

# Chair Aerobics



Action Schools! BC

K to 3

Healthy Heart

Cardiovascular disease is the second leading cause of death in Canada. Physical activity can contribute to a healthy lifestyle and decreased risk of heart disease. Regular participation in active games, individual pursuits, and running or walking will contribute to students' heart health.

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  
RUNNING  
DODGING

**FUNDAMENTAL  
MOVEMENT  
SKILLS**

## CURRICULUM CONNECTIONS



### BIG IDEAS

- Daily physical activity helps us develop movement skills and physical literacy, and is an important part of healthy living (K-1).
- Good health comprises physical, mental, and emotional well-being (K-1).
- Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being (2-3).
- Learning how to participate and move our bodies in different physical activities helps us develop physical literacy (2).

### CURRICULAR COMPETENCIES:

- Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments.
- Participate daily in physical activity at moderate to vigorous intensity levels.
- Identify and describe practices that promote mental well-being (K-1).

## CONTENT

- Proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills.
- How to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games.
- Effects of different activities on the body (1).
- Effects of physical activity on the body (2).
- 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.

## 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



- Music player
- Chairs
- Music: Popular music
- *Chair Aerobics Routines Learning Activity* (included with this activity)

## IMPLEMENTATION



- Use *Chair Aerobics Routines* to music.
- Challenge students to create new movements and sequences.
- Create movements and sequences around a current classroom theme (e.g., summer fun, space, insects, Olympics/Paralympics).
- 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.
- When students have mastered the sitting sequences, progress to utilizing the chair for squats, partial squats (almost sitting), putting hands on back of chair and extending legs to side and /or back, one foot touch on chair.

## 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

- Students brainstorm where else they can do chair aerobics. Make a list and display in the classroom.

# Chair Aerobics Routines

Action Schools! BC

## Learning Activity



classroom



gymnasium



### PLAYING WITH A ROPE

- ARMS – pretend to turn a rope double-dutch (both arms, alternating inwards).
- LEGS – pretend to jump a rope (fancy foot patterns).
- WITH CHAIR – pretend to climb a rope (stand up, sit down).
- ON THE SPOT – pretend to do skipping tricks with invisible rope (jump and turn, speed, crossovers, backwards).



### PLAYING WITH A BALL

- ARMS – pretend to bounce a ball (alternate arms).
- LEGS – pretend to kick a ball (alternate legs).
- WITH CHAIR – pretend to roll a ball (two hands, bend over to touch floor, swing arms up).
- ON THE SPOT – pretend to pick up and throw a ball (overhand).



### PLAYING TAG

- ARMS – pretend to reach and tag (both hands, all directions).
- LEGS – running on the spot.
- WITH CHAIR – freeze in shapes (using chair for balance).
- ON THE SPOT – run, dart and dodge.

Inspired by Debbie Keel, Action Schools! BC Regional Trainer

See also: *Chair Aerobics Routines* for Grades 4-7 available from [www.actionschoolsbc.ca/resources](http://www.actionschoolsbc.ca/resources)