

# IDIT- AEROBICS

**Developed by:** Terrie Hanke 2006 Iditarod Teacher on the Trail™

**Discipline:** Physical Education

**Topic:** Aerobic Activity

**Grade Level:** Kindergarten thru 12

**Resources / References / Materials Teacher Needs:**

Iditarod's Guide to the Last Great Race; F.I.T Principle; Karvonen's Formula for calculating Target Heart Rate. Research the Red Lantern Award.

**Lesson Summary:** Students will participate in aerobic activity and progress along the Iditarod trail using minutes as miles. To follow the F.I.T. Principle, students should participate in aerobic activity 3 to 5 times per week for 30 minutes while working in his/her target zone. For each minute of aerobic activity, the student moves 1 mile closer to Nome. The first student to arrive in Nome is the Idit-aerobics Champion. The final student to arrive receives the Red Lantern Award. Students may accumulate aerobic minutes by participating in aerobic activity outside of class. Create a verification system for outside activity.

**Standard's Addressed: National Physical Education Standards**

**Standard 2** – The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3** - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 5** – The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**Learning objectives:** Individually cover the distance to Nome (1049) counting minutes as miles with students participating in some type of aerobic activity – walk, jog, run, bike, ski, snowshoe, rollerblade, row, stair master, elliptical trainers, etc.

**Assessment:** Using a map of the Iditarod trail, students will track their personal progress to Nome. Upon reaching Nome, a student has accomplished the goal of this activity.

**Procedural Activities:**

Prior to Idit-aerobics, instruction should be provided in the F.I.T. Principle, Karvonen's Formula for calculating target heart rate, warming up, stretching and cooling down. Ideally, math classes will create a scaled version of the Iditarod Trail on which the students can keep track of their progress to Nome. If a large trail map isn't feasible, individual charts with the checkpoints and miles should be designed. With some calculation, a student can create a strategy as to the number of days per week, the number of minutes per day and when he/she might expect to reach Nome. To provide for proper rest, required for humans and dogs, students should limit activity to 5 days a week – 60 minutes maximum per day. There are 35 thirty-minute segments in 1049 miles. Counting only the 3 times per week of in-class aerobic activities, it will take a student about 12 weeks to reach Nome. Outside activity will get the students to Nome more quickly. Students should set a goal for the amount of time it takes to get to Nome. If a student is aerobically active both during and outside of class he/she will get to Nome ahead of the others and will be the champion.

**Materials Students Need:**

Map to chart individual progress and a log for recording and verifying aerobic activity performed outside of class.

**Technology Utilized to Enhance Learning:**

As a variation, students could use pedometers in class. Steps could be converted to actual distance covered during class. Each student marks his/her distance on a cumulative class record. The class moves to Nome together and experiences the joy of participating with a team and sensing team fulfillment.

**Other Information:**

**Variation:** If a shorter time period is desired, each 30 minute session of aerobic activity could advance the student or class one checkpoint. With 3 aerobics sessions per week, it would take approximately 8 weeks to get to Nome.

**Integration:** Social studies classes can research the history of each checkpoint and its residents. As a checkpoint is reached, the students who did the research can present the information. Math classes can design and build the trail to scale for each class to track their progress. The progress of the mushers can also be tracked along the trail.

**Modifications for special learners/ Enrichment Opportunities:**

Aerobic activities, distances or times can be modified for physically challenged students.

**Notes:** This activity has a broad range of possibilities that reach beyond the school's Physical Education program to health clubs and fitness centers. It's a fact that it takes 3 weeks to either make or break a habit. The aerobic trek to Nome could be just what it takes for an adult or child to commit to and continue aerobic activity for a lifetime of improved fitness and health.