

AC/DC - TNT

Grade Three & Four



The AC/DC - TNT Workout is a high-energy, fun, and challenging workout that follows along with the classic Australian rock song "TNT." Students will perform a variety of bodyweight exercises, such as squats, planks, and burpees, in sync with the song's beats, building strength, endurance, and coordination.



Learning Intentions

Build Full-Body Strength:

Students will improve their strength and endurance through bodyweight exercises such as squats, planks, and burpees, targeting major muscle groups including the legs, core, and upper body.

Enhance Coordination and Timing:

Students will practice syncing their movements with the music, improving their ability to coordinate exercises with specific cues from the song.

Increase Physical Fitness and Agility:

Through a fun and high-energy workout, students will develop cardiovascular fitness, agility, and overall body control.



Success Criteria

Exercise Form and Safety:

Students complete the exercises (squats, planks, burpees) with proper form, ensuring maximum benefit and safety.

Rhythmic Coordination:

Students match their movements to the rhythm of the song, following the "oi" and "TNT" cues with accurate timing.

Active Participation and Effort:

Students maintain consistent effort and engagement throughout the entire workout, staying energized and motivated to complete the exercises.



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Objective:

The AC/DC – TNT Workout is a high-energy, fun, and challenging workout that follows along with the classic Australian rock song “TNT.” Students will perform a variety of bodyweight exercises, such as squats, planks, and burpees, in sync with the song’s beats, building strength, endurance, and coordination.

Materials:

- The song AC/DC – TNT
- A music player and speakers
- A safe space for performing exercises

Setup:

1. Ensure there is enough space for students to move around safely and perform the exercises.
2. Play the song AC/DC – TNT on a speaker.

Gameplay/Instructions:

The workout is based on the lyrics and rhythm of TNT. The participants will perform the following movements at specific points in the song.

1. Start Standing (Warm-up Position):

- Everyone starts standing and gets ready for the workout.

2. Squats with “Oi” (during the “Oi” cues):

- Every time the song says “oi,” students perform a squat.
- Lower your body as if sitting in an invisible chair and then stand back up, repeating the motion each time you hear “oi.”
- Focus on proper squat form: feet shoulder-width apart, chest up, and knees not extending past your toes.

3. Plank Hold after “Oi” (after the “oi”s finish):

- Once the “oi’s” are finished, students move into a plank position.
- Hold a static plank (forearms on the ground, body in a straight line from head to heels) for as long as the song continues until the next “TNT” cue.

4. Burpees or Squat Thrusters with “TNT”:

- When you hear “TNT,” students must perform a burpee or squat thruster.
- For burpees: squat down, place hands on the floor, jump back into a plank, jump forward into a squat, and then jump into the air.
- For squat thrusters: from a plank position, jump your feet towards your hands into a squat and then stand up, mimicking the squat thruster motion.
- After the burpee or squat thruster, students return immediately to the plank position.



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Winning the Game:

This workout focuses on continuous movement, so there are no winners or losers. The goal is to complete the entire workout with proper form, staying in rhythm with the song and pushing through each exercise.

Variations for Different Settings:

- **Modified Edition:** Modify the exercises to be lower-impact (e.g., no jump in burpees, hold the squat position instead of jumping).
- **Team Building Edition:** Pair up students to perform the exercises together, encouraging teamwork and motivating each other to finish strong.

Additional Notes:

The AC/DC – TNT Workout is a fun way to get moving while enjoying the music. The high-energy rock song adds excitement, making it easier for students to stay motivated throughout the workout. It is a great way to build strength and endurance in a group setting while keeping the workout enjoyable and challenging.

