LESSON PLANNING - WEEK 4 (SLEEP & REST)

LEARNING OBJECTIVES

- describe a few things that happen to the body and brain when we sleep
- discuss strategies for winding down an hour before bed time (dim lights, turn off screens, read a book)
- discuss the meaning and purpose of the Sabbath



ACTIVITY

Exercise - Toe Touches & Picking Things Up

Toe touches do more than stretch the back of your legs. Good toe touches require a sequence of muscle contractions and coordinated balance (a *good movement pattern*) that develop and maintain healthy *movement literacy*, especially as it lends to picking things up.



Whether a student is picking up a book bag or a mom a child, this move, with the squat, is the most fundamental movement pattern. Performing this exercise with resistance (an exercise called the "deadlift") is arguably the most efficient way to build total body strength, postural integrity, and lower back durability.

45 Minute Lesson Plan

- Warm Up - walk laps upon arrival; agility moves & jogging (5-6 min)
- Intro Chat - (4-5 min) *Welcome to Week 4* - Toe Touches, 1 Leg Balance & Sleep! **Ask students about sleep habits; bed times and bed time rituals, modes of waking up, alarm clocks?*
- Watch both videos (6 min total) - "super important move, especially for ALL athletes."
- Activity #1 - Regular Toe Touches + Single Leg Floor Touches (6 min) - practice 10 toe touches with feet together and reaching to the sky between each one. Then practice 10 floor touches balancing on each foot - try with bent knee and with both knees straight. **Ask them where they feel the stretch in the toe touch to help with their body awareness.*
- Activity #2 Squats + Agility + Single Leg Touch Touch (6 min) 10 squats, stay down on last squat frogger 30 paces, repeat with bear, monkey, inch worm to other end of gym, then do 10 single leg floor touches per leg, turn around and return to first line, *As d*rill or class relay.*
- Activity #3 Agility + Curl Up Relay, (6 min) evenly divided 5-6 single file lines at one end, first student (side shuffles) down and back, performs 7 curl ups, tags next in line, until last student.
- Deep Squat Chat (4 min.) Perform 10 more toe touches, then drop into a deep squat stretch, and review *Sleep & Rest. *Ask them what they know happens when they sleep? Ask them how many hours per night is probably best? Hand out worksheets and review briefly before leaving.*

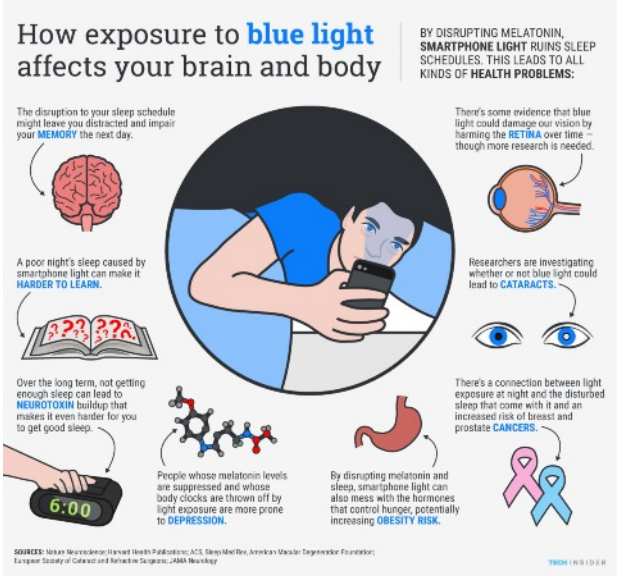
EXTRA NOTES & THOUGHTS

Identity Statement - "I am how I rest"

We simply cannot underestimate the importance of sleep in EVERYTHING health, fitness and human performance. (*Health is 3 things: (1) properly functioning and interacting organs, (2) sustainable and continual ability to heal, and (3) absence of disease.*) How many of our students are getting 10 hours of sleep most nights? What does a typical Sunday schedule look like for them?

Principle - Sleep & Rest

Even God had to rest on the 7th day. Any way we can share the importance of the Sabbath is key this week. Just as athletes need their rest days, Sundays are designated for rest, re-energizing, quality time with family and/or self, and spiritual renewal.



Reflection & Goals

What happens when you do not sleep?

Note the descriptions on each of the images to the right and below. Sleep is arguably the most important, yet under-appreciated and practiced health principle.

Simply put, we should sleep when it is dark, and be awake during the daylight hours.



DESERET NEWS GRAPHIC SOURCE: Bettersleep.org

