



# ASDAN

PRESENTS...

## 10 SHORT AND SWEET ACTIVITIES to develop skills through SPORTS AND FITNESS



### 1 Show me your muscles

**To prepare:** Create a PowerPoint showing a range of different fitness exercises (e.g. sit-ups, squats, lunges, weight lifting, yoga). Display a poster, image or model of the muscles in the human body.

**Activity:** Learners talk through the correct way to perform the exercise (they could also demonstrate it). Get them to point out which muscles it uses and the benefits for the body.

### The impact of sport

**Activity:** Split learners into small groups to discuss and list the positive and negative impacts of a particular sport, with regards to money, society, the environment and other factors. Ask each group to create a poster based on one of the positive impacts.

### A question of...

**To prepare:** Find a short clip from a sporting event, game or match. Prepare a series of observational questions (e.g. what was the number on the winner's bib).

**Activity:** Divide learners into small teams, play them the clip. Ask them the questions and get them to write down the answers - allow them to discuss quietly in their groups. Read out the answers and get them to mark each other's answers. Award a small prize to the winning team.

### In the media

**To prepare:** Collect newspaper clippings, Internet printouts and clips to show the media coverage of a controversial sporting issue or event.

**Activity:** As a group, discuss how the story has been reported in different sources and the reasons behind this. What are your learners' views on the issue and the media coverage?

### 6 Definitions game

**To prepare:** Make two sets of cards, one with sports and fitness terms on and the other with the definitions of these terms. This activity could focus on general sports and fitness terms (e.g. tricep, aerobic) or terms relating to a specific sport (e.g. serve, set-point).

**Activity:** Ask learners to work in pairs to match each word with the correct definition.

### Diet and nutrition

**To prepare:** Make a PowerPoint with each slide showing a different nutrient (e.g. protein) with two descriptions of how it benefits the body – one true, one false.

**Activity:** Learners decide on the correct definition (A or B?). Ask them to give some examples of foods containing that nutrient.

### Get kitted out

**To prepare:** Write down a range of sports or sporting activities on a set of sticky notes – these can be as everyday or obscure as you like! Learners will need to access the Internet for research purposes.

**Activity:** Divide learners into small groups and give each group a sticky note – ask them what (if anything) they know about the sport. Ask each group to find out what kit/equipment you need to get started in this sport and make a list. Discuss the lists as a group. This task could be extended by asking each group to come up with the best price for each item and a total cost for the list, or giving them a set budget.

### Ask me anything

**Activity:** Learners each come up with one question they would like to ask their sporting hero (past or present). Ask them to share their questions with the rest of the group and explain why they would ask that question. As a group, discuss the answers they might get.

### Local sport

**Activity:** Create a group mindmap of sports facilities in your local area. Discuss your ideas as a group and give star ratings for the best facilities.

### 9 On the spot

**Activity:** Learners devise a short session of warm-up or warm-down exercises to run with the rest of the group. Get the group to give feedback for each session.

You could carry out this activity over a term, with a different learner leading the warm-up and warm-down sessions each lesson.

The activity could be extended to a full lesson focusing on a particular topic, e.g. football skills, fitness circuits, muscle groups, etc.



Resources to support these activities are available online...



theOrb

visit: [www.theorb.org.uk](http://www.theorb.org.uk)