STEP 5

SELECT HIGH-QUALITY EXERCISES AND ACTIVITIES

THIS SECTION INCLUDES:

- Pictures of recommended stretches
- Pictures of activities and exercises for circuit training
- Additional activity ideas and tips for facilitation

Now that you know what a physical activity session should look like, you are ready to select high-quality, fun activities for your program! Common activities include sports and tag, but try the many other activities listed in this guide. Let's get started with some energizers!

PHYSICAL ACTIVITY ENERGIZERS

Before engaging in physical activity, energizers are a great way to get youth together and focused. Here are a few fun energizers to try.

SHAKE DOWN

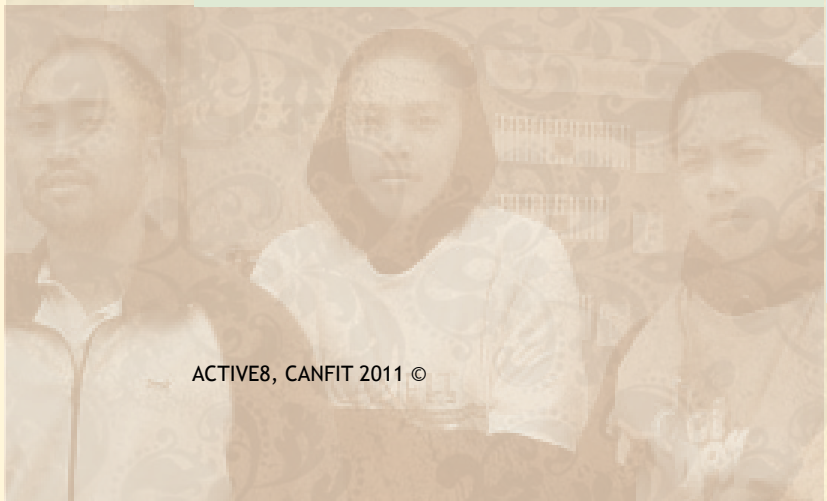
(WAKE UP THE BODY AND REFOCUS)

1. Starting with your right hand in the air, shake your hand and simultaneously count down 7.6.5.4.3.2.1.
2. Immediately switch to your left hand and repeat. Immediately switch to shaking your right leg and repeat, and immediately switch to shaking your left leg.
3. Continue back to right hand doing the same pattern but this time start the countdown at 6.5.4.3.2.1 and repeat.
4. Continue this until 1 shake of each body part and then everybody let out a yell in celebration!

PASS THE SOUND

(INCREASE COMFORT AND ENERGY IN GROUP)

1. Get youth together in a circle
2. In the circle, the facilitator will begin by performing a nonsensical sound and action with his/her body to the person to the left (example: pretend you are swinging a bat and say "bam!")
3. The person to the left will repeat the same thing and it will go around the circle until each person has a chance to do it. The speed should be rapid — the sound/action should go around the circle like falling dominos. Once it returns to the person who began it, he/she does it one more time, and the person to his/her left starts a new sound/action.



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ACTING OUT

(GETTING GROUP COMFORTABLE AND EXCITED)

1. Ask for three volunteers or three groups of 2 (up to 6 youth) and have them choose a scenario for each to act out in front of the group. Scenarios could include: falling in love, riding a rollercoaster, cutting an onion or reacting to a scary movie (if time allows, spend some time and have the volunteers choose!).
2. You can write possible scenarios on a piece of paper and have them choose from the bunch.
3. The rest of the group will have to guess what the scenario is based on their acting. Volunteers cannot talk when they are acting.
4. Give each volunteer 2 minutes to think of how they will act out their scene. During this time, you can lead a quick physical activity like squats, arm circles or stretching.
5. After the group has guessed all three scenarios ask for one or two more volunteer(s). The last volunteer(s) will leave the room for 1 minute while the entire group will converse and agree together on the last scenario the volunteer(s) have to guess.

BIGGEST FAN

(IMPROVE VERBAL AND NON-VERBAL COMMUNICATION)

1. Ask the group if they know how to play Paper, Rock, Scissors. If they don't, explain the rules of the game and/or demonstrate it.
2. The goal of the game is to play Paper, Rock, Scissors – (best out of 3) with two people at a time until there is one clear winner.
3. In a best out of 3 format, if a participant wins, they must find another person to play. The participant who does not win will cheer that person on and become that person's "biggest fan" as they go on to play other participants. As a person continues to win, they pick up all the nonwinners to cheer for them.
4. The game continues until it is down to two players and the whole group is cheering for one or the other participant.

ALL MY NEIGHBORS

(GET PEOPLE MOVING AND LEARNING ABOUT EACH OTHER)

This activity is similar to the game of musical chairs, except there are no winners—and no losers.

1. Ask participants to form a shoulder-to-shoulder standing circle and then have each person take a step back, to create a little more room. One person steps out of the circle to take the place in the middle of the circle.

   The goal is for the person in the middle to try to find a place in the circle and have someone else end up in the center. Here's how:

2. The person in the middle makes a statement that is true for him/her. For example, if he/she is wearing glasses, he/she will say, "All my neighbors who are wearing glasses."
3. All the others for whom that statement is true must come off their places and find another spot in the circle. No one can move immediately to their right or left and no one can return to their original spot.
4. The person left without a spot is the new person in the center. That person makes their own "All my neighbors…" statement and the shuffle begins again. Examples: "All my neighbors who love to swim" "All my neighbors who walk to school."

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CANFIT'S RAIN OR SHINE ACTIVITIES

Young people need 60 minutes of activity each day rain or shine. Bad weather conditions can make meeting this requirement a challenge. So what do you do when cold, rainy weather keeps your youth cooped-up indoors? Try these activities that work well in situations with limited space.

*CLEAN YOUR ROOM

MATERIALS: string, 1 soft, throwable object (foam balls, bean bags, and crumpled paper) per 4 people.

Designate a play area and divide the space in half using rope or string. Get youth into 2 teams, one on each side. Place an even amount of objects on each side. When you give the start cue, have youth pick up and throw objects from their side to the other side. On your stop cue have youth drop any objects in their hands and form an X with their arms. The side with the least amount of stuff is the winner. (*developed by SPARK)

DANCE

MATERIALS: boom box, music. Have your youth bring in their favorite music. Move the chairs and tables out of the way and "let them get their groove on".

Try CANFIT's P.H.A.T. DVD! http://canfit.org/our_work/programs/phat/

CANFit launched Promoting Healthy Activities Together (P.H.A.T.) to embrace music, dance, emceeing, and other elements of hip-hop culture to improve the nutrition and physical activity knowledge, attitudes, skills and behaviors of today's youth. Order a copy of our DVD which offers a step-by-step guide to a specially choreographed hip-hop routine that could be used as an after school or in-class activity session.

ACTIVITY CIRCUITS

MATERIALS: paper signs, tape, markers, stop watch. Set up activity stations in a circular format.

At each station have cards with the name and/or diagram for the activity. Choose a variety of strength, endurance and flexibility exercises. Get youth into groups and assign each group to a station. Give youth a start and stop cue and tell them which way to rotate (clockwise or counterclockwise). Start with 30-second stations and increase time as fitness improves. (Example stations: Wall push-ups, jumping jacks, jog in place, body twists.)

QUICK TIPS FOR EFFECTIVE FACILITATION AND ENGAGEMENT WITH YOUTH

Review rules and expectations prior to starting activity.

Use clear signals or cues (hand clap, body movement, sound, etc.) to initiate an action or get youth's attention.

When choosing teams or groups, avoid using "captains" or methods that single out a student's gender or ability. Use a "count-off" method instead. ('1's over here, 2's over there.")

When dealing with behavior issues, focus on the behavior rather than the individual. Adult staff should feel confident and capable of intervening and interrupting situations where youth are being teased and/or excluded.

Use calm and respectful tones when you are talking to youth, even if you are upset or having a bad day.

Set the stage for having fun!

MOST IMPORTANT FACILITATION TIP: PARTICIPATE WITH YOUTH!

Rather than just facilitating, take an active role in playing games with youth to model healthy behavior. Adult participation also supports engaging youth who may be nervous to play alone or try a new game and help breaks down common stereotypes on the playing field.

EXAMPLE: PLAY ACTIVITIES THAT YOU ARE NOT HIGHLY SKILLED AT TO PROMOTE THE IDEA THAT THE GOAL IS TO HAVE FUN.

MORE GAMES

From CANFIT's Ethnogames

CATCHING STARS

ORIGIN: PYGMY TRIBES OF AFRICA
EQUIPMENT: CONES TO MARK BOUNDARIES
PLAYERS: 8 OR MORE
AREA: INDOORS/OUTDOORS; 20X20 FT MIN SPACE

OBJECT OF THE GAME

To run across from end to end and avoid being touched by the Catcher

HOW TO PLAY

Depending on the size of your group, assign 1-4 Catchers and the rest Stars. Set up two boundaries about 20 feet apart. Catchers stand in the middle of the two boundaries. Stars stand on one side of the boundaries. Catchers turn their backs to the Stars and say: "Star light, star bright, how many stars are out tonight." Stars: say "More than you can catch!" The stars run across to the other end and try not to get tagged. If a player is tagged, they must go back to the closest boundary and do a standing activity 10x (jumping jacks, knee raises, etc.). After the activity, they can continue playing the game. Encourage each player to count how many times they reach a boundary to recognize those who played well. Also, make sure to give everyone a chance to be a Catcher.

1, 2, 3 DRAGON

ORIGIN: CHINA
EQUIPMENT: SCARF (OPTIONAL)
PLAYERS: 5 OR MORE
AREA: OUTDOORS

OBJECT OF THE GAME

To reach the tail of the dragon once you become the head

HOW TO PLAY

5 or more people form a line with each player holding the shoulders of the person in front of them. The person in the front is the "Head." The person at the back of the line is the "Tail." The teacher instructs the group to start jogging. When the tail shouts "1,2,3 dragon!" the head leads the line and tries to catch the tail. The line must stay together the whole time. If the dragon breaks, then the head moves to the end of the line and becomes the tail. The second person in line now becomes the head.

Another variation of the game is to place a scarf, handkerchief, or other object in the tail's back pocket. The head would have to grab this object out of the tail's pocket. If a player can't reach the tail, have a time limit so that everyone has a chance to be the head and the tail.

COOPERATION FOUR SQUARE

ORIGIN: USA
EQUIPMENT: TENNIS BALL AND TAPE
PLAYERS: 8 (2 GROUPS) OR MORE
AREA: INDOORS/OUTDOORS

OBJECT OF THE GAME

To work as a team and keep the ball moving from square to square

HOW TO PLAY

Create 4 squares and assign a participant to each square. With larger groups, you can either create more individual squares or have 2 or 3 people at each square taking turns. Like traditional four square, the goal is to bounce the ball from square to square. Each participant will be assigned a number. In this version, they work as a team within their square to keep the ball moving from square to square (1 passes to 2, 2 passes to 3, etc). To make the game a bit challenging, the leader may give certain commands, such as to reverse the order the ball is passed. These commands must be followed while keeping the ball in play. Other possible commands are: use only one hand, jog in place while waiting your turn, do a step routine, etc.

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AGAWANG SULOK OR "GET A CORNER" 7

ORIGIN: PHILIPPINES
EQUIPMENT: CONES TO MARK AREAS
PLAYERS: 5, 7, OR 9,ETC…
AREA: INDOORS/OUTDOORS

OBJECT OF THE GAME

To run and secure a base before someone else does

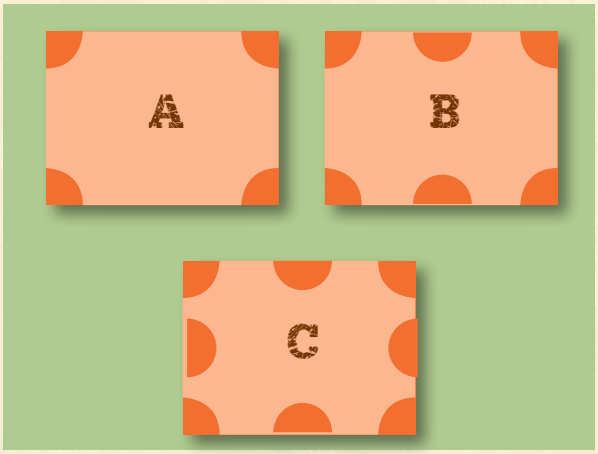
HOW TO PLAY

A rectangular playground or different areas are marked off on the ground or floor. Figure A shows the arrangement for five players, B for seven players, and C for nine players.

One player is assigned to be in the middle of the play area and the rest are at the bases marked. The other players in the corners will try to exchange places by dashing across from place to place. The "it" person must try to secure a corner or base by rushing to any when it is vacant.

In order to confuse the "it" player, the players on the bases may leave their bases and suddenly rush back to them, as if stealing a base. Whenever the "it" player secures a base, the odd player becomes "it" and the game continues.This game can also be played differently by having all players skip, jump, or move side-to-side to get to the bases.

More youth activities available in the CANFIT Super Manual at http://www.canfit.org.



CANFIT'S ALTERNATIVE SPIN TO POPULAR GAMES

The following are twists on traditional games that you can try at your program. These are just examples of using the Soul Principles to keep all youth continually engaged, moving throughout and most of all having fun. Feel free to add your twist to any game and encourage youth to do so as well.

CAPTURE THE FLAG

Instead of sending players to the captured area where they stand and wait, have youth do 5-10 jumping jacks then be allowed to play again.

TAG

Instead of having one person be "it," have many people be "it." It makes the game more challenging and also decreases the pressure on one person to try to tag someone.

FREEZE TAG

Instead of freezing when being tagged, have youth run in place for a count of 10 (or another quick exercise) to "unfreeze" themselves.

RELAYS

Don't emphasize winning or losing in a relay race. Split the groups up into many different teams and do different types of activities instead of running, like skipping, fast walking, and moving side-to-side.

BASKETBALL

Instead of playing basketball, set up basketball-style drills and have stations so that all youth have a chance to participate.

DANCE

Hip hop and break dancing can be fun to watch but can also be fun to try. If you are not familiar with any particular type of dance, ask your youth if they are. They can teach the others a new style of dance. Encourage them to come up with dance routines!

SCAVENGER HUNT

Plan a scavenger hunt for your youth. This can be done indoors or outdoors and set up before the youth arrive. You can incorporate academic lessons in a scavenger hunt to make the activity more enriching.

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YOUR CUSTOMIZED AFTER SCHOOL PHYSICAL ACTIVITY PROGRAM

Now that you've learned about all the different components of an exercise program, it's time to put it all together! Here is a sample workout program as well as a template so that you can create your own program.

Notice that the program includes the three recommended daily activities - warm-up & stretch, activity and cool down.

When choosing activities for the week, include traditional activities (i.e. sports, tag, etc.) as well as alternative activities (i.e.dance, inclusive games, etc.)

SAMPLE WEEKLY WORKOUT CARD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN (optional)
Stretch	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes
Activity 1	20 minutes Traditional game _____	20 minutes Strength Training _____	20 minutes Your choice _____	20 minutes Strength Training _____	20 minutes Youth choice _____	20 minutes Youth choice _____
Activity 2 Alternative Activity	20 minutes _____			20 minut _____		
Cool Down	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes
Equipment Needs:						

Do all the stretches in the picture guide

This is where you write your activities for each day. Plan for one "traditional" and one "alternative" activity. Even if you don't have time for both activities, you'll have a backup plan if one activity doesn't work out.

If planning two activities for the day, plan for each one to last about 20 minutes. If your activity lasts 30-40 minutes, then you can do a longer stretch or cool down.

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EXAMPLE WEEKLY WORKOUT CARD

Make Copies of this Page to keep track of your Weekly Physical Activity Plan.

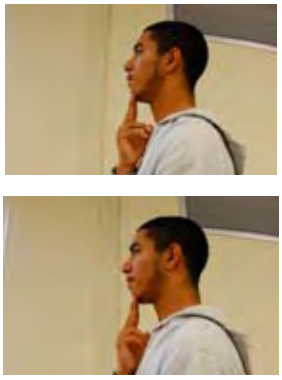
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN (optional)
Stretch	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes
Activity 1	20 minutes Traditional game _____	20 minutes Strength Training _____	20 minutes Your choice _____	20 minutes Strength Training _____	20 minutes Youth choice _____	20 minutes Youth choice _____
Activity 2 Alternative Activity	20 minutes _____	20 minutes _____	20 minutes _____	20 minutes _____	20 minutes _____	20 minutes _____
Cool Down	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes
Equipment Needs/ Notes						

EVERYDAY STRETCHES FOR OFTEN NEGLECTED BODY PARTS

10-MINUTE EXPRESS STRETCH ROUTINE

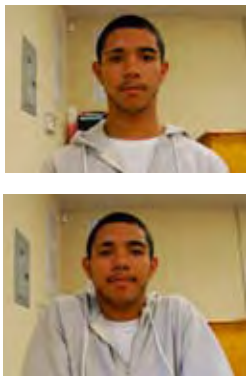
- Choose 3 of these exercises every hour & perform throughout the day.
- Hold each stretch for 20 seconds.
- Always do stretches to the right and left, front and back, and up and down when applicable.
- Remember to breathe.
- Stretch until you feel a slight pull, not until you feel pain.
- Avoid falling back into awkward postures.
- Relax between repetitions.

#1 Chin Tucks



Sit up tall, with head in a neutral position. Pull the chin toward the back of the head. To make sure your chin does not drop, place your index and third fingers on your chin. Repeat 5-10 times.

#2 Shoulder Shrugs

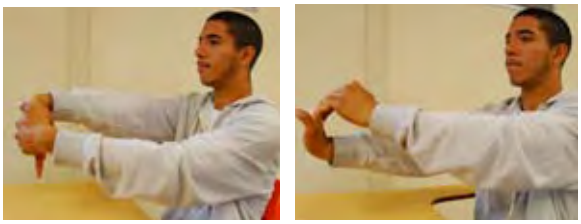


Sitting or standing, raise the top of your shoulders toward your ears until you feel slight tension in your neck. Hold and slowly lower to release.

#3 Neck Side bends

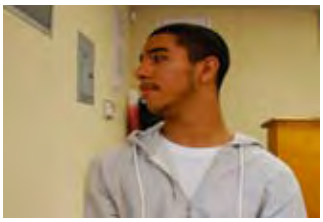
Start with head in a comfortable, aligned position. Slowly tilt head to the left to stretch the muscles on the side of the neck. Breathe. Tilt head to right.

#4 Wrist Flexion and Extension Stretch



Keep elbow straight but not locked. Grasp hand and slowly bend the wrist upward or downward until a stretch is felt.

#5 Head Rotation

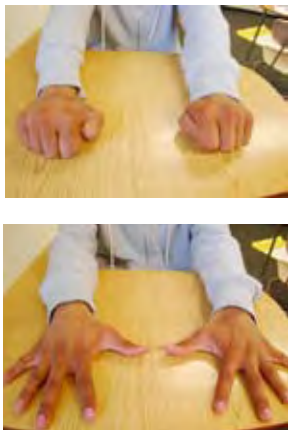


From a stable, aligned sitting position turn your chin toward your left shoulder to create a stretch on the right side of your neck. Reverse.

#6 Shoulder Retraction

Place arms out to the side with elbows bent to 90 degrees. Pinch the shoulder blades together and push elbows toward back pockets. Feel a stretch across the chest.

#7 Hand/Finger Stretch



Close your hands into a fist and straighten your fingers until tension of a stretch is felt. Repeat 5-10 times.

#8 Body Rotation

Sit with the right leg over the left, then rest elbow or forearm of the left arm on the outside of the upper thigh of the left leg. Apply controlled steady pressure looking over your right shoulder. Slowly switch legs reverse to the other side.

#9 Back Extension

Standing with knees slightly bent, place your palms on lower back just above your hips, fingers pointing downward. Gently lean back to create an extension in the lower back. Hold for 20 seconds and return to standing.

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