

# Muscle Mania

## Objectives:

The children will learn how to do several strength-building exercises and teach their peers how to correctly complete an exercise.

## Learning and life skills:

- Working with a small group
- Teaching peers
- Following directions

## Materials:

- Muscle Activity Cards
- Container, like an empty box or cup
- MyActivity Pyramid poster
- Drinking water (make available to children as needed)
- Music player and music (optional)

## Time:

15 minutes

**Volunteer note:** If you're short on time, select at least one arm, leg and abdomen "Muscle Activity Card" and place them in the empty container. Allow the groups to select only one card. If you're short on space, choose the "Muscle Activity Cards for Limited Space."

## Procedure:

### Before the meeting:

1. Copy the Muscle Activity Cards and Muscle Activity Cards for Limited Space sheets. Cut the cards apart and place them in an empty container.
2. Display the MyActivity Pyramid poster.

### During the meeting:

1. Tell the children that they are going to learn exercises to strengthen their arm, leg and abdominal muscles by playing Muscle Mania.
2. Divide the class into four mixed-age groups. Allow each group to draw two Muscle Activity Cards from the container.
3. Give each group several minutes to read their Muscle Activity Cards and practice the activity on the card. You can play upbeat music while the groups practice their activities. Observe each group and make sure they are doing each exercise correctly.
4. Call the groups back together. Have each group lead the class in one of their Muscle Activity Card movements.
5. After every group has led the class, repeat with the second Muscle Activity Card.

### Try this, too:

Have the children hold small hand weights when doing the chair squats, lunges and airplane arms. Have them wear small ankle weights when trying the toe raises and leg lifts.

### Talking it over:

Ask the group the following questions:

#### Share it:

- What muscles did each activity exercise?
- Where do you find strength-building activities on the MyActivity Pyramid?

#### Process it:

- What other activities can you do to build your muscles?