



# GARDEN-BASED HEALTH & WELLNESS CURRICULUM

FOR 3<sup>RD</sup> – 5<sup>TH</sup> GRADE



Lesson #5



# Lesson #5

aerobic fitness,  
sets & reps

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## MATERIALS

- 2-3 decks of cards, numbers 3-9
- Enough yarn balls or other signifier for about 1/3 of students
- Paper/pencil for creating aerobic workout plan

## CONTENT STANDARDS

### MATH

Ma 4.2.3.a Solve real-world problems involving multi-step equations comprised of whole numbers using the four operations, including interpreting remainders.

# LESSON

## Objectives

- The students will use multiplication and addition to calculate sets and reps for aerobic workout plan.
- The students will solve 2-step problems using multiplication and addition using three card pursuit activity.

## Vocabulary

- Aerobic activity – any activity that gets your heart and lungs working

## Modeled

Teacher: most of the fitness activities you choose should be aerobic, which are activities that get your heart and lungs working. This includes activities like running, biking, or swimming.

## Shared

The students will name aerobic activities; the teacher will keep a running list.

Teacher: we will group together 3 aerobic activities and create a workout routine. We will use multiplication to show the total times each activity is completed. For example: do 10 sit ups, jump rope 20 times, do 10 push ups- these are called reps, the number of times you complete each move; complete this set of activities 3 times. Calculate how many times you did each activity by multiplying each rep by 3, and then add the sets together.

Sit ups:  $10 \times 3 = 30$

Jump rope:  $20 \times 3 = 60$

Push ups:  $10 \times 3 = 30$

$30 + 60 + 30 = 120$



## Guided

Teacher: today we are going to use a fitness activity to practice 2-step problems using multiplication and addition.\*

### Three Card Pursuit

Each student receives 3 cards. 1/3 of the students will use a yarn ball or other signifier to be the pursuer and tag a partner. Each player uses their 3 cards to multiply the 2 larger numbers and add the third number. The player with the larger answer gets or keeps the yarn ball and finds a new partner. Play continues until teacher calls time.

\*Can be modified to 2 cards for multiplying, or students may add all three cards to provide differentiation.

## Independent

The students will create their own 3-activity aerobic workout plan and calculate reps and sets for the plan.

## Summary

The students will use stand-up, hand-up, pair-up to share independent work.

Teacher: After hearing your classmates' plans, what would you change? What new activities could you add?

## Home challenge

Try aerobic workout plan at home for 5 days. Track your progress.

# PEAR & POMEGRANATE SALSA

## Ingredients

- 1 cup pomegranate seeds
- 1 large pear, chopped (about 2 cups)
- ¼ cup finely chopped red onion
- ¼ cup finely chopped cilantro
- 1 lime, juiced
- Multigrain tortilla chips

## Instructions

- Combine all ingredients in a bowl and stir well.
- Serve with multigrain tortilla chips.



## ABOUT THIS RESOURCE

This Garden-Based Health and Wellness curriculum and video series was funded by a grant from the Futuro Latino Fund, a grant program of the Omaha Community Foundation. Curriculum was designed by Octavia Butler, Gomez Heritage Elementary School. Accompanying videos created by Torchwerks. Graphics courtesy of freepik.com. Special thanks to Albert Varas, City Sprouts Board President, for his leadership on this project. For additional information, contact City Sprouts at [info@omahasprouts.org](mailto:info@omahasprouts.org).

This curriculum and accompanying videos are available at [omahasprouts.org/learn](http://omahasprouts.org/learn).

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City Sprouts  
PO Box 31593  
Omaha, NE 68131  
(402) 504-1910  
[www.omahasprouts.org](http://www.omahasprouts.org)

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