



## PHYSICAL ACTIVITY AND EXERCISE

# Lesson 6: Four Types of Exercise

During the off-season or in between practice sessions, athletes are more likely to exercise on their own if they know what to do. This lesson will provide athletes with an overview of the different types of exercise to help them plan workouts that they can do at home.

### LEARNING OUTCOMES

- Athletes design a workout routine based on their specific preferences and fitness goals.
- Coaches and caregivers support athletes to schedule their home workouts into their weekly routine.

### EQUIPMENT NEEDED

- [Fit 5 Guide](#)
- [Fit 5 Exercise Cards](#)

### LESSON OUTLINE

25 MINUTES TOTAL	DESCRIPTION
3 minutes	Welcome and Gather
6 minutes	Types of Exercise
10 minutes	Fit 5 Circuit
3 minutes	Athlete Question of the Day
3 minutes	Closing



### WELCOME AND GATHER (3 minutes)

Greet athletes as they arrive. Invite athletes to walk and talk with a partner until everyone arrives. *How do you stay active during the week when you aren't at sports practice?*

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 the 'Four Types of Exercise.' We are going to play a game that includes the 4 types of physical activity you can use to build your own workouts at home.*

*Does anyone do workouts at home or at the gym?* This will give you an idea of how best to support them as their coach.



## TYPES OF EXERCISE (6 minutes)

**Purpose:** Teach athletes the four types of exercise and how to combine them into a workout.

**Directions:**

- Provide the description of each type of exercise and have the athletes indicate the exercises they do using different actions, as outlined below. Make connections to the types of movements or skills that your sport uses.

**1. Endurance** is the ability of your body to keep moving for long periods of time. Endurance can help you run farther distances without stopping and practice longer with fewer breaks. This might be known as cardio or aerobic exercise.

- Read out the list of activities and have athletes jump when they hear an endurance activity that they have done in the past week.
  - Running
  - Biking
  - Dancing
  - Walking
  - Aerobics or other class
  - Swimming
- Option: add activities that are popular with your athletes or specific to the climate, such as cross-country skiin, rowing, hiking, etc.

**2. Strength** is the ability of your body to do work. Strength gives you the ability to jump higher, throw farther, and sprint faster. Strength exercises might also be known as weight training or strength training.

- Read the list of activities and have athletes do a body weight exercise, such as a push-up or a squat, when they hear a strength activity they have done in the past week.
  - Body weight exercises (squats, lunges, crunches, etc.)
  - Dumbbells, barbells (free weights)
  - Machines at the gym
  - Medicine balls
  - Resistance bands

**3. Flexibility** is the ability of your body to move easily in all directions. Being flexible makes it easier to do sports skills and helps prevent injuries to your muscles and joints!

- Remind athletes of the stretching you normally include in practices (dynamic stretches in warm-up, static stretches in the cool-down)
- *Show me your favorite stretch.* You can use the Fit 5 Exercise Cards for ideas.

**4. Balance** is the ability of your body to stay upright or stay in control of your movements. Balance helps you to stay in control when you are playing sports and helps you to avoid falls.

- Let's do a short balance routine. Have athletes try each of these exercises from the Fit 5 Exercise Cards for 5-10 seconds per side. Remind athletes that they can put their arms out to their sides, or hold onto a steady surface like a wall or chair, to help them keep balance.
  - Single leg stance
  - Leg swings
  - Walking on a line



## FIT 5 CIRCUIT (10 minutes)

**Purpose:** Have athletes complete a circuit that includes the four types of exercise, showing a fun, simple and dynamic way to do a home workout.

### Set-Up:

- Select 4 or 8 Fit 5 Exercise Cards (i.e. 2 endurance, 2 strength, 2 flexibility, and 2 balance).
  - Note: try to select exercises that are different from the Fit 5 Circuit you created in Lesson 4: What Moves You?
- 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 locomotor movements.

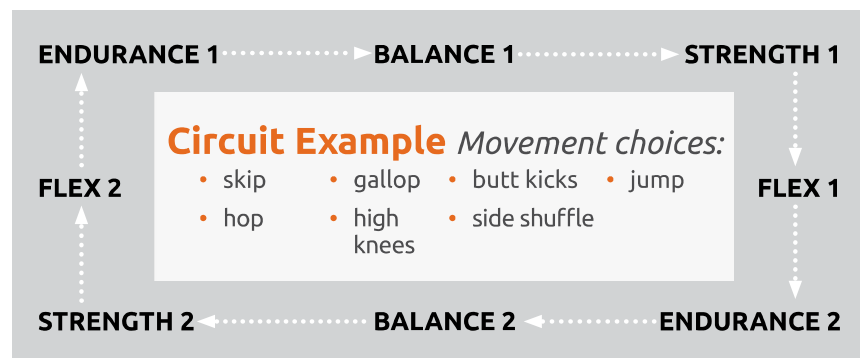
### Directions:

- Divide athletes evenly across the stations.
- *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. Demonstrate or have someone demonstrate proper technique for each exercise. Emphasize that you and your assistants will be watching for proper technique.
- When athletes hear the signal, they will 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, bear walk, dribble a soccer ball, 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)

**Which type of exercise do you like the best? Endurance, strength, balance or flexibility?**

You may need to remind the athletes of the specific exercises in the Fit 5 Circuit or from the first activity.

- Make note of what exercises the athletes are most interested in.
- Consider relating responses back to your sport. For example, *endurance is important for our sport because it helps us with speed and helps us recover more quickly.*
- Remind athletes that their workout at home could be longer than the circuit they did today.
- Remind athletes to add any new goals to their Weekly Habit Tracker



## CLOSING (3 minutes)

Thank the athletes for their participation and effort. **Share what you do for workouts or what fun activities you like to do when you're not working out.**

**Reminders:**

- [Homeplay: Be Your Own Personal Trainer](#) — *You will plan your activity for the week and create a workout you can do at home to help you stay fit and healthy. Use the [Fit 5 resources](#) for ideas for your home workouts.*
- 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: Be Your Own Personal Trainer](#)
- [Fit 5 Exercise Cards and Videos](#)
- [Fit 5 Guide](#)