



Students do a Jazzercise Workout Video together.



The ability to play a Jazzercise video for students, partial or in full (suggested videos: <https://youtu.be/dhCMOC6GnrY>, 26 mins, or <https://www.youtube.com/watch?v=pkWLL2OGOWE>, 18 mins).

Total Prep Time: 5 mins.



As this is the last Monday of the month, please consider sharing or re-sharing the Monthly Kick-Off activity, and if appropriate, video at www.everymondaymatters.org. Additionally, a three-minute recap of the previous weeks may add extra context to this week and help connect the dots around the monthly theme.

4 C's	SOCIAL & EMOTIONAL LEARNING	SERVICE LEARNING
• Critical thinking	• Self-awareness	• Integrated learning
• Communication	• Self-management	• High quality service
• Collaboration	• Social-awareness	• Collaboration
• Creativity	• Relationship skills	• Student voice
	• Responsible decision-making	• Civic responsibility
		• Reflection
		• Evaluation

GOALS FOR THE WEEK

- Discover how being active can make a positive difference in our physical, mental, and emotional health
- Explore how we can get “MOVING” in fun ways with other people
- Find creative ways to add exercise to our daily routines
- Understand how “MIND YOUR MOVEMENT” is an important part of this month’s theme, “MONDAY GETS BALANCED”



STUDENT ACTIVITY: "JAZZERCISE"

- 1) **SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: "JAZZERCISE"**
- 2) **ASK 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY'S FOCUS:**

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **Do you do any form of exercise in your daily life?**
 - If so, what kind?
 - If not, what kind of exercise seems fun to you?
- **What is "JAZZERCISE"?**
 - Answer: A type of exercise that combines dance, strength, and resistance training with popular music
- **Have you ever heard of or done "JAZZERCISE" before?**
 - If so, how was it?
 - If not, do you think it sounds fun?
- **Do you think it would be fun to take an exercise class with your friends or family?**
 - Have you ever done this before?
- **How can exercising with your friends and family be a good way to get "MOVING"?**
- **Do you think exercising with other people can help you to "GET BALANCED"?**
- **How can exercising with other people help you remember that WE all MATTER?**

- 3) **SET UP THE "JAZZERCISE" ACTIVITY:**

- **Explain:**
 - Exercise is so important, but lots of times people feel like it is too much work and aren't sure how to find something they enjoy in order to keep it fun
 - The good news is, we can create ways to make our active lifestyle more fun
 - A great way to do this is to exercise with other people, like in a group or a class
 - And, laughter goes hand-in-hand with enjoying your active lifestyle, so let's see how much fun we can have today
- **Ask:**
 - Have you ever done "JAZZERCISE"?
 - Are you ready to learn about how you and others can "GET BALANCED" and "MIND YOUR MOVEMENT"?

- 4) **START THE "JAZZERCISE" ACTIVITY:**

- **Pull up the Jazzercise video of your choice (<https://youtu.be/dhCMOC6GnrY>, 26 mins, or <https://www.youtube.com/watch?v=pkwLL20GOwE>, 18 mins) and project it to make sure students can see and hear it**
- **Have students spread out so they have at least an arm's length distance between them and the person next to them, and don't have anything in their way**
- **Explain:**
 - We are going to do "JAZZERCISE" today
 - This is a type of exercise that's meant to do together
 - Just have fun with it and enjoy getting "MOVING"!
- **Play the video for as long as time allows and encourage students to have fun with it—and join them, too!**

5) AFTER THE ACTIVITY, ASK 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY'VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **Did you enjoy doing “JAZZERCISE” today?**
 - Why or why not?
 - **Was it easy or difficult to follow the steps?**
 - **What was fun about “JAZZERCISING”?**
 - **Have you ever done anything like this before?**
 - **Do you think you might want to continue doing “JAZZERCISE”?**
 - Why or why not?
 - **If “JAZZERCISE” isn’t for you, how else will you “MIND YOUR MOVEMENT” in your daily life?**
 - **Did “JAZZERCISE” inspire you to get “MOVING” in other ways?**
 - **How can you exercise with other people?**
 - What are the benefits of exercising with others?
 - **How can you exercise more often?**
 - How will this help you lead a more “BALANCED” life?
 - **How can exercising with others help you remember that WE all MATTER?**
 - **What would the world be like if we all exercised more often and led more “BALANCED” lives?**
- 6) THANK STUDENTS FOR “MINDING THEIR MOVEMENT” TODAY BY “JAZZERCISING” TOGETHER. REMIND THEM THAT “MOVING” TOGETHER CAN BE A GREAT WAY TO “GET BALANCED” IN THEIR LIVES.**
- 7) CHALLENGE STUDENTS TO DO SOME MORE “JAZZERCISE” OR OTHER TYPES OF EXERCISE TO GET THEM “MOVING” WITH OTHER PEOPLE. CHECK IN WITH THEM TO SEE HOW THEY’RE EXERCISING AND WHAT THEY’RE ENJOYING.**
- 8) CONTINUE TO EXPLORE HOW TO “MIND YOUR MOVEMENT” BY LEADING ONE OR MORE OF THE FOLLOWING EXTENSION IDEAS.**



EXTENSION IDEAS:

DO ONE OR MORE OF THESE EXTENSION IDEAS TO BRING THE LESSON FROM 15 MINUTES TO 30 MINUTES OR MORE.

- 1) **Class Jazzercise:** Have students work together to create their own “JAZZERCISE” routine different from the one in the video. Each student can come up with a move or groups of students can create their own routine and do them in front of the whole group. If possible, make it a once-a-week morning starter to do your routine as a physical education activity.
- 2) **Try New Routines:** Encourage students to try other new exercise and “MOVEMENT” routines and share them with the class. How does it feel to be more “BALANCED”? What are they enjoying the most? What have they tried that they didn't enjoy?

**“TRUE ENJOYMENT COMES FROM
ACTIVITY OF THE MIND AND
EXERCISE OF THE BODY;
THE TWO ARE EVER UNITED.”**
- WILHELM VON HUMBOLDT