



500 Minutes for Parkinson's Lesson 14 : Fitness Blast #4 Moving Tower!!

Parkinson's Points:

There is increasing evidence that aerobic and learning-based exercises could be neuroprotective in aging individuals and those with neurodegenerative disease. Although research on this subject is ongoing, it does appear that beyond aerobic activities performed with healthy movement patterns, exercises challenging the individual to change tempo, activity, or direction (what is referred to as "random practice" exercise) benefits people with Parkinson's disease. It is also important to keep variety in exercise activities, because individuals with Parkinson's disease often have difficulty in shifting from one activity to another or in performing two activities at the same time. Finally, exercises that promote attention and learning are beneficial for people with Parkinson's disease.

In other words:

1. Exercises that involve lots of movement and thinking can help keep the brain as healthy as possible for people who are aging and those who have diseases like Parkinson's.
2. Doing different types of exercises is important for people with Parkinson's.
3. Activities that require focus and thinking are helpful for people with Parkinson's.

Lesson Objectives:

- Provide students with a fun activity that exemplifies both an aerobic and a learning-based component. Have students reflect on the activity and discuss how this activity could be modified to suit an older group of individuals with a disease like Parkinson's.

Materials/Equipment:

Hula Hoops (need 3 per team)
Pylons (each team needs 2 pylons of different sizes)
Box (one box per team)

References/Resources:

"Moving Tower: Second Best Warmup Game Ever ?"

<https://www.youtube.com/watch?v=AQcxgzuO3G8>

Activity Description:

Objective of the Activity:

Player(s) have to move the whole Tower to the left side, piece by piece, without placing a bigger object on a smaller object. See the link in the resources section for a video demonstration of the activity.

Instructions:

1. Divide class into teams.
2. Each team must move their "Tower" (made of small pylon on top of a larger pylon on top of a box) from the right hand hula hoop to the hula hoop on the left.
3. Each team of students stands one behind the other facing their tower.
4. First student lies at start line (you decide the distance from the line to the hoops) in a push up prone position.
5. When whistle blows they get up and run to the hoops and move a piece of the tower into a different hoop. They run back to the start.
6. As they pass the second person (who is in a push up prone position at the start), the second person runs to the hoops and moves one additional piece of the tower.
7. The activity continues until the whole Tower has been moved from right to left, without placing a bigger object on a smaller object.

After 2-3 attempts at the game, regroup and discuss the following prompts:

- What did you find challenging about this game?
- Would this be an appropriate activity for someone in the early stages of Parkinson's? What about someone with more advanced Parkinson's – why or why not?
- Could you modify the game to make it appropriate?

Ontario Ministry Curriculum Links:
Health and Physical Education