

FOLLOW THE FITNESS TRAINER

ROLE-PLAY



Use the Organize Success Skill to plan exercises for a friend to follow.



Career Cluster

Teaching and Learning



Success Skill

Organize



Estimated Activity Time 30–40 mins



Group Size

Individuals, pairs, or group

Materials

- Warm-Ups Table (1 printout per educator)
- · Main Exercises Table (1 printout per educator)
- Warm-Up Cards (2-6 printouts, enough for each child to select 1 card)
- Main Exercise Cards (2-6 printouts, enough for each child to select 1 card)
- Exercise Routine (1 handout per child)
- Gym mats or tiles (optional)

Prepare Ahead of Time

- Print materials.
- Cut out the Main Exercise and Warm-Up Cards.
- (Optional) Create a music playlist for exercising.

Organize Definition

Keep track of different information and belongings, and put them in an order that makes sense to you.





10 MIN: INTRODUCTION

- 1. Say, "Would you like to become a Fitness Trainer today? A Fitness Trainer is someone who makes exercise plans and routines for people and leads them in doing exercises. They work outside or in a gym, teaching people in groups or one-on-one. In the activity we do today, you will get to practice being a Fitness Trainer and create a workout routine, or a set of exercises, for a partner to follow."
- 2. Have a brief discussion with children about exercising.

Ask:

- "What kinds of exercises do you do?"
- "Why do you think people exercise?"

Note: Prompt children to think about how exercises are activities that work your muscles. They can include playing tag, playing hopscotch, and swimming. Explain to children that people exercise for many different reasons, including to build their strength, make them feel happy, and even help them sleep!

3. Say, "There are important skills we all use in our life. We call these Success Skills. The Success Skill you'll be using today is Organize. Organize is a skill that is important as a child and as an adult. It's important to Organize when you're making a list of things to do on the weekend or planning which book you want to read first at the library.

"Fitness Trainers need to use the **Organize** Success Skill to do their job well. They use the **Organize** Success Skill when they make exercise plans for their clients. To make a good exercise plan, Fitness Trainers need to know their client's fitness goal and how to keep their client's body safe while exercising. A goal is something you want to do. **Organizing** is when you think about—and then write or draw—all the steps you need to reach to reach your goal. A fitness goal could be to run for 15 minutes instead of 10 minutes or to be able to do 15 jumping jacks instead of 10."

20 MIN: ROLE-PLAY

4. Display the **Warm-Up Cards**.

Say, "When Organizing and planning out an exercise routine, Fitness Trainers start with simple exercises and stretches to warm up our bodies. It's important to warm up first because it helps our bodies prepare for more difficult exercises. Warming up also helps our muscles relax so that we are more flexible. Being more flexible can help us avoid an injury. If we started moving and jumping around without warming up, there's a bigger chance we might hurt ourselves, such as pulling a muscle."

5. Select three **Warm-Up Cards**, in no particular order. Spend a few minutes teaching and demonstrating to children how to do each exercise. Review the **Warm-Ups Table** as needed.





- (Optional) Ask for volunteers to lead the group on stretching exercises. Have children select the **Warm-Up Cards**.
- After the group has warmed up, display the Main Exercise Cards. Review each card with children so that they are familiar with each exercise. Refer to the Main Exercises Table as needed.
- 7. Explain to children that Fitness Trainers **Organize** exercise routines based on their client's goals.

Ask:

- "Which cards could you select if your client's goal is to make their legs or arms stronger?"
- "Which cards could you select if your client's goal is to challenge themselves?"
- 8. Explain to children that they will now come up with their own exercise goal and then be paired with a Fitness Trainer. Give children a couple of minutes to think about their goal. Use prompts to help children identify an exercise goal (e.g. build up your arms or legs, run for a longer time, etc.).
- 9. Next, pair each child with a partner. Explain to children that their partner is now their Fitness Trainer. Have children take turns to briefly share their exercise goal with their partner, or Fitness Trainer.
- 10. Display the **Exercise Routine** handout. Point to the different sections of the handout. Explain to children that their Fitness Trainer will select a warm-up and two main exercises to help their partner move toward their goal. They will then paste the cards to the handout.
- 11. Have children go up in front of the group, one by one, and select one warm-up exercise and two main exercises that will help their partner reach their goal. For example, if a child's goal is to strengthen their arms, their Fitness Trainer can select arm circles. If a child's goal is to challenge themselves, their Fitness Trainer can ask them to do each exercise for a longer amount of time).
- 12. Give children a few minutes to glue or tape the cards they have selected for their partner on the **Exercise Routine**. Once they are done, they can take turns sharing with each other how they **Organized** the **Exercise Routine** handout for their partner.
- 13. Have a couple of children share with the whole group how they **Organized** their cards and why they picked the exercises they did for their partner.
- 14. For children who are interested, have them take a turn by playing Simon Says or Follow the Leader by leading the larger group in the workout routine they created. Have them do each exercise for about 30 seconds.





15. (Optional) Provide a music playlist for children to listen to during their exercise routines. For an added challenge, have children **Organize** cards that would go well with the type of music that's playing. For example, slower songs can be used for exercises with minimal movement; faster songs can be paired with very active exercises.

5 MIN: REFLECTION

16. Have a brief discussion with children about the activity.

Ask:

- "What Success Skill did you use today?"
- "Why is it important for a Fitness Trainer to Organize?"
- "It's important to **Organize** in a lot of careers. What is another career that also uses the **Organize** Success Skill?"





WARM-UPS TABLE

Warm-Up	Description
BOAT POSE	Sit on the floor with your legs stretched out straight in front of you. Keeping your legs straight, lift them off the floor as high as you can and grab the back of your knees with your hands to balance there. (For older children: Your body is in a V shape.) Try to hold for 10 seconds. You might even rock like a boat!
SEATED TWISTS	Sit up straight in a chair or on the ground and place your hands beside your hips. Reach one hand across your body, so both hands are on the same side. Slowly twist your upper body to the side that your hands are on, like you're trying to look behind you. Hold for 5 seconds, then slowly stop reaching across your body and come back to the middle. Then twist to the other side, like you are reaching for something on your other side. Try to hold for 5 seconds.
TREE POSE	Stand on one foot. Lift your other foot and place it on the side of your standing leg. Bring the palms of your hands together in front of your chest and balance. Try to hold for 10 seconds.
TRIANGLE POSE	Stand with your feet wide apart. Lift one arm up to the sky and leave the other arm hanging by your side. Slowly bend your body to the side, toward the arm that is hanging, and let your arm slide down the side of your leg but keep your chest facing forward. See how far you can reach! Try to hold for 10 seconds. Can you reach your ankle?
UPWARD DOG POSE	Lie on the floor on your belly. Place your hands, palms down, beside your shoulders. Tighten all your muscles and press your hands into the floor to lift the top half of your body off the floor. Keep your legs straight on the floor. See how high you can lift your belly! Try to hold for 10 seconds.
WARRIOR 2 POSE	Stand with your feet wide apart and your toes facing forward. Put your arms out to your sides like an airplane. Turn one foot toward the side of the room, then bend your knee on the same side as that foot so your body leans toward it. Make sure your belly is still facing the same way it started but turn your head, so you are looking toward the way you are bending. Try to hold for 10 seconds.

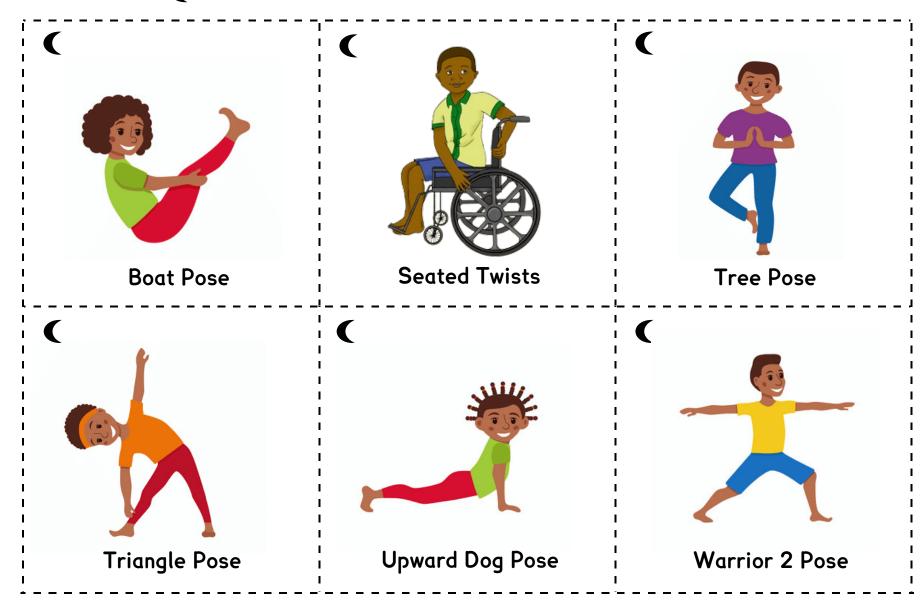
MAIN EXERCISES TABLE

Main Exercise	Description
ARM CIRCLES	Stand straight with your feet as wide as your shoulders. Bring your arms out to your sides like an airplane. Slowly turn them in small circles, first forward and then backward. Try going faster but keep your circles the same size!
CRUNCHES	Lie flat on your back. Put the bottom of your feet flat on the floor so your bent knees are like little mountains. Put your hands behind your head like you are holding your head in your palms. Tighten your stomach by sucking your belly button toward your spine. Slowly lift your chest up toward the ceiling, keeping your face up, like you are trying to reach the tip of your nose to the ceiling. Then go back down. Do it over and over!
DANCING IN PLACE	Dance and wiggle however you want! Move any part of your body. Just make sure not to bump into your neighbors!
FROG HOPS	Stand on your feet and then lower yourself down so you're floating just above the floor, like you are just about to sit down. Stay on your toes with your heels lifted up. Swing your arms back behind you and then swing them in front of you and leap (jump) forward as far as you can go. Land back in the same position you started in, squatting with your heels raised off the floor. Your arms will help you get as far as you can and land without falling forward or backward.
HIGH KNEES	Stand straight up tall. Bring your arms up like you are getting ready to run. Lift one knee up toward your belly button, then hop and switch sides to lift your other knee up. Go faster, like you are running in place, but your knees are going high!
JUMPING JACKS	Stand up straight with your arms down at your sides. Jump so your feet go out far apart and your arms go up in the air at the same time. (For older children: Your legs and arms make an X!) Then jump your feet back together and bring your arms back down to your sides.
LUNGES	Stand straight with your feet as wide as your shoulders. Take a big step forward with one foot, bending both knees until your back knee just barely taps the floor. Then push off your front toes to get back to standing up straight and bring your feet together again. Try it again with the other leg!

MAIN EXERCISES TABLE (CONTINUED)

Main Exercise	Description
PUSH-UPS	Get on your hands and knees with your hands lined up underneath your shoulders. Stretch your legs out behind you, so your legs are straight and you're up on your hands and toes. Make sure your whole body is flat. Slowly bend your elbows to lower your body toward the floor. See if you can tap your chest to the floor and then push your body back up until your elbows are straight again. If you can, try to keep your elbows close to your sides as you lower yourself down toward the floor! Don't forget to keep your back flat the whole time, as if you are balancing a chicken on it!
SQUATS	Stand with your feet as wide as your shoulders. Slowly bend your knees like you are going to sit in a chair. As you lower down, raise your arms to shoulder height out in front of you. Look forward and keep your head straight, like you are trying to balance a book on top the whole time! See how far you can go. Slowly stand back up straight.
STANDING SIDE CRUNCH	Stand up straight. Put your hands behind your head so your palms are touching the back of your head. Slowly lift one leg up off the floor with your knee bent out to the side. As you lift your knee up, bend your body toward it. Try to touch your knee to your elbow! Then slowly lower your leg back down so you are standing straight again.
SUPERMAN	Lie down on your belly. Stretch your arms straight in front of you and your legs straight behind you. Make yourself as big as you can, reaching hard with your fingers and toes. Tighten your whole body and slowly lift your arms and legs off the floor at the same time. Press your belly into the floor! Stay with your arms and legs floating for a couple breaths before you slowly let them come back to the floor and rest. Do it again!
TUCK JUMPS	Stand with your feet as wide as your shoulders. Keeping your elbows by your sides, put your arms out in front of you with your palms facing the floor. Bend your knees a little and then jump and try to make your knees tap your palms. Make sure you land back on your feet, standing up!

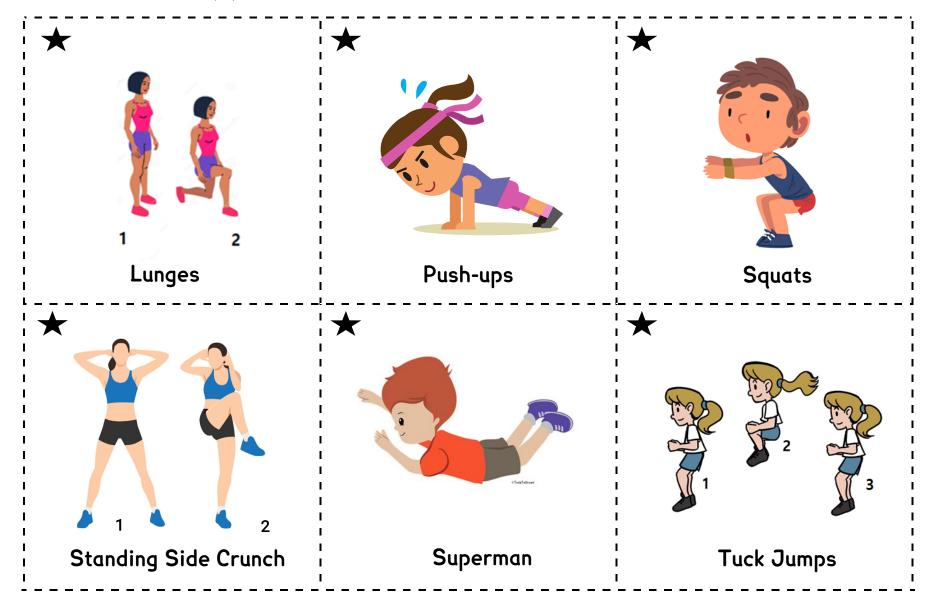
WARM-UP CARDS



MAIN EXERCISE CARDS ★

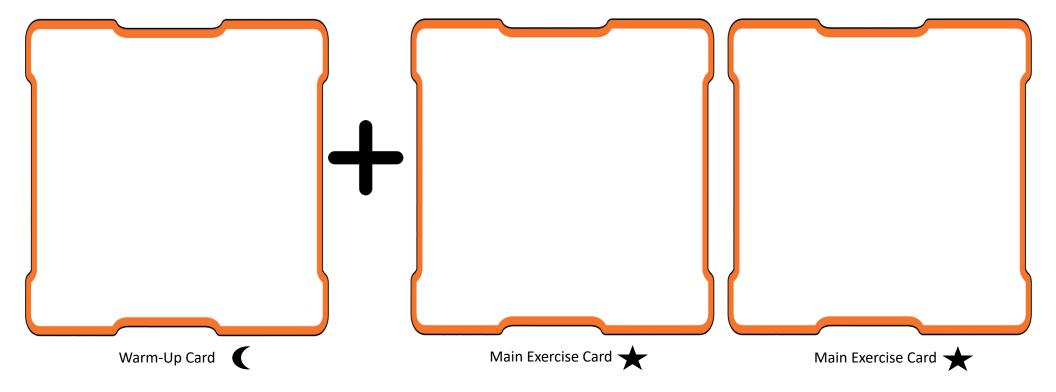


MAIN EXERCISE CARDS ★



EXERCISE ROUTINE

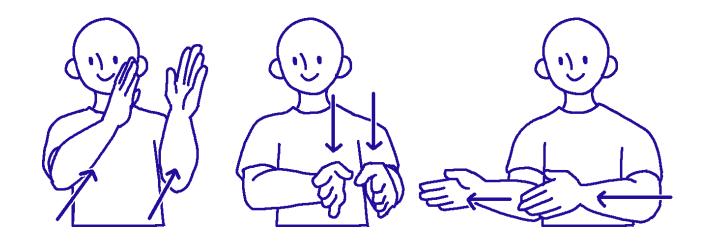
Make an Exercise Routine for your partner by selecting one warm-up exercise and two main exercises to help them reach their fitness goal!



ORGANIZE ASL SIGN



To help children learn the Success Skill, use the ASL sign each time you say "Organize."



- 1. Raise your hands to the left, palms facing each other.
- 2. Lower your hands to elbow level, and begin sweeping your hands from left to right.
- 3. Sweep your hands the width of your body.





endorsement by the Federal Government.

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