
- Practices that promote health and well-being.

## FIRST PEOPLES PRINCIPLES OF LEARNING FOR ALL STUDENTS



- Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.
- Learning is holistic, reflexive, reflective, experiential, and relational (focused on connectedness, on reciprocal relationships, and a sense of place).

## COMPREHENSIVE SCHOOL HEALTH CONNECTIONS



## RELATIONSHIPS AND ENVIRONMENTS

- Have the desks and tables moved to the walls in the class to allow the students to sit on the chairs with space between them. Go outside and find a space to place their chairs in a circle. Circles represent important principles in the First Peoples worldview and belief systems, namely, interconnectedness, equality, and continuity. According to traditional teaching, the seasonal pattern of life and renewal and the movement of animals and people were continuous, like a circle, which has no beginning and no end.

## TEACHING AND LEARNING

- Movement breaks during classroom time helps students to spend energy, re-energize their brains and contributes to their learning potential.

## COMMUNITY PARTNERSHIPS

- Have older students, or students from another class come and participate in this activity to build relationships.

## OUR SCHOOL POLICIES

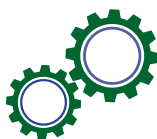
- Allow students to be physically active throughout each class in the day.

## EQUIPMENT AND RESOURCES



- DVD and music player, chairs
- Music: Popular music, or *Jump2bFit* CD if available

## IMPLEMENTATION



- Use the workout routines provided with the music from the *Jump2bFit* CD or other music of similar tempo – 120-130 beats per minute.
- Challenge students to create new sequences in themes, (e.g., basketball, martial arts) Have students do the count the actions for 30 seconds each while sitting on their chairs.
- **Mountain Climbing:** Have students swing their arms and reach left and right while tapping their toes and lifting their knees.
- **Swimming:** Have students move their arms as if doing the front or back crawl and kick their legs out in front.
- **Biking:** Have students circle their legs as if they are riding a bike.
- **Paddle Boarding:** Invite the students to pretend to paddle a canoe (paddle on both sides).
- **Triceps dips:** Have students place both hands on the sides of the chair seats. Using their arms, they lift their bodies off the seats and then lower their bodies.
- **Bicep curls:** Have students make a fist with one hand and bend the arm at the elbow to raise the hand towards the shoulder. Have them repeat this movement using the other hand. Alternatively, this activity can be done with a fitness band.
- **Spiral:** Have students clasp their hands together close to their chests with elbows out and twist slowly from side to side. Remind students to keep feet flat on the floor.
- Have students reflect on and explain how participating in this activity could influence their health (e.g., It helps to improve their endurance and strength levels, makes them feel more awake, they feel better about themselves after the activity, etc.).

## ACTION TIPS

- Position chairs so students can stretch out their legs (e.g., sideways to desk).
- Encourage good posture – sit on the edge of the chair with a straight back, hold chair bottom with hands during the “legs” part of the sequence for support.
- Change movements on beats, at a natural break in the music, or on leader voice cues.
- Introduce movements at a slow tempo then increase tempo when movements are being performed comfortably.

## SAFETY CONSIDERATIONS

- Ensure students warm up before the activity and cool down and stretch afterwards.
- Ensure teacher is present and can observe students at all times during the activity.
- Ensure chairs have stoppers on the legs to prevent the chair from sliding out under the student.

## EXTENSION OF LEARNING

- Alternatively, this activity can be done with a small weights or using an exercise band.
- Have students think of new movements or sequences to share with the class.
- Regularly lead talking circles to discuss current issues, build trust among students, and/or discuss responses to stories. Talking circles should last from seven to ten minutes, but could be longer if an issue or topic requires more time. Sample topics: what I feel inside- what makes me happy, sad, angry, or excited; my favourite activities and why they are favourites; why my friend is special; why my family is important to me; what this story reminds me of; who this character reminds me of; which other book this one reminds me of and why.

# Chair Aerobics Routines

## HIKING

**ARMS** – arms reaching up (alternate) (sit)  
**LEGS** – toe taps, knees high (alternate) (sit)  
**WITH CHAIR** – stand and face chair, toe taps on chair seat (stand)  
**ON THE SPOT** – marching on the spot (stand)



## SWIMMING

**ARMS** – front and back crawl  
**LEGS** – flutter kick  
**WITH CHAIR** – sit and jump with arms up – bobbing  
**ON THE SPOT** – butterfly arms and knees (6 FIT KIDS' WORKOUTS DVD)

## CYCLING

**ARMS** – arms roll uphill and downhill  
**LEGS** – pedaling forwards and backwards  
**WITH CHAIR** – flat tire (tricep) push-ups  
**ON THE SPOT** – unicycle jump twists



## PADDLING

**ARMS** – canoe paddling (4 each side)  
**LEGS** – kayak pedals  
**WITH CHAIR** – seated row  
**ON THE SPOT** – portage, knee bends

## CROSS TRAINING

**ARMS** – scissors overhead  
**LEGS** – scissors waist high  
**WITH CHAIR** – sit and reach over and under chair  
**ON THE SPOT** – jumping jacks



Inspired by Debbie Keel, Action Schools! BC Regional Trainer