



PHYSICAL ACTIVITY AND EXERCISE

Lesson 4: What Moves You?

We are more likely to participate in a sport or exercise that highlights physical activity that we enjoy or find meaningful. This lesson will help athletes determine 'what moves them'.

LEARNING OUTCOMES

- Athletes identify the main reasons they participate in sports and activities.
- Athletes select other activities they might want to try based on their preferences.
- Coaches and caregivers support athletes to find new ways to be active outside of sport to meet their personal and health goals.

EQUIPMENT NEEDED

- [Fit 5 Exercise Cards](#)

LESSON OUTLINE

25 MINUTES TOTAL	DESCRIPTION
3 minutes	Welcome and Gather
8 minutes	Would you Rather...
8 minutes	Fit 5 Circuit
3 minutes	Athlete Question of the Day
3 minutes	Closing and Homeplay



WELCOME AND GATHER (3 minutes)

Greet athletes as they arrive. Invite athletes to walk with a partner and discuss their favorite activities until everyone arrives. *What other sports, activities or hobbies do you enjoy?*

To begin the lesson, call everyone in with your designated signal.

Once athletes are gathered, introduce the Fitness through Sport lesson of the day. *Today's lesson is called 'What Moves You?' and it is all about physical activity! I am going to see what you like about physical activity and sport. We will get our bodies moving at the end!*



WOULD YOU RATHER... (8 minutes)

Purpose: Increase athlete awareness around what they like about physical activity and sport

Directions:

- Ask the athletes to space themselves out in the playing area.
- Call out a series of two choices — Option 1 or Option 2 (see below)
- **Active Response Option** (examples):
 - Option 1: go to left wall, Option 2: go to right wall
 - Option 1: go to colored box or space, Option 2: go to another colored box or space
 - Option 1: jump once, Option 2: jump twice
- **Stationary Response Option** (examples):
 - Option 1: hold up one finger, Option 2: hold up two fingers
 - Option 1: clap once, Option 2: clap twice
 - Option 1: arms crossed, Option 2: arms wide

Would you Rather...	Track team responses (optional)	Would you Rather...	Track team responses (optional)
Practice: 1. Pet a puppy OR 2. Feed a goldfish	Puppy	1. Do an activity or sport that has set, clear rules OR 2. Do an activity or sport where you can make choices	Structured
	Fish		Unstructured
1. Go for a walk by yourself OR 2. Go for a walk with a friend	Alone	1. Be praised/told you are doing a good job OR 2. Not have others watching me	Praised
	With Someone		Not singled out
1. Play a team sport like basketball, soccer OR 2. Play an individual sport like bowling, swimming, dance, martial arts, weightlifting	Team	1. Exercise with your friends or family OR 2. Do exercise on my own	Friends or family
	Individual		On own
1. Be around a lot of activity and noise OR 2. Be in a calm and quiet space	Loud/busy	1. Take a risk OR 2. Feel safe and secure	Risky
	Calm/quiet		Safe
1. Exercise outside OR 2. Exercise indoors	Outdoors	1. Exercise for fun OR 2. Exercise for results (to get faster, stronger, win)	Fun
	Indoors		Results
1. Be challenged and pushed to do your best OR 2. Take your time and go at your own pace	Challenged	1. Use my imagination OR 2. Follow instructions	Creative/choice
	Own pace		Clear/structure
1. Lead a group OR 2. Follow a leader	Lead	1. Do push-ups and sit ups OR 2. Do yoga	Calisthenics
	Follow		Yoga
1. Feel confident and know what you are doing OR 2. Learn something new	Familiar	1. Do strength training like lifting weights OR 2. Go on a walk or run	Strength
	New		Cardio
1. Go to the gym/fitness club OR 2. Go to the park	Gym	1. Do the same exercise routine each day OR 2. Do a different exercise routine	Consistent
	Park		Variety
1. Do aerobics or dance OR 2. Martial arts	Aerobics	1. Listen to music when you workout OR 2. Workout in silence	Music
	Martial arts		No music

ADDITIONAL OPTIONS FOR WOULD YOU RATHER...

- In the Track Team Responses column in the table, you or an assistant coach can make a note of either how many athletes responded or put a checkmark by the most popular response to refer to later.
- Vary the length, distance, or intensity of the activities to incorporate conditioning.



FIT 5 CIRCUIT (8 minutes)

Purpose: Have athletes complete a circuit that requires different movement patterns and muscles to show a fun, dynamic way to develop overall conditioning as a foundation for sports and daily activities.

Set-Up:

- Select 4 or 8 Fit 5 Exercise Cards (i.e. 2 endurance, 2 balance, 2 strength, and 2 flexibility)
- Space the cards out in a circuit with equal distance between each one. Leave enough room for athletes to travel between the cards using different endurance exercises.

Directions:

- You are going to do a short circuit workout that incorporates several different exercises from the Fit 5 Exercise Cards. Remind athletes the importance of doing all types of exercise: endurance, strength, flexibility, and balance.
- Explain that athletes will start at one station and complete the exercise on that card for 30 seconds until they hear the signal to stop.
- When athletes hear the signal, ask them to stop and look at you. Indicate the direction to travel and how you would like them to travel to the next station.
- To travel from one station to the next, assign athletes a locomotor skill to use: jumping, side steps, backwards, skipping, galloping, leaping, etc.
- Continue to rotate through each station until time is up or the athletes have completed each exercise.

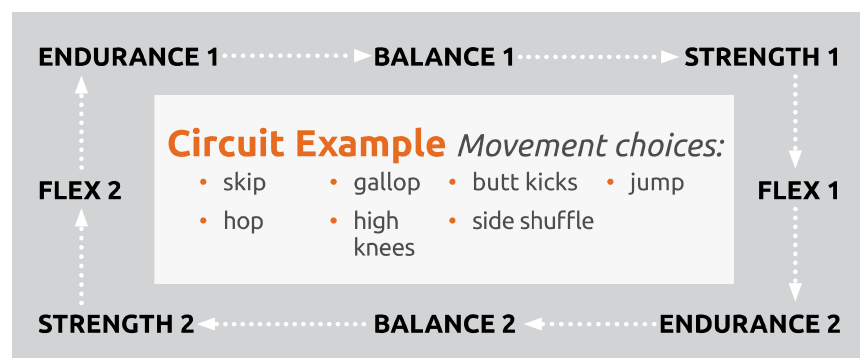
Sample Diagram

45 seconds

read/complete activity

15 seconds

travel to next station using different endurance exercises, such as: skip, hop, gallop, jump, etc.





ATHLETE QUESTION OF THE DAY (3 minutes)

What is one sport or physical activity you would like to try this month?

- Ask the athletes if the activity they would like to try matches their choices in the 'Would you Rather...' activity.
- Remind athletes to add any new goals to their Weekly Habit Tracker.



CLOSING (3 minutes)

Thank the athletes for their participation and effort. **Share one thing you have learned about the team's activity preferences.** Here are a couple of suggestions:

- Use the athletes' responses to 'Would you Rather...' and note what stood out to you. Note similarities and differences and share your own preferences
- Speak to what you noticed during the Fit 5 circuit. Was there a favorite station? What activities are the team strongest in? What areas did you see need a bit of work?
- Note when the athletes seemed most engaged during the lesson. Consider adding more of those types of activities to your practices.

Reminders:

- [Homeplay: That Activity Suits You](#) — *you will find activities that suit your personality and likes/dislikes. If you choose physical activities that suit your personality and preferences, you will be more likely to make time for them.*
- Share feedback and praise for effort and healthy habits you observed.

Coach Reflection:

- What worked?
- What did not work? What can be done differently?

SUPPORTING RESOURCES

- [Homeplay: That Activity Suits You](#)
- [Fit 5 Exercise Cards and Videos](#)