

UNIT: MUSCULAR STRENGTH & MUSCULAR ENDURANCE

Lesson: Seven Wonders of the World

Time	Stage 3 – Learning Plan (Activities)
	Objectives: Perform in collaboration with others toward a common goal Explore and learn about the Seven Wonders of the World
2:00	Inclusion Strategies: Task cards with visuals
5:00	Warm-up - Instant Activity: Dynamic Stretching Fitness Development - Sandbell Relays: Emphasize proper form, build the body, do not unintentionally tear down the body. Groups of 2 or 3 students. Distance can be end line to end line of basketball floor or sideline to sideline. First person performs the teacher instructed pass, second person sprints to sandbell and continues to perform the same desired teacher pass toward the endline then sprints to high five teammate, that individual sprints to the sandbell. Continue until the sandbell is across the end line. Then both member must hold on to a string and sprint to the opposite side of the gym. Chest pass Side pass right and the left Frog pass
7:00	Skill Development: Teacher explain and/or demonstrate each station Students will be in 7 groups Each station has a white board with the activity, reps, and the “Wonder of the World” associated with that activity. There is a picture of the wonder or some interesting facts.
25:00	Activity - Seven Wonders of the World: Student will have 3 minutes for each station 15 seconds rotation time Students complete various movements associated with the 7 “Natural Wonders” and measure and reflect at the end of class which is the most to least strenuous. The 7 “wonder” stations and the correlating activities are: <ol style="list-style-type: none"> Grand Canyon - “Run the Rim”: Every year people attempt to run the rim of the Grand Canyon. Its 20.6 miles from the south to the north rim. Have students run for 3 minutes, visualizing what they would see, how they would feel if they were there. Who is their support crew? Would they ever want to accomplish the feat? How would they need to prepare for the goal? How old is the Grand Canyon? How was it formed? Great Barrier Reef - “Snorkel, Swim and Float”: Lying flat on stomach, lift feet and arms in the air to “superman” pose. Do 3 air breast strokes followed by 6 air “free style” swimming strokes: one arm stretches forward while the other reaches back toward knees. This is 1 stroke. Lower down, turn onto back and “float” by lying still for a count of 10. Turn back onto stomach to repeat the full rotation 5-10 times. How do they feel? What do they see? How is climate change affecting the reef? The Harbor at Rio de Janeiro - “Kayak, Row and Set Sail”: Sitting with knees bent, lift feet so legs are at a 90-degree angle, balancing on sit bones. Hold a hand weight, visualizing it's a kayak paddle. Take both hands across the body together, brushing by side body (Russian Twist). Take hands to the other side as if paddling in a kayak. Do 10 long count repetitions. Next, raise feet and legs to a 90-degree angle, balancing on sit bones and “skull row,”





	<p>stretching both arms toward feet and pull back toward waist. Do 10 repetitions. Lastly, lift feet and knees again. Balancing on sit bones, extend arms up and legs out for boat pose. Visualize feet and arms are sails catching the wind. Hold for 15 seconds. Can you feel the ocean wind blowing through your hair? Can you describe the surf as it breaks at the shoreline?</p> <p>4. Mt. Everest - “Mountain Climbers to the Summit”: Starting in push-up position, bring right knee into chest, then back to push-up position. Bring left knee into chest and then back to push-up position. Do 20 mountain climbers (each leg counting as one). Stand up, do 20 high knees with “rope climb”: arms raised, switching 1 hand on top of the other as if pulling on and climbing up a rope. Repeat exercise rotation 3-5 times. Who was the first person to reach the summit? (Sir Edmund Hillary and Tenzing Norgay in 1953, according to history1900s.about.com, search Mt. Everest.) How would it feel to carry a fully-loaded hiking pack while doing these exercises?</p> <p>5. Northern Lights - “I’m a Star!”: Toe Touches, students are a “star” in nature’s most spectacular light show. Start in standing position. Bend at the waist, touch hands to toes and explode up off the ground, outstretching arms and legs into an “x” position. While in the air yell “I’m a Star!” Repeat 5 times. Rest 10 seconds by standing tall and raising arms in a “Y” position to gaze at the beauty above. Can students visualize being there? How does the phenomenon happen? Repeat the sequence 3-5 times.</p> <p>6. Paricutin Volcano - “Hot Lava Quick Feet and Hands”: While side shuffling between 2 cones 10 meters apart, chest pass a basketball, sand bell or medicine ball between 2 partners. Do 5 repetitions, counting the starting cone as 1 full repetition. Is Paricutin still an active volcano? (No, according to http://www.unmuseum.org/7wonders/mob/paricutin.html) When was its last major eruption? (1952, according to http://www.unmuseum.org/7wonders/mob/paricutin.html. It went dormant in 1952 "after a final, spectacular spasm.")</p> <p>7. Victoria Falls - “Boulder Slam at the Bottom”: Raise either a sand bell or medicine ball overhead and slam it to the ground as hard as possible. Do 5 slams to the left side, 5 to the middle and 5 to the right side. How far does a boulder travel from the top of Victoria Falls to the bottom? Victoria Falls is 360 feet high, according to http://www.victoriafalls-guide.net/facts-on-victoria-falls.html) What river is at the base? (Zambezi River, http://www.victoriafalls-guide.net/facts-on-victoria-falls.html) How wide is Victoria Falls? (5,603 feet, http://www.victoriafalls-guide.net/facts-on-victoria-falls.html)</p>
3:00	<p>Cool Down (Relaxation of Mind, Body, and Spirit): Teacher leads stretches</p>
2:00	<p>Closure (Debriefing, Assessment of Lesson, Reflection): Which wonder did they like the best and why? Upload workouts to IHT.</p> <p>Materials:</p> <ul style="list-style-type: none"> • Spirit System • Hand weights, Sand Bells or Medicine Balls • One basketball for every pair of students • Mats • 7 small white boards with station activity and “Wonder of the World” details for each station
	<p>Sources: Student Resources: Weekly Wrap Up</p>