

# FITNESS

## INSTANT MEETING

### AGES: 7-8

**Goal:** To introduce different muscle groups in the human body and ways kids can incorporate fitness into their daily lives.

**Program Areas Covered:** Key to Active Living Badges - Go For It! or Special Interest, Athlete Badge, Canadian Healthy Living Award

**Preparation Time:**  
10-15 minutes for printing and gathering supplies

*Note: Ask parents to ensure children are wearing loose fitting clothing and running shoes for the meeting.*

## OPENING

- Enjoy your usual Opening.
- Afterwards ask everyone what they do to stay healthy. Discuss the different types of sports each child likes to play and what types of food they like/dislike that is good for them.
- Ask each child to think of one thing that they could do to improve their healthy lifestyle and help everyone come up with different ideas. These could be something simple like helping dad mow the lawn, eating less junk food, drinking more water, or even going for walks with friends instead of playing video games etc.
- Have them draw their idea on a piece of paper to bring home and place on the fridge to remind them to stay healthy.

## ACTIVITIES

### COLOURING MUSCLES

#### Materials:

- Pencil Crayons and/or Markers
- Print outs of "Arm Muscles Colouring Page" (pg. 6)
- Lined Paper
- Pencils

**1** Give each child a copy of the "Arm Muscles Colouring Page" located on page 6 as well as set out the pencil crayons/markers for them to use as needed. Ask everyone if they know any of the muscles in the picture.

#### Idea!

Before having children begin practicing stretching their muscles get them talking about the different muscle groups with a fun colouring activity.

**2** Have the children flex their arm the same way as the picture and point out each muscle this way. Discuss what each muscle does:

**3** Ask everyone to draw lines to each muscle and label them. Make sure to explain how to spell each one.

**4** Ask everyone to pick an individual colour for the three different types of muscles and colour in the “Arm Muscles Colouring Page.” Let them know they can be as creative as they want by drawing symbols or patterns in the muscles, but try to have them keep the three muscle types separate.

**5** While the children are colouring talk about how there are muscles located throughout the entire body helping us pump blood through the heart, pick up objects, and stay strong and healthy.

**6** Ask if anyone else knows where some of the following muscles are located:

**7** Discuss that in order to keep muscles strong we need to stay active and eat healthy on a regular basis and not spend too much time watching television etc.

**Biceps:** are located on the front of the upper arms between the shoulder and the elbow. Its main job is to flex the elbow.

**Triceps:** are located on the back of the upper portion of the arms between the shoulder and elbow. Its main job is to make sure the elbow can extend.

**Forearms:** are the bottom portion of the arms between the elbow and wrists. Its main job is to move the hands and grip objects.

**Abdominal Muscles** (Stomach)

**Deltoid Muscles** (Top of Shoulder)

**Trapezoid Muscles** (Neck/Upper Back)

**Hamstring Muscles** (Back of Thighs)

## MOVING MUSCLES

Now that you've introduced being healthy and muscles to the group, have them learn a few stretches that they can do to strengthen and reduce muscle soreness after physical activity.

**1** Ask everyone to check their pulse before beginning this activity. Ask everyone what their count was at the end of 15 seconds. Have them write this number down on the back of their paper from earlier.

**2** Next, get the kids to do some light activities for five minutes to warm up their muscles. Have them try the following exercises or follow Step 3 for a song (for older kids, you may want to skip Step 3):

**3** Sing the following song and ask everyone to touch the body part as you sing it as fast as they can. Speed things up after the 2nd or 3rd time through. Keep singing and speeding up the tempo each time until the kids are tucked out.

**4** After they are finished singing/warming up ask everyone to find their pulse again and get them to explain what is different from the first time they took it. Have them write down the new number on their paper so they can compare how much faster their heartbeat was.

### Check Your Pulse!

Find a pulse on you wrist by placing two fingers at the base of your thumb. Ensure you count the beats for 15 seconds once you find your pulse.

1. Jumping Jacks

2. Skipping in place by jumping up and down and pumping arms in circles as if holding a jump rope

3. Squats

4. Rolling shoulders forwards and backwards

### Head Shoulders Knees and Toes

*(Sing to the melody of "London Bridge")*

*Head and shoulders, knees and toes*

*Knees and toes*

*Knees and toes*

*Head and shoulders, knees and toes*

*Eyes, ears, mouth and nose*

## STRETCHING IT OUT!

Have everyone try the following stretches. Make sure you do them too so they have someone to follow along with in the correct form.

### BODY SHAPES

- 1 Call out a letter of the alphabet and have everyone form that letter with their body.
- 2 Hold for 3-5 seconds.

### TRICEPS STRETCH

- 1 Stand straight up with legs shoulder width apart.
- 2 Bend your right arm at the elbow and touch the top of your shoulder blade with your fingers.
- 3 Reach over the top of your head with your left arm and grab your right elbow.
- 4 Hold for 10-15 seconds.
- 5 Repeat with your left arm.

### HAMSTRING STRETCH

- 1 Sit on the floor with both legs out straight.
- 2 Extend your arms and reach forward by bending at the waist as far as possible while keeping your knees straight.
- 3 Hold this position for 10 seconds.

### SHOULDER STRETCH

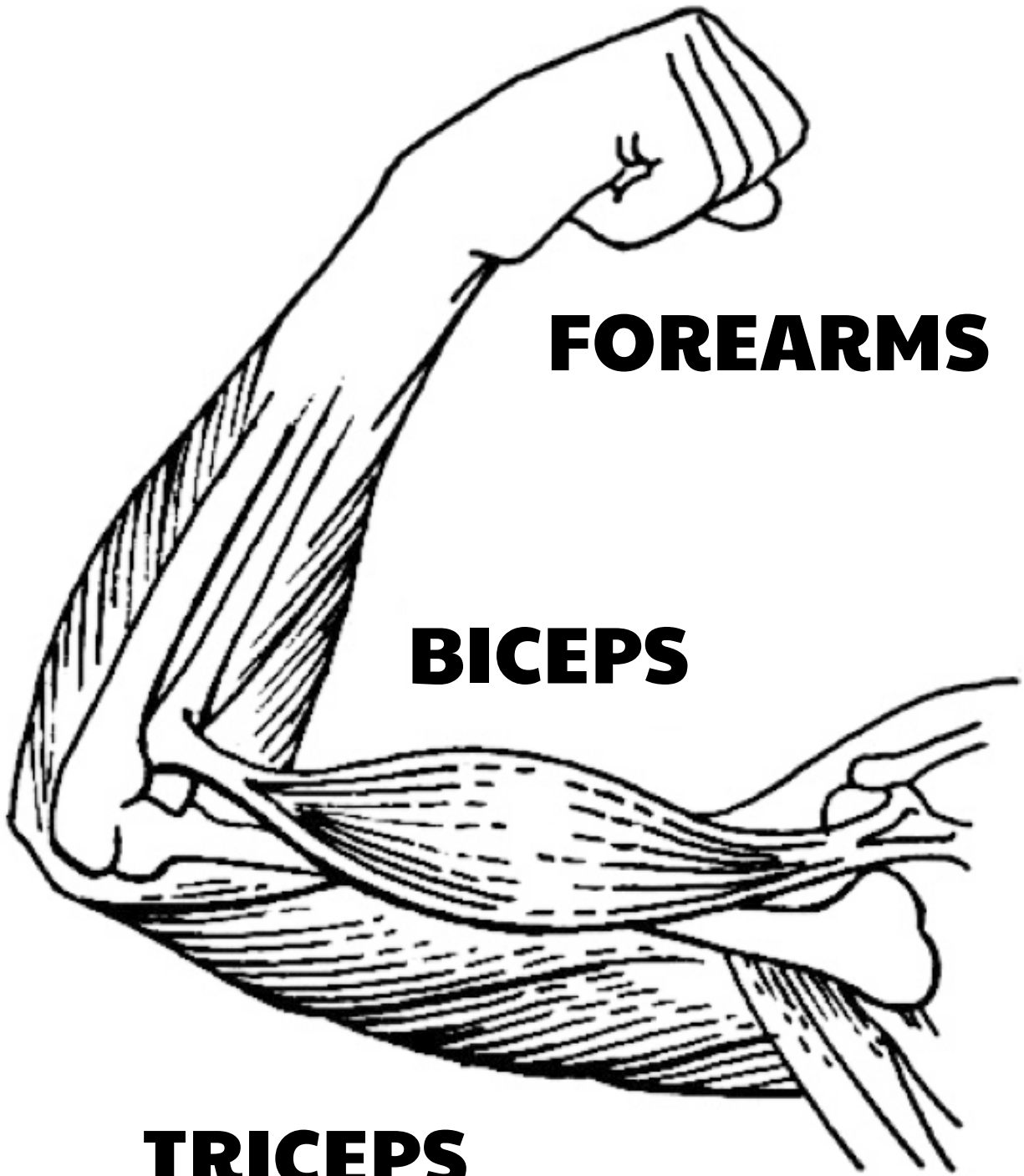
- 1 Stand up straight with right arm stretched across your body.
- 2 Bend the left arm and put the back of your left wrist on the back of your right elbow.
- 3 Use your left arm to gently press the right arm across the body.
- 4 Hold for 10 seconds.
- 5 Repeat with left arm.

## **CHILD'S POSE**

- 1** Kneel on the floor with feet touching and knees apart.
- 2** Slowly bend over until your head is touching the floor.
- 3** Place arms at sides with palms facing up or extend in front of the head with palms on the floor.
- 4** Hold for 10 seconds.

## **CLOSING**

- Congratulate the group on the great ideas they gave for staying fit and healthy and for doing their exercises and stretches so well.
- Enjoy your regular Closing.



**FOREARMS**

**BICEPS**

**TRICEPS**

Image Source: [http://www.wpclipart.com/medical/anatomy/biceps\\_and\\_triceps.png.html](http://www.wpclipart.com/medical/anatomy/biceps_and_triceps.png.html)