

DPA Pages!

Try Exercising with Bands

DESCRIPTION:

Try Exercising with Bands for 10 minutes before or after breaks.

DPA DAILY PHYSICAL ACTIVITY:

Strength

EQUIPMENT:

TV/DVD Player

Get Strong 101 DVD (in Action Bins)

Exercise Bands (in Action Bins)

Get Strong 101 Circuit (downloadable)



IMPLEMENTATION IDEAS:

- Play the Get Strong 101 DVD - Bands and follow along.
- Have student leaders assist by standing at the front modeling technique.
- Use the Get Strong 101 Circuit station cards. Three challenge levels are provided.

ACTION TIPS:

- Check for latex allergies.
- Keep bands in a plastic bag taped to the side of each student's desk for easy access.
- Wrap bands at least once around hands for a secure grip.
- Increase the tension (difficulty) by wrapping the bands around hands more.
- Keep students focused on proper technique and breathing.
- Combine the bands from the Classroom Action Bins to create a class set and rotate the bands among classes or have a set in the gymnasium.

RESOURCES: (refer to Action Pages! at www.actionschoolsbc.ca)

1. Get Strong 101 DVD-Bands included in Action Schools! BC Grades 4 to 7 and Middle School Classroom Action Bins. The DVD includes great tips and student demos that teach proper technique and challenges students at different levels.
2. Classroom Action Resource Grades 4 to 7 and Middle School-Exercising with Bands outlines safety guidelines for using the bands and suggested exercise routines.
3. Get Strong 101 Circuit – downloadable circuit station cards at www.actionschoolsbc.ca.



Action Schools! BC