

PROGRAMMING IDEA

Rowing Snack Attack

Recommended for: Physical Education, CrossFit Kids and Health Education classes, all ages.

Objective: Create awareness of the calories we consume versus the calories we burn off during the course of a day, and the choices we make for exercise and other activities in order to maintain a healthy lifestyle.

Suggested equipment: One or more Concept2 Indoor Rowers and a chart that shows the kids' favorite foods and the approximate number of calories in each.

How to get started: Set up the indoor rowers in your space. Have a discussion about the types of foods and portions we consume on a daily basis. Relate this to our daily exercise.

How to play:

1. Row for five minutes.
2. Record the distance rowed.
3. Locate on the performance monitor the number of calories expended. Press the Change Units button on the performance monitor to see the calories burned. Record this number.
4. Each student may use the link below to adjust the number of calories expended based upon their weight.
5. Compare calories expended to the calories in your favorite snack.

Calories expended as viewed on the performance monitor are based on a person who weighs 170 pounds. Visit this link to calculate estimated calories expended based upon the weight of the person rowing:
concept2.com/us/interactive/calculators/calorie.asp.

Food choices and approximate calories:

- 1 apple - 80 calories
- 1 chocolate Bar - 240 calories
- 4 homemade chocolate chip cookies - 185 calories
- 12 ounce can of Coke - 155 calories
- Burger with cheese, large fries, large shake - 1200 calories

Variations: Adjust the time rowed to suit the age group you are working with. If you have a larger group of students or younger kids, you may set this up as a relay, i.e. each person rows for 2 minutes. The total time rowed could be as long as 20 minutes, accommodating 10 students on each indoor rower. If this is the case, prepare other "health related" stations the students can participate in while waiting for their turn to row.

Notes:

Contact Us!

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