

COMMON TRAINING

ALL TRAINING LEVELS

INSTRUCTIONAL GUIDE
PERSONAL FITNESS
AND HEALTHY LIVING

SECTION 5

EO CX04.02 – PARTIPATE IN ACTIVITIES THAT REINFORCE THE THREE COMPONENTS OF PHYSICAL FITNESS

Total Time: One session (3 periods) = 90 min

PREPARATION

PRE-LESSON INSTRUCTIONS

This IG supports EO CX04.02 (Participate in Activities that Reinforce the Three Components of Physical Fitness) located in A-CR-CCP-801/PG-001, *Royal Canadian Air Cadets Proficiency Level One Qualification Standard and Plan*, Chapter 4.

Select one or two muscular flexibility activities from Annex A, one or two cardiovascular endurance activities from Annex B, and one or two muscular strength activities from Annex C.

Gather the required equipment as per the selected activities.

Print the documents required to conduct the activities.

Refer to the warm-up and the cool-down located at Annexes A and B of EO MX04.01 (Participate in 60 Minutes of Moderate- to Vigorous-Intensity Physical Activity and Track Participation in Physical Activities).

Ensure a designated first-aider and first aid kit are available.

Ensure water is available for the cadets throughout this activity.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

A practical activity was chosen for this lesson as a fun and interactive way to stimulate interest in the three components of physical fitness.

INTRODUCTION

REVIEW

Nil.

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OBJECTIVES

By the end of this activity the cadet shall have participated in activities that reinforce the three components of physical fitness.

IMPORTANCE

It is important for cadets to participate in physical activities that reinforce the three components of physical fitness to help them follow the *Canadian Physical Activity Guidelines for Youth* and *Canadian Sedentary Behaviour Guidelines for Youth* and lead a healthy active lifestyle.

ACTIVITY

1. Have the cadets participate in a warm-up session as per of EO MX04.01 (Participate in 60 Minutes of Moderate- to Vigorous-Intensity Physical Activity and Track Participation in Physical Activities).

2. Conduct the selected activities from Annexes A, B and C.



The Three Components of Physical Fitness

Cardiovascular Endurance. The ability of the body's cardiovascular and respiratory systems to supply oxygen and blood during sustained physical activity (eg, the ability to run a long distance).

Muscular Strength. The ability of a muscle or muscle group to contract many times without tiring (eg, rowing a boat).

Muscular Flexibility. The range of motion of joints or a group of joints. It also refers to the freedom and efficiency in which a joint moves. (eg, the shoulder flexibility required to scratch your back.)

3. Have the cadets participate in a cool-down session as per Annex B of EO MX04.01 (Participate in 60 Minutes of Moderate- to Vigorous-Intensity Physical Activity and Track Participation in Physical Activities).

CONCLUSION

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

Finding activities that are enjoyable is a great way to follow the *Canadian Physical Activity Guidelines* and *Canadian Sedentary Behaviour Guidelines*, and to lead a healthy active lifestyle.

INSTRUCTOR NOTES / REMARKS

Nil.

REFERENCES

ISBN 0-934387-29-X Panicucci, J. (2008). *Achieving Fitness: An Adventure Activity Guide*. Beverly, MA: Project Adventure, Inc

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FLEXIBILITY ACTIVITY 1:

THE ARTISTS

OBJECTIVE: This activity is designed to help cadets improve their muscular flexibility.

TIME: 10–20 min

PRE-ACTIVITY INSTRUCTIONS:

Gather the required resources:

- Four images (eg, a provincial / territorial flag, image from a colouring book, famous person)
- Paper,
- Pen / pencil, and
- Masking Tape.

ACTIVITY INSTRUCTIONS:

1. Divide the cadets into groups of two or three.
2. Have each group tape a piece of paper to the floor.
3. Explain to the cadets that:
   (a) The aim of the activity is to draw the best possible picture, as a group.
   (b) Legs and arms must remain as straight as possible.
   (c) The pen or pencil must be held by all team members.
   (d) Each group will have to draw the image provided.
4. Supervise as the cadets participate in the activity.
5. As time allows, have cadets repeat the activity, with a different image, in different groups.

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FLEXIBILITY ACTIVITY 2:

CIRCLE THE CIRCLE

OBJECTIVE: This activity is designed to help cadets improve their muscular flexibility.

TIME: 10–20 min

PRE-ACTIVITY INSTRUCTIONS:

Gather hula hoops (one per team).

ACTIVITY INSTRUCTIONS:

1. Divide the cadets into equal teams of four or more cadets.
2. Have the cadets in each team stand in a circle and grasp each other's forearms.
3. Explain to the cadets that they will have to pass a hula hoop around the circle without letting go of each other's arms.
4. Give the signal to start and supervise as the cadets participate in the activity. Allow the cadets to repeat the activity so they can improve their performance.
5. Divide the cadets into different teams. Repeat the activity.
6. As time allows, have the cadets perform the activity as one large team with multiple hula hoops going around the circle.

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FLEXIBILITY ACTIVITY 3:

BEAR SOCCER

OBJECTIVE: This activity is designed to help cadets improve their muscular flexibility.

TIME: 10–20 min

PRE-ACTIVITY INSTRUCTIONS:

1. Gather the required resources:
   (a) Two goals (eg, hockey nets, pylons, taped outline on a wall, books, etc.),
   (b) Boundary markers (eg, pylons, tape, etc.),
   (c) Light ball (eg, soccer, nerf, dodge, tennis, beach, etc.), and
   (d) Whistle.
2. Set up a goal on each side of the playing area and identify the centre of the field.

ACTIVITY INSTRUCTIONS:

1. Divide the cadets into two teams.
2. Explain to the cadets that :
   (a) The objective is to score more goals than the opposite team.
   (b) To move around players must assume the bear position: hands and feet on the floor with their buttocks in the air.
   (c) Only feet (no hands!) can be used to stop or move the ball.
   (d) Play is stopped for a goal or an infraction (indicated with a whistle blow). In this case, possession of the ball is switched to the other team. Players of both teams retreat to their side of the playing field and the ball is placed in the centre of the playing field. All players must be on their side of the field until the ball is touched. The team in possession of the ball must be given 10 feet of room until the ball is touched.
   (e) Infractions include: touching the ball with the hands, kicking the ball out of bounds, standing up, or poor conduct.
3. Start the game and supervise as the cadets participate in the activity.

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CARDIOVASCULAR ENDURANCE ACTIVITY 1:

STRIKEFORCE TAG

OBJECTIVE: This activity is designed to help cadets improve their cardiovascular fitness.

TIME: 10–20 min

PRE-ACTIVITY INSTRUCTIONS:

Nil.

ACTIVITY INSTRUCTIONS:

1. Divide the cadets into groups of at least four.
2. Explain to the cadets that :
   (a) The goal of this activity is to avoid being tagged by “STRIKEFORCE”.
   (b) A cadet is designated “STRIKEFORCE” and the remaining cadets join hands and form a small circle.
   (c) One of the cadets in the circle is identified as the target of “STRIKEFORCE”. Cadets in the circle must work together to keep the target cadet from being tagged by “STRIKEFORCE”.
   (d) Once the target is tagged, that cadet becomes the new “STRIKEFORCE”. The cadet that was “STRIKEFORCE” joins the circle of cadets. A new cadet becomes the target (not the cadet who was just “STRIKEFORCE”).
3. Ask for a volunteer to be “STRIKEFORCE”.
4. Start the game and supervise as the cadets participate in the activity.

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CARDIOVASCULAR ENDURANCE ACTIVITY 2:

OVER UNDER RELAY

OBJECTIVE: This activity is designed to help cadets improve their cardiovascular fitness.

TIME: 10–20 min

PRE-ACTIVITY INSTRUCTIONS:

1. Gather the required resources:
   (a) One ball per team (basketball, dodge, volleyball, tennis, medicine, etc), and
   (b) Whistle.
2. Determine the number of legs / length of the race and playing field size prior to beginning the activity.

ACTIVITY INSTRUCTIONS:

1. Divide the cadets into teams of three and issue a ball per team.
2. Explain to the cadets that :
   (a) The goal of this activity is to be the first team to complete the race.
   (b) All cadets in a team must stand in line, all facing the direction opposite to where they are headed. The cadet in front must pass the ball over their head to their partner in the back, who passes the ball behind their legs to the partner behind them.
   (c) As soon as they have passed the ball, cadets must run to the back of the line.
   (d) This continues until the team travels the distance indicated. (Announce the distance required to complete the race.)
   (e) Both cadets must touch the ball for a proper pass (it cannot be thrown or tossed).
3. Start the race and supervise as the cadets participate in the activity.

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CARDIOVASCULAR ENDURANCE ACTIVITY 3:

BRITISH BULLDOG

OBJECTIVE: This activity is designed to help cadets improve their cardiovascular fitness.

TIME: 10–20 min

PRE-ACTIVITY INSTRUCTIONS:

1. Gather the required resources:
   (a) Boundary markers (tape, pylons, rope, etc), and
   (b) Whistle.
2. Set up the boundaries: A large rectangle of the open space.

ACTIVITY INSTRUCTIONS:

1. Explain to the cadets that:
   (a) One cadet is designated as the bulldog; they stand in the center of the open space.
   (b) The remainder of the cadets line up at one end of the playing area.
   (c) The blowing of a whistle signals the cadets to run across the area to the other line.
   (d) The bulldog(s) tries to tag as many cadets as possible.
   (e) Any of the cadets tagged also become bulldogs.
   (f) If someone runs out of bounds, they become a bulldog. (Point out the boundaries of the activity).
   (g) The game continues until only one cadet remains untagged. This cadet is declared the winner.
2. Identify one cadet as the bulldog.
3. Have the cadets line up at one end of the playing area.
4. Start the activity and supervise as the cadets participate in the activity.

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CARDIOVASCULAR ENDURANCE ACTIVITY 4:

MONEY GRAB

OBJECTIVE: This activity is designed to help cadets improve their cardiovascular fitness.

TIME: 10–20 min

PRE-ACTIVITY INSTRUCTIONS:

1. Gather the required resources:
   (a) Hula hoops (one per team),
   (b) Monopoly money, and
   (c) Whistle.
2. Prepare the activity area, by spreading hula hoops on the playing area evenly.
3. Deposit $1000 in each hula hoop using different denominations ($100x6, $50x4, $20x5, $10x10).

ACTIVITY INSTRUCTIONS:

1. Divide cadets into equal teams.
2. Explain to the cadets that:
   (a) Each team of cadets has a hula hoop: it is called the bank.
   (b) The aim is to be the team who ends up with the most money in their bank.
   (c) Cadets can withdraw money from the other teams' bank and deposit it in their own.
   (d) A cadet can only hold one bill at a time.
   (e) This continues until time runs out.
3. Start the game and supervise as the cadets participate in the activity.
4. When time has run out, ask each team to count the money in their bank and announce a winning team.

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CARDIOVASCULAR ENDURANCE ACTIVITY 5:

RUBBER CHICKEN BASEBALL

OBJECTIVE: This activity is designed to help cadets improve their cardiovascular fitness.

TIME: 10–20 min

PRE-ACTIVITY INSTRUCTIONS:

1. Gather the required resources:
   (a) Rubber chicken (or suitable substitute),
   (b) Boundary markers (tape, pylons, rope, etc), and
   (c) Whistle.
2. Identify the playing field boundaries: A large open space.

ACTIVITY INSTRUCTIONS:

1. Divide the cadets into two equal teams.
2. Explain to the cadets that:
   (a) There are two teams: HOME and AWAY.
   (b) The HOME team begins the game by throwing the chicken within the playing area.
   (c) The AWAY team begins Fielding the Chicken first.
   (d) The AWAY team runs up to the chicken and forms a single file, facing the chicken.
   (e) The AWAY team passes the chicken over under through their file. The first cadet passes the chicken between their legs to the cadet behind them, who passes it over their head to the next cadet in line, and so on.
   (f) Once the chicken has passed through the entire team, the last cadet crows like a rooster.
   (g) During that time the HOME team forms a line and races around the AWAY team. Each complete lap around the AWAY team before they crow is scored a run.
   (h) After the rooster crows, the rooster throws the chicken anywhere in the playing area and the roles are reversed; the AWAY team becomes the HOME team and vice versa.
   (i) If the chicken is thrown out-of-bounds, that team has to pass the chicken through their line again.
   (j) The team with the most runs wins.
3. Randomly designate one team of cadets HOME, and the other team AWAY.
4. Start the game and supervise as the cadets participate in the activity.

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MUSCULAR STRENGTH AND ENDURANCE ACTIVITY 1:

WHEELBARROW RELAY

OBJECTIVE: This activity is designed to help cadets improve their muscular strength and endurance.

TIME: 10–20 min

PRE-ACTIVITY INSTRUCTIONS:

1. Gather the required resources:
   (a) Items to be carried (eg, balls, books, shoes), and
   (b) Whistle.
2. Set up the boundaries of the race area.
3. Set up the items to be carried for each team. Note: Each item in the pile means that one cadet will have to carry it across the race area.

ACTIVITY INSTRUCTIONS:

1. Divide the cadets into pairs.
2. Explain to the cadets that:
   (a) All items in the pile need to be delivered to the other side of the field.
   (b) Items can only be delivered via the back of a cadet in the wheelbarrow position.
   (c) Only one item may be brought at a time.
   (d) Cadets must alternate positions (wheelbarrow and holder), until all items have been brought to the other side of the field.
   (e) When an item is dropped midway, it must be brought back to the start.
3. Start the game and supervise as the cadets participate in the activity.

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MUSCULAR STRENGTH AND ENDURANCE ACTIVITY 2:

SOUP CAN PYRAMID

OBJECTIVE: This activity is designed to help cadets improve their muscular strength and endurance.

TIME: 10–20 min

PRE-ACTIVITY INSTRUCTIONS:

Gather the required resources:

- A minimum of three cans (eg, soup, vegetables, etc.) per cadet,
- Whistle.

ACTIVITY INSTRUCTIONS:

1. Divide the cadets into pairs.
2. Explain to the cadets that:
   (a) Cadets must use their feet to move cans together.
   (b) Legs must remain straight.
   (c) The team must create a line of cans and then stack them until they form a pyramid.
   (d) Only one can be moved at a time.
   (e) Cadets must dismantle their pyramid before continuing to their next appendage.
   (f) Cadets must then build a pyramid using their other foot.
   (g) The activity can be repeated with cadets using their hands while lying on their stomach.
3. Have the cadets lay down on their backs on the floor.
4. Have each cadet place the bottoms of their feet against their partner's feet.
5. On either side of the legs of each team of cadets, place a collection of cans.
6. Blow the whistle to start the game.
7. Supervise as the cadets participate in the activity.



Canned food could be donated to the local food bank.

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MUSCULAR STRENGTH AND ENDURANCE ACTIVITY 3:

YURT CIRCLES

OBJECTIVE: This activity is designed to help cadets improve their muscular strength and endurance.

TIME: 10–20 min

PRE-ACTIVITY INSTRUCTIONS:

Nil.

ACTIVITY INSTRUCTIONS:

1. Divide the cadets into two teams of at least three cadets each.
2. Have the teams form circles.
3. Explain to the cadets that:
   (a) All cadets in one team will perform a leg squat at the same time, while holding arms. Cadets will raise one leg while performing the squat and then the other leg.
   (b) Each team will attempt the same thing while holding hands or forearms.
   (c) Then, both teams will squat to see which team can hold the squat the longest.
   (d) As time allows, have the cadets attempt the activity again as one large group or in different teams.
4. Supervise as the cadets participate in the activity.

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MUSCULAR STRENGTH AND ENDURANCE ACTIVITY 4:

CRAB SOCCER

OBJECTIVE: This activity is designed to help cadets improve their muscular strength and endurance.

TIME: 10–20 min

PRE-ACTIVITY INSTRUCTIONS:

1. Gather the required resources:
   (a) Two goals (eg, hockey nets, pylons, taped outline on a wall, books, etc.),
   (b) Boundary markers (eg, pylons, tape, etc.),
   (c) Light ball (eg, soccer, nerf, dodge, tennis, beach, etc.), and
   (d) Whistle.
2. Set up a goal on each side of the playing area and identify the centre of the field.

ACTIVITY INSTRUCTIONS:

1. Divide the cadets into two teams.
2. Explain to the cadets that:
   (a) The objective is to score more goals than the opposing team.
   (b) To move around players must assume the table position: hands (behind the back) and feet on the floor with the torso up.
   (c) Only feet (no hands!) can be used to stop or move the ball.
   (d) Play is stopped for a goal or an infraction (indicated with a whistle blow). In this case, possession of the ball is switched to the other team. Players of both teams retreat to their side of the playing field and the ball is placed in the centre of the playing field. All players must be on their side of the field until the ball is touched. The team in possession of the ball must be given 10 feet of room until the ball is touched.
   (e) Infractions include: touching the ball with the hands, kicking the ball out of bounds, standing up, or poor conduct.
3. Start the game and supervise as the cadets participate in the activity.

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