

## LEARNING GUIDE

# BOOT CAMP

## FINDING OUT

Laurie's military background has given her an understanding of the importance of physical fitness for health and well-being. As a defence servicewoman, Laurie would have undertaken challenging physical training activities every day, to maintain high levels of strength, agility, balance and coordination. Why do you think she believes so strongly in providing fitness classes for children and young people?

For pre-teens, experts recommend a minimum of 30 minutes of physical activity at least three to four times a week. Think about your own regular activities.

- What physical activities do you do each day or week outside school?
- How can you use the available spaces and equipment at school to maximise your physical activity during lunch breaks?
- What do you notice happening to different parts of your body when you exercise?
- How does this make you feel?
- What is something you can do every day to help you keep fit?

Talk about your responses with your teacher and classmates.

## SORTING OUT

As you view the video, think about how Laurie ensures that all participants are using the correct movement techniques. How and why does she adjust their position and alignment? In what other ways does Laurie ensure the safety of all participants during the session?

Laurie starts the fitness class with a warm up segment. Identify the other three parts of the fitness session in the video. List all the games, movements and exercises that form each part of the session.

Think about what equipment you would need to run Laurie's 'Kids Fitness' session at school. For example: stopwatch or clock timer, pizza boxes, sufficient floor space. What could you substitute for those items you may not have, such as hand weights or hanging rings? Consider how hand rails, playground equipment or other school items could be used instead. What movements or games from Laurie's session could you swap or modify to create a variety of fitness sessions for your class?

Related content:

- Video  
[rsleducation.com.au/Themes/Health-and-Wellbeing/years-3----6/Boot-Camp](https://rsleducation.com.au/Themes/Health-and-Wellbeing/years-3----6/Boot-Camp)



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## TAKING ACTION

Survey your classmates about their regular physical activities. Construct a graph, chart or visual display to illustrate your findings. Talk to your teacher about a classroom wall space to which everyone can contribute, to promote physical fitness in your classroom. Plan a challenge or improvement goal to encourage everyone, at their own level, to increase the time they spend each week engaging in physical activity.

Design a short fitness session for your class to do as a regular workout before school. Use Laurie's four-part fitness session outline:

1. Warm up
2. Focus Skill
3. Workout
4. Warm down

Just as Laurie does, try to match your warmup activity with the skills and movements you will use during the workout. Consider how you might incorporate any available sports or playground equipment. Always consider the safety of your participants and make sure you only exercise under teacher supervision.

