

FIT & MOVE 1

COURSE OVERVIEW



DURATION:

8 Weeks (1 session a week)

NUMBER OF HOURS:

1 Hour (1 hours per session)

NUMBER OF SESSIONS :

8 Sessions

GRADE LEVEL / AGE:

Grade 1 – 3 (Ages 5 – 8)

REQUIREMENTS:

- Gym mat
- Red “Panyo” (Boys)
- Abaniko (girls)

WHAT YOU’LL LEARN IN THIS COURSE:

- Basic exercise workout according to grade level
- Identify locomotor and non locomotor movements
- Understanding body and space awareness
- Rhythmic routines through intriduction to Folk dance | Cariñosa

SESSION SUMMARY

SESSION 1

Course Intro + Basic workout + Self Assessment

SESSION 2

Basic workout + non locomotor movements + HW

SESSION 3

Basic workout + Locomotor movement

SESSION 4

Basic Workout 2 + Cariñosa 1 + HW

SESSION 5

Basic Workout 2 + Cariñosa 2 + HW

SESSION 6

Workout Assesment + Cariñosa 3

SESSION 7

Cariñosa 4

SESSION 8

Cariñosa 5 + Feedback

FIT & MOVE 2

COURSE OVERVIEW



DURATION:

8 Weeks (1 session a week)

NUMBER OF HOURS:

1 Hour (1 hours per session)

NUMBER OF SESSIONS :

8 Sessions

GRADE LEVEL / AGE:

Grade 4 – 6 (Ages 8 – 11)

REQUIREMENTS:

- Gym Mat
- Jumping rope
- Castanets

WHAT YOU'LL LEARN IN THIS COURSE:

- Basic exercise workout according to grade level
- Identify locomotor and non locomotor movements
- Understanding of the importance of physical activity & fitness
- Skill | Jumping rope
- Rhythmic routines through intriduction to Folk dance | La Jota Moncadeña

SESSION SUMMARY

SESSION 1

Course Intro + Basic workout + Self Assessment

SESSION 2

Basic workout + non locomotor movements + HW

SESSION 3

Basic workout + Jumping rope

SESSION 4

Basic Workout with Jumping rope + La Jota Moncadeña + HW

SESSION 5

Basic Workout with Jumping rope + La Jota Moncadeña 2 + HW

SESSION 6

Workout Assesment + La Jota Moncadeña 3

SESSION 7

La Jota Moncadeña 4

SESSION 8

La Jota Moncadeña 5 + Feedback

FIT & MOVE 3

COURSE OVERVIEW



DURATION:

8 Weeks (1 session a week)

NUMBER OF HOURS:

1 Hour (1 hours per session)

NUMBER OF SESSIONS :

8 Sessions

GRADE LEVEL / AGE:

Grade 7- 9 (Ages 11 - 14)

REQUIREMENTS:

- Gym Mat
- Coordination Ladder
- 3pcs hard plastic cup with LED candle

WHAT YOU'LL LEARN IN THIS COURSE:

- Basic exercise workout according to grade level
- Understanding of the importance of physical activity & fitness
- FITT Principle
- Cardio & Coordination skills
- Rhythmic routines through intriduction to Folk dance | Pandango sa Ilaw

SESSION SUMMARY

SESSION 1

Course Intro + Basic workout + Self Assessment

SESSION 2

Basic workout + FIIT principles

SESSION 3

Basic workout + coordination Ladder + Assessment

SESSION 4

Workout + Pandango sa Ilaw + HW

SESSION 5

Workout with Ladder + Pandango sa Ilaw 2 + HW

SESSION 6

Workout Assesment + Pandango sa Ilaw 3

SESSION 7

Pandango sa Ilaw 4

SESSION 8

Pandango sa Ilaw 5 + Feedback

FIT & MOVE 4 COURSE OVERVIEW



DURATION:

8 Weeks (1 session a week)

NUMBER OF HOURS:

1 Hour (1 hours per session)

NUMBER OF SESSIONS :

8 Sessions

GRADE LEVEL / AGE:

Grade 10 – 12 (Ages 14 – 17)

REQUIREMENTS:

- Gym Mat
- weights
- 2pcs stick made of bamboo (1 ½ feet)

WHAT YOU'LL LEARN IN THIS COURSE:

- Basic exercise workout according to grade level
- Understanding of the importance of physical activity & fitness
- FITT Principle
- Workout using weights
- Rhythmic routines through intriduction to Folk dance | Sakuting

SESSION SUMMARY

SESSION 1

Course Intro + Basic workout + Self Assessment

SESSION 2

Basic workout + FIIT principles

SESSION 3

Basic workout + Weights + Assessment

SESSION 4

Workout + Sakuting+ HW

SESSION 5

Workout with Weights + Sakuting 2 + HW

SESSION 6

Workout Assesment + Sakuting 3

SESSION 7

Sakuting 4

SESSION 8

Sakuting 5 + Feedback