

Chair Exercise Routine

Physical
Education



At School
Activities



Small Space
Activities

7-12

Grade
Level

Equipment	One chair per student, music (optional)
Learning Outcome	Demonstrate chair exercises to increase cardiovascular endurance and strength.
COVID-19 Safety Precautions	Remind students to keep a safe physical distance from each other by spacing out chairs appropriately. Clean or sanitize the equipment before and after the activity.

Flipped Classroom Strategy (Optional)

A flipped classroom is an instructional model where direct instruction is delivered to students outside of and before instructional time. Students are introduced to content that supports the introduction, comprehension, and recall of content and then instructional time is utilized to apply, analyze, synthesize, or evaluate content.

Before implementing this activity during instructional time, create a video to share with students providing an overview of various chair exercises. You can refer to [HASfit's Chair Exercise](#) videos to support you. If access to internet or technology is not available, consider providing students with a paper copy of an overview of chair exercises to practice on their own. Encourage students to try different ways to move on and with a chair that supports cardiovascular endurance and strength.



Activity Description

If utilizing a flipped classroom approach, remind students to apply the movements they learned or reviewed in the video or document. If not utilizing a flipped classroom approach, introduce various chair exercises and sequences used for cardiovascular endurance and strength. Encourage students to find a safe place away from others and try different exercises and sequences.

Using a video or class leader (teacher or a student volunteer), participate in a chair exercise routine that focuses on cardiovascular endurance and/or strength endurance. Ensure that all exercises can be safely performed by all students.

Music can be used to accompany the workout and exercises can be sequences with the music.

Consider challenging students by introducing exercises that utilize their chairs as a piece of equipment (e.g., triceps dips, single leg lunges, elevated push ups, etc.).

Physical Education Competencies



MOVE

Develop psychomotor skills, tactics, and strategies that facilitate a variety of physical activities across diverse environments.



THINK

Develop cognitive skills and strategies for a variety of movement contexts that facilitate critical thinking, decision-making, and problem solving.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate movement competence and confidence.



Reflection Questions

Reflection is important to support learning during physical education. Consider asking students the reflection questions below and discuss the answers together.

- What exercise was the most difficult for you?
- Under which circumstances are chair exercises a good physical activity option?



Inclusion Considerations

Modifications can be made to a variety of activity components to ensure inclusion. As you plan activities, consider how everyone can be involved and how to modify or adapt the activities to ensure the full inclusion of all. The STEP framework provides modifications to the following activity components — space, task, equipment, and people.

S Space	T Task	E Equipment	P People
Use a space with access to mirrors for students to pay attention to their form.	Students can choose their own exercises as opposed to following a video/leader.	Provide students with chairs with arm supports or position chairs against a wall for support.	Provide verbal cues to support students with the different exercises.

Observing Learning Outcomes

Consider the following when observing student learning.

- Is the student able to successfully demonstrate chair exercises that increase cardiovascular endurance and/or strength?
- Can the student identify when chair exercises may be an appropriate fitness activity?
- Does the student demonstrate engagement and effort?

Connecting to PHE At Home Learning

The following PHE At Home Learning activity can be utilized by students at home or modified for use during instructional time in order to extend learning.

[What's in the Cards?](#)