

# WHAT A DRAG

## • HEALTH & PHYSICAL TRAINING •



**CURRICULUM AREA:** Health & Physical Education

**TARGET YEAR LEVEL/S:** Years 3 – 7

**CLASS TIME:** 60 minutes

## LESSON BACKGROUND

Students simulate some of the PHYSICAL conditioning that Chris & Clark need to train for as well as the conditions they go through while trekking across Victoria Island.

## OUTCOMES

- Demonstrates control in performing movement skills in a controlled environment.
- The student uses basic self-management skills and considers longer-term consequences to meet personal health and physical activity needs.

## PREPARATION

- *PULLLLLLL!!!!* Resource sheet
- Large rope tied to 'ring weights' that can be wrapped around a student's waist. If ring weights are unavailable, substitutes such as a medicine ball, sand bags, or even a school bag with heavy books inside will do!
- Ask students to bring TWO jumpers each.
- Measured out distance of 20m marked out on the oval
- Stopwatches

## STUDENT ACTIVITY

- 1) Discuss with students the revolutionary all-terrain cart or 'PAC' that Chris & Clark use. Show them photos and discuss.
- 2) Take students down to the oval, tell them that they are going to simulate the conditions Chris & Clark go through while trekking across Victoria Island.
- 3) Students partner up.
- 4) In turns, students place BOTH jumpers on (to simulate the Gore Tex suits C&C wear) and set up the Pull-weights rope around their waists.
- 5) Partners time each other to see how fast they can run 20m with those hindrances.
- 6) Students consider:
  - What physical adjustments did you have to make to your running style?*
  - What parts of the body are being impacted?*
  - What more HINDRANCES must C&C face while doing this on Victoria Island?*
  - What could C&C have done prior to their trip to condition themselves for the journey?*
- 7) Students fill out *PULLLLLLL!!!!* Worksheet.

## **EXTENSION**

- If available, students can try the same activity over a variety of different terrain, such as sand or a hard surface like concrete or bitumen.
- Ask students to identify the muscle conditioning and stretches for particular muscle groups that are needed to haul the cart.