

Secret Training of a Pro Athlete



- **Purpose of Activity:** The purpose of this activity is to encourage children to practice good listening skills, cooperate with others, and consistently follow directions.
- **Standard:** Students will demonstrate competency in the motor skills and movement patterns needed to perform a variety of physical activities.
- **Objective:** Students will travel forward and sideways, changing directions quickly in response to a signal or obstacle using a variety of locomotor skills. Students will also develop the basic movement patterns and performance cues related to outdoor play. Students will show consideration for others while participating in the game.
- **Suggested Grade Level:** K-2
- **Materials Needed:** Adventure Series Equipment

Assessment Ideas:

- Sharing and taking turns is very important for both safety on the equipment and making the game more enjoyable.

Adaptations for Students with Disabilities:

- Children in wheelchairs can also participate. If certain exercises are beyond their capability, these students may choose to perform alternate exercises while following the story.

Story Overview

This activity combines a story with physical play.

1. Warm Up: The teacher will lead the students in a warm-up activity followed by a light stretch before the activity begins.
2. Tell the students that they will be taking part in a learning adventure during today's class.
3. Reinforce to students the importance of following directions as the story is being read to them.
4. If students are not listening, stop the story. The adventure will not continue until students start to follow directions again.
5. Tell everyone to try their best to perform the tasks in the story. If a student has difficulty, other members of the class can assist in helping that student accomplish the task.
6. Closure: The teacher will review some of the movements from the story. The teacher will also ask the students questions concerning the story.

CheckList

- ✓ How many of you enjoy playing or watching a sport?
- ✓ Can anyone name some famous sport stars that you look up to?
- ✓ Does anyone know what it takes to become a professional athlete?

Today we are going to take a close look at what it takes for an athlete to be so good at sports. The first thing we need to do is to make sure we are in somewhat good shape for our adventure.

Line up in a straight line, standing shoulder to shoulder with the person next to you. Make sure you have plenty of room because we will be doing some exercises to prepare us to train like a professional athlete.

See included CD for electronic version.



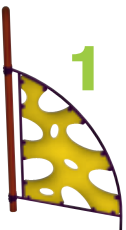
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Secret Training of a Pro Athlete (continued)

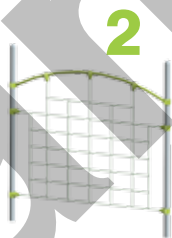


OK, now it is time that we start our workout! I need everyone to begin jogging in place for 10 seconds. Good job! Let's kick it into second gear -- jog in place faster for another 10 seconds. Excellent! Now, let me see how fast you can run in place for 15 seconds -- go!

Now that the running is completed let's see how strong our arms are. Let's all try to do five pushups. Great work! Now let's try some arm curls using invisible hand weights. Now let's lift those weights above our head and press toward the sky.



1 I think we are ready to go on a fitness trip. The first thing we must do is climb to the top of the Crater Arch.



2 Good job! Since that was such an easy climb, let's walk to a larger wall and see how well we can climb it.

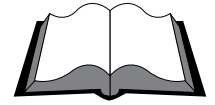


3 Look at this ladder -- it looks a little different than a normal ladder, right? Sometimes athletes need to take chances in order to succeed. Let's take turns climbing to the top and back down again.



4 Let's take a quick break before we continue. Our climbing is over for now -- we now have to make our way across the Sky Link. Let's pretend there's a raging river below us as we swing across.

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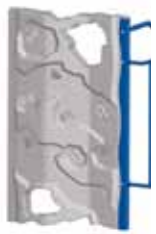


Secret Training of a Pro Athlete (continued)



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In front of us are three stepping logs that will help us reach the biggest climb of the training session. One at a time, let's walk across the stumps to the other side.



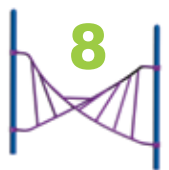
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The most difficult part of our journey is in front of us. We are at the bottom of a mountain so big that we cannot see the top! This is going to be a long and challenging climb for all of us. Let's climb to the top of this mountain.



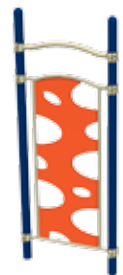
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Now that we've conquered the mountain, let's climb across these bars and cables to the other mountain and continue climbing on the second mountain!



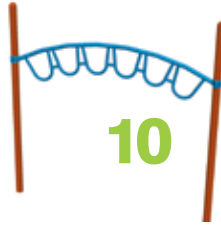
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Now that we've reached the top of the second mountain, we are determined to get to the final stop on our journey. A few more obstacles stand in our way. The first obstacle is wavy bridge that requires us all to stay balanced so that we don't fall off.



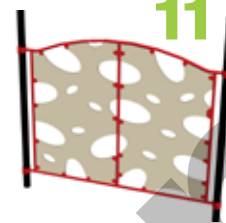
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As we climb up the next wall, let's all take a moment to look back over every obstacle that we've conquered so far! It is truly amazing to see what it takes to train like an athlete. We are so close to the end that we cannot wait to move forward.



10

Now we have to climb across the Sky Arch using only our hands. Let's pretend there's a fire pit below us, so we definitely don't want to fall off!



11

The final climb is over a very high wall with many different ways to get to the top. Everyone choose the way that they want to climb across -- some ways are easy, while some are more difficult. Which way will you climb?



12

The last thing that we need to do is take turns standing in the Twister. Pretend that you're having your picture taken with the trophy you've just won in your first tournament as a professional athlete.

The secrets of training like a professional athlete are now known to all of us. To achieve our goals in life we need to go through many obstacles, climb over challenging walls, believe in what we are doing, and never give up. Good job, athletes!

The End