



HIIT YOUR BEST FOR FITFEST!

Adidas Lesson | October

Time Stage 3 – Learning Plan (Activity)

Lesson Goals:

This adidas lesson introduces your students to High Intensity Interval Training (HIIT), a form of cardio that alternates between high intensity and low intensity heart rate levels. This constant variation of intensity has several benefits:

- It keeps your mind focused on your time and speed, making your workout more engaging and fun.
- A reduction in training time. You put in about half the amount of time compared to traditional cardio exercise to reach your goals.
- It's an easier way to motivate yourself to do. Even though it is very challenging, students may find that say, 20 minutes of HIIT interval training is easier than having to run for an hour at a steady pace.
- Staring at that large chunk of time can also take its toll mentally. HIIT is efficient in time and students can look at it in small chunks rather than one big lump sum.
- Another benefit is that you increase your VO2 max, or the maximum volume of oxygen that your body can absorb. Meaning that you can sustain longer during all sorts of exercises.
- The great thing about HIIT is that you don't need to be a professional adidas athlete to do this type of workout. Just stay within your fitness level and during the HI intensity activities, give it all you've got!

HIIT Is an Ideal Lesson to Prepare for a FitFest Event!

Interested in getting your students FIT while raising thousands of dollars for your PE program this semester? IHT and adidas' signature fundraising program is called **FitFest** and it can help you raise between \$5K - \$20K in just 6 weeks from now! Watch the adidas lesson intro video and contact IHT to get your FitFest date set. Then do the below lesson to get your students in tip top shape for your FitFest event!

Student Objectives:

- S3M6: Participates in moderate-to-vigorous aerobic physical activity that includes intermittent or continuous aerobic physical activity of both moderate and vigorous intensity for at least 60 minutes per day.
- S4M5: Cooperates with a small group of classmates during adventure activities, game play or team-building activities.
- S5M2: Identifies components of physical activity that provide opportunities for reducing stress and for social interaction
- S5M6: Demonstrates respect for self and others in activities and games by following the rules, encouraging others and playing in the spirit of the game or activity

Instructor Notes and Set Up:

- Students are scattered around the gym in partner pairs.
- Students will complete 9 HI intensity activities with a LO intensity activity between each.
- Stress the importance of cheering on and supporting their partner throughout the lesson.
- Use a whistle or signal to indicate HI and LO activities and as a start and stop indicator.
- During the HI intensity activity, tell students to work towards completing as many repetitions or move as quickly as they can.
- During the LO intensity activity, focus on good form and a steady recovery pace.
- Inclusion Strategies: Make modifications to the tasks as needed for all fitness and ability levels.

Partner Warm Up

1. Ask students to jog randomly around the gym and hi-five 5-6 classmates, telling each person hello and their name.
2. Have students find a partner to do their warm up activities.
3. Line up on the baseline of the gym or field, with partner (1) on the line and partner (2) behind them.
4. As partner (1) travels the length of the gym or field, partner (2) does the activity at the line. Once both partners are finished with doing both aspects, have them wait at the line for the next activity on your command.
 - Travel: high knees down, seat kickers back. At the line: squats
 - Travel: basketball side shuffle down and back. At the line: lunges
 - Travel: power skips (skip high and far). At the line: jump squats (squats with a jump at the top. Bad knees just rise on toes)
 - Travel: karaoke/grapevine down and back. At the line: jumping jacks
 - Travel: Frog hops, both feet together. At the line: burpees
 - Together: Partners run/jog together 1-3 times around the perimeter.

Main Activity – HIIT Your Best!

This 20-minute HIIT lesson involves a challenging pace during each of the 10 HI Activities below for 60 seconds followed by a recovery LO Activity for 60 seconds. Students will be partnered so that when one student is doing the HI activity the other is performing the LO activity. Each student will do both the HI and LO activity before moving on to the next activity. Keep the clock running with no pause between each of the 10 activity sessions.

Stress the importance of pushing themselves and getting their heart rate into the yellow and/or red heart rate zone on their adidas Zone during the HI activity but that it is also important to listen to their bodies and stay within their limits. Have them keep an eye on how fast their heart rate recovers during the low activity to get more in tune with their recovery heart rate. The fitter they are, the faster their heart rate will recover. Doing this lesson multiple times over the course of the semester while observing changes in their heart rate graphs will show how their fitness is improving over time.

Encourage students doing LO intensity activity to cheer their partner on as they perform the HI intensity activity.

20:00

<u>HI Intensity Activity</u>	<u>LO Intensity Activity</u>
1. 60 seconds: quick jumping jacks from squat position	60 seconds: arm curls (with or without weights)
2. 60 seconds: high knees	60 seconds: standing quad and hamstring stretches
3. 60 seconds: lateral hops/alternating skate jumps	60 seconds: plank hold on forearms
4. 60 seconds: squats + kicks	60 seconds: sit ups at an easy, steady pace
5. 60 seconds: mountain climbers	60 seconds: Up and down bridge pose (push hips up & down)
6. 60 seconds: push-ups	60 seconds: lateral arm raises (with or without weights)
7. 60 seconds: lateral jacks (plank, feet jump in & out)	60 seconds: side plank hold (switch ½ way through time)
8. 60 seconds: tuck jumps	60 seconds: squat hold
9. 60 seconds: burpees	60 seconds: jog/move in place

Cool Down (Relaxation and Reflection of Mind and Body):

Partner jog to cool down then lead students through a series of stretches, randomly asking students which was the hardest exercise. Have them describe the highest heart rate and lowest they saw and explain how their heart rate rose and fell as they moved from HI to LO activities. How do they feel now that the lesson is over?

This lesson burns a lot of calories. Not bad for 20 minutes of hard work! Plus, there's an afterburn effect students will create while their bodies get back to a resting heart rate. Have student hi-five/elbow bump 5-6 classmates for a job well done!

Materials

- Music during activities and for start & stop signals
- Cones to mark boundaries
- Various fitness equipment: exercise bands, hand weights, Sandbells, medicine ball, jump ropes

