



# Irish Primary Physical Education Association (IPPEA)

## 7<sup>th</sup> Annual Conference

Mary Immaculate College of Education, Limerick  
Saturday March 20<sup>th</sup> 2010

Title of Presentation/Workshop:

**'PRIMARY AEROBICS - ADD MUSIC AND STIR'**

Presenters Name:

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## **‘Primary Aerobics – Add Music and Stir’**

### Introduction

Waking up to dance- rub eyes to wake them up, rub ears so we are listening and pat head to wake up concentration.

### **Switching on for dance**

Sit with the children, cross-legged, in a circle and lead them through the following activity:

- **Switch on your ears** (tweak the ears).
- **Switch on your eyes** (rub the eyes).
- **Switch on your concentration** (pat the head).
- **Switch on your body** (place both hands on top of the head and move them down along the outline of the body, tracing the shoulders, sides, legs and feet. Bring the hands to rest on the floor in front of the feet).

Ensure that the circle is big enough to accommodate all of the children so that you can see each one. Encourage correct spine alignment by directing the children to sit **tall** with back stretched and lower back long, rather than curved. Use the activity to remind the children that when we dance, as well as moving our bodies, we need to look, listen and concentrate.

### **The Space Bubble**

The children stand spaced apart facing you. Ask the children to move the arms in the space in front of, behind and at the sides of the body. They must keep the feet still but can allow the knees to bend and the torso to twist, as necessary. Tell the children that all of the space directly surrounding their bodies is called their **space bubble** and it protects their bodies when they dance. Now the children begin to move around the hall, exploring all the space available. They must:

- keep their space bubble around their bodies
- move without touching another dancer’s bubble.
- stop and keep still when you shout **freeze**.
- introduce some music as the children dance. The idea of the **space bubble** is to encourage the children to keep well spaced out when they move and so help them to avoid banging into another dancer.
- Use your voice to guide the activity.

Useful commentary might include:

*Protect your bubble, don’t move too close to another dancer. Can you stop and keep completely still inside your bubble when I call freeze? Ready to go again?*

### **Warming Up Theory**

A warm-up is a group of exercises performed immediately before activity, which helps the body to adjust from a state of rest to exercise. Warming up is an essential element of every physical education lesson to prepare the body appropriately for involvement.

The warm-up may also be used as a valuable opportunity to recap and revise established skills and knowledge and introduce new movement ideas that can be developed later in the session. In addition, warm-up activities can aid social development by incorporating the formation of

groups and encouraging social interaction among individuals. Use warm-up activities to establish group sizes for later tasks, such as getting participants into pairs or fours. View the warm-up as the start of the lesson, or lead-in to the main activity, and use it to establish the focus of the session.

Every warm up should include:

- 1 Pulse-raising aerobic activities to prepare the cardiovascular system and warm the muscles of the body;
- 2 Mobility exercises to prepare the joints (where bones join other bones);
- 3 Stretches to prepare the muscles and their associated ligaments and connective tissue; and
- 4 Activity-related movements to prepare the children for the focus of the main activity (the “brain body” link).

The Warm-Up should begin with very gentle exercise to allow a steady increase in the body and muscle temperature. This gentle exercise could take the form of a game or jogging, depending on the size of the area, and can then be followed by stretching/mobility exercises. Stretching improves the flexibility range of the muscles, whilst mobility exercises increase the range of movement of the limbs and can therefore assist in preventing injuries.

### **Guidelines for Safe, Effective Warm-ups**

- Keep the warm-ups simple and relevant to the main activity that will follow.
- Begin all warming up activities in a slow controlled manner and increase the intensity gradually. (go steadily up the gears)
- Modify games and activities depending on the age level, weather conditions and space available.
- Avoid games and activities that involve chasing in the early stages. Sprints and tag games have no place in the early part of warm-up.
- Include stretching and mobility exercises late in the warm up.
- Make the warm up “Fun”

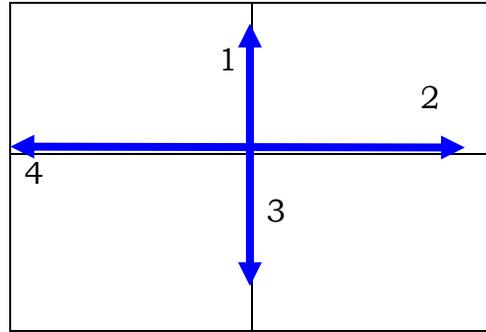
### **1. Body Alignment and Posture**

Focus on good posture and body alignment

### **2. Pulse Raiser/Aerobic Exercises**

Teaching Tips:

- a. Switch on the music, march on spot to establish the rhythm, face the same way as the children, count them in and start sequence:
- b. *march,2,3,4 and turn,2,3,4* until each of the four walls have been faced- see diagram below



- c. *march forward,2,3,4 and back 2,3,4*, turning until each of the four walls have been faced.
- d. same as c. add kick and clap (simultaneously)- *forward,2,3,kick & clap and back,2,3 clap* (while turning)
- e. march on the spot while you show them the next step then face your class again and demonstrate the side step as below counting them in as before
- g. side step to the right- *step together, step together*, repeat to the left x 2
- h. repeat g adding an arm action e.g. arms up and down to tip shoulders x 2
- h. 8 knee lifts - *right, left, right, left*, hands swinging across the body
- i. 8 kicks- *right, left, right, left*

Variations:

- Vary the routine from time to time e.g. sometimes you may start on the left foot and turn anti clockwise
- Alternatively you might walk diagonally to face each of the four corners.
- At times you may wish to jog instead of marching
- Introduce high and low claps
- You might introduce a number of jumps as you turn to face the four walls

### 3. Stretches/Mobility

Mobilise joints- roll out shoulders, wrists, ankles, knee lifts, hip rotations.

Stretch- crouch down to ground, head down, roll up slowly to a full stretch, head comes up last, side stretches, hip rotations.

Muscles stretched – Calf, hamstring, quadriceps (hip flexor)

Music – Shrek CD

- [www.protempo.ie](http://www.protempo.ie)
- [http://www.irishheart.ie/iopen24/action-life-t-8\\_197\\_199\\_204.html](http://www.irishheart.ie/iopen24/action-life-t-8_197_199_204.html)
- <http://www.multitrax.net/>