

Fitness Fun in the Sculpture Park



Teacher Packet



Moving with the music at *Aria*
Alexander Liberman, artist



Balancing at *Broken Nose Carrying Bottle*
Juan Munoz, artist



Jumping-jacks at *Scarlatti*
Mark diSuvero, artist



Being still at *One and Other*
Antony Gormley, artist

Overview:

Using sites located in the Frederik Meijer Gardens Sculpture Park, students will complete more than fifteen physical fitness activities at varied skill levels. These activities have been inspired by each sculpture. Goals of the program are that students learn to integrate physical activity into their lifestyles, that they value and strengthen their bodies, and that they gain a sense of enjoyment in their accomplishments.

Frederik Meijer Gardens & Sculpture Park is ADA compliant.

Major Concepts:

- Activity and healthy eating habits work to prevent childhood obesity.
- “Personal best” performance can establish good fitness habits.
- Self-esteem is improved with a good body image.
- Physical activity improves one’s motor skills.

Benchmarks, Objectives, and Outcomes

Physical Education

- Motor Skills—Complete a partner or group stunt.
- Physical Fitness—Define target heart rate and meet standards for cardio-respiratory endurance.
 - Accomplish two components of muscle strength and endurance.
 - Develop two components of flexibility.
- Cognitive—Strive to carry out a personal activity/fitness program.
 - Demonstrate cooperative behaviors.
 - Reflect an attitude of “personal best” performance.
 - Become aware of fundamental nutrition requirements.

Arts Education

- Visual Arts—Understand and appreciate art.
- Dance—Demonstrate kinesthetic awareness, concentration, and focus in performing movement skills.

Activities:

Fitness

A coordinator will explain the challenges of the course, the basic program pathways and the “mile markers” which students will encounter along the way. Students will be introduced to famous 20th century sculptors and their works as they progress through the fitness program.

Flexibility will be featured with yoga and stretching at three stations.

Endurance will be stressed in two activities which incorporate balance. Completing the entire course of more than 1¼ miles will also be recognized as a feat of endurance.

Team work will be of value to accomplish group activities in a setting featuring one of our largest sculptures.

Strength and muscles will come into action at seven different sites where students will exercise and use hand weights.

Movement with and without music will take place at four locations.

Wellness will be discussed at two locations. Students will learn about good heart health, how they need to move their muscles to make them stronger and more flexible, and daily nutrition requirements.

Art

While completing the circuit in the Sculpture Park students will encounter the names of more than twenty sculptures, the artists who created them, and materials and methods of construction.

Classroom Activities:

These physical activities can be conducted in the limited space of a classroom and are suggestions for enhancing your visit to the Fitness Fun Sculpture Park program. Try some activities before your visit and then review your fitness field trip with follow-up in the classroom. These tips and ideas may also be used for rainy day recess.

Challenges:

Chair lifts—sit in a firm chair. Put hands at the sides of the seat and with feet off the floor lift your body off the chair. Hold as long as possible.

Desk push-ups—with palms down on the desk and both feet firmly on the floor do as many desk push-ups as possible.

Rhythm movements—use streamers or rhythm sticks balls and move to a rhythm tapped out by a student leader.

“Follow the Leader” movements—a leader moves in hops, gallops, skips, leaps, or giant-steps around the classroom while those in line mimic the same movement.

“Red light/Green light” movements—a leader stands in front of the classroom and calls out a movement (as above) and starts the game by saying “green light”. Students are all stationed at the back of the room and may move forward using the movement only until the leader calls out “red-light”. Anyone caught moving must go back to start. He then calls a new movement and “green light” for the game to continue. As the students successfully move closer to the leader the first student to tag him/her becomes the new leader and the game begins again.

Yoga

Establish a quiet, carpeted corner of your classroom and designate it as the Yoga Center. Explain that yoga can improve flexibility and strength as well as acting to quiet the mind.

Make use of the following motivational quotes in your yoga center: “The quieter you become, the more you are able to hear.” • “Kind words can be short and easy to speak, but their echoes are truly endless” • “Do it big, do it right, and do it with style” • “No act of kindness, no matter how small, is ever wasted.”

Invite students to participate in yoga as time permits. Some of the movements can also be done at their desks.

Human Basketball Net—raise your arms straight above your head lacing your fingers together. Alternately move your palms downward and upward while stretching and becoming aware of your breathing.

Tree Pose—standing up, draw your right foot up against the inside thigh of your left leg and balance. When steady, stand with your arms slightly bent reaching over your head with the palms together. Repeat with your left leg.

Cat Pose—get onto your hands and knees then raise your head up and sag your back down. Breathe slowly and drop your head down and arch your back like a scared cat. Stretch well during each movement and repeat.

On-the-Run Stretch—lift your right foot onto a desk slightly turning your left foot to the side for balance. Stretch down over your leg reaching toward your foot with both hands. Flex your foot. Relax and then slowly move upright and switch legs to repeat.

Afternoon Meltdown—find a quiet spot near a wall and lay on your back while your legs stretch up the wall. Relax and breathe.

Personal Best Journals

Ask students to keep a journal for one month in which they write their fitness goals and record the activities they are accomplishing to reach these goals. They may also write down their daily diet of fruits and vegetables.

Be an Artist

Invite students to make a drawing of a sculpture they would like to make. Discuss decisions artists have to make: What idea do I want to express? • How big will the piece be? • Will it look real? • What materials will I use? • What title will I give the sculpture?

Sculpture Voting Cards

After the tour, ask the students to vote on the sculptures in the Park using the attached set of voting cards. Give each student a set to cut into six voting cards. Use the map from your tour, write the artist's names on the board or print images from www.sculpturesitesgr.org and review each sculpture. Ask the students to vote with their cards.

- This is my favorite piece.
- This piece is especially interesting from different angles.
- This piece looks great in its setting.
- I would like to learn more about this artist.
- I don't understand this piece.
- This piece makes me think.

Tally the scores and discuss the results.

Conclusion:

Caring for one's body is best begun at an early age when good habits can be instilled and before poor habits have been established. Students with an active life-style show better brain function, weight control, higher self-esteem and less feeling of stress or anxiety. Healthy living will benefit us as individuals and serve as inspiration to our families.

Resources:

Office Yoga by Darrin Zeer illustrations by Michael Klein

American Heart Association www.americanheart.org each year this organization sponsors jump rope clinics and distributes information. Contact them for free materials.

Grand Rapids area Sculpture www.sculptursitesgr.org

General information about many of the artists whose works are a part of the Meijer Sculpture Park can be found at www.the-artists.org

Reference books about many of the artists whose works are a part of the Meijer Sculpture Park are available at the Peter M. Wege Library at the Frederik Meijer Gardens & Sculpture Park.

favorite



This is my favorite piece.

different angles

This piece is especially interesting from different angles.



setting



This piece looks great in its setting.

learn more



I would like to learn more about this artist.

don't understand



I don't understand this piece.

think



This piece makes me think.

