Blast from the Past
Family Activity

FAMILY ACTIVITY: AEROBICS

In this session, youth will learn about the benefits of aerobic activity and will participate in aerobic exercise through following along with a video. This lesson is inspired by aerobics videos that were popularized during the 1980’s. Aerobic activity is any type of cardiovascular conditioning (cardio) that increases heart and breathing rates. Children should be engaged in 60 minutes or more of physical activity daily, with most of the time spent engaged in aerobic activity (Center for Disease Control). Aerobic activity is important for children because it keeps their heart, lungs, and blood vessels healthy and can also help them keep or get to a healthy weight (Stanford Children’s Hospital), and after this lesson youth will gain the skills to select and understand why they should select aerobic activity as a way to stay healthy.

MATERIALS AND INSTRUCTIONS

Materials
- Aerobics video (follow the link or search for The Golden Door Aerobics Workout on Youtube)
- Kids aerobics video (follow the link or search for KMPlusMedia - Aerobic for kids, part 1 on Youtube)

Instructions

Introduction to aerobics
1. Ask youth if they have ever done or watched a workout video before
2. Play Golden Door Aerobics workout from Youtube
   The video is approximately 1 hour long, so you can play as much or as little as you want. The purpose is to introduce youth to popular workouts from the past.
3. Reflect
   - What were some of the exercises that you saw in the video?
   - How were the exercises different from what people do today?
4. Share information with youth about aerobics from the 1980’s and 1990’s
   - Aerobics videos like the one that we watched were very popular in the 1980’s and 1990’s as a way for people to stay active without having to pay a lot of money or remember moves on their own
   - Although the videos are out to date today, aerobic activity still remains important

Participation in aerobics
1. Lead youth through some basic stretches to prepare for aerobics
2. Play KMPlusMedia - Aerobic for kids, part 1 video from Youtube
3. Reflect
   - What did you think about this type of exercise?
Health benefits of aerobic exercise

1. Ask youth how their body felt when they were doing the aerobics video
2. Share information with youth about aerobic activity

Aerobic activity is a type of physical activity that gets our heart and lungs to work a little harder than normal

3. Ask youth to list other activities that get their heart and lungs working

- Anything that involves running, jumping, swimming, or walking fast is aerobic activity.
- Some specific examples would be soccer, basketball, swimming, running, and jumping rope

4. Ask youth why they think aerobic activity is important for our bodies
5. Share information about the health benefits of aerobic activity

- Aerobic activity makes our heart, blood vessels, and lungs stronger which is important as we grow up
- It can also help us get to or keep a healthy weight
- We should get 60 minutes of physical activity everyday.
- Of that 60 minutes, most of it should be aerobic activity.

6. Reflect

- What type of aerobic activity do you plan to do to stay healthy?

QUESTIONS TO EXPLORE

1. What types of physical activity do you like to do? Which of those activities are aerobic?
2. You should get at least 60 minutes of activity per day. If you don’t already, how will you try to start meeting this goal?

IDEAS TO INCLUDE YOUNGER SIBLINGS! (ADAPTATIONS FOR 0-5 YEAR OLDS)

- Little ones will love aerobic dancing along with you and their older siblings. Toddlers and preschoolers will want to join in on their own. Keep in mind they will not respond to the change cues as quickly as the older children so make sure you’re in a space that can accommodate those variations as much as possible - and avoid potential crashes and frustrations. Consider your little one’s temperament and be aware that their attention span and interest in playing along is not likely to last as long as their older siblings.
- Non-mobile infants will enjoy being held by an adult so they can dance along. They may also enjoy watching from the sidelines with a toy (such as a rattle) and shaking along to the rhythm of the routine. Make sure to include them by dancing over and encouraging them from time to time.

REFERENCES, MODIFICATIONS, & EXTENSIONS

Extensions:

- KMPlusMedia offers two other aerobics videos for kids. Follow the links or search KMPlusMedia - Aerobics for Kids, Part 2 and KMPlusMedia - Aerobics for Kids, Part 3 on Youtube