

Moby - Flower Workout

Grade Three & Four



The Moby - Flower Workout is a fun and energetic full-body workout where students follow along to the song "Bring Sally Up," performing different exercises in time with the music. The goal is to build strength, endurance, and coordination by repeating movements in sync with the rhythm of the song.



Learning Intentions

Develop Strength and Endurance:

Students will build lower body, core, and upper body strength through exercises like squats, push-ups, and squat thrusters, enhancing their endurance and muscle control.

Enhance Coordination and Rhythm:

Students will synchronise their movements with the beat of the music, improving their coordination and ability to move with rhythm.

Encourage Healthy Movement Patterns:

Through bodyweight exercises, students will practice proper form and technique, helping them engage in healthy movement patterns for fitness.



Success Criteria

Correct Exercise Form:

Students perform each exercise (squats, push-ups, or squat thrusters) with proper form, ensuring safety and effectiveness in the workout.

Rhythmic Coordination:

Students follow the rhythm of the song, matching their movements to the "bring Sally up" and "bring Sally down" cues with precision.

Engagement and Participation:

Students actively engage in the workout, maintaining effort and focus throughout the entire song to complete the workout.



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Objective:

The *Moby – Flower Workout* is a fun and energetic full-body workout where students follow along to the song "Bring Sally Up," performing different exercises in time with the music. The goal is to build strength, endurance, and coordination by repeating movements in sync with the rhythm of the song.

Materials:

- The song *Moby – Flower*
- A safe space for students to perform exercises
- Music player

Setup:

1. Set up a space where students have enough room to move freely and safely.
2. Play the song *Moby – Flower* on a speaker.

Gameplay/Instructions:

The workout is divided into different exercises that match the rhythm of the song. The movements align with the cues in the song, specifically "bring Sally up" and "bring Sally down."

1. Squats:

- Start in a squat hold (lower your body as if sitting in an invisible chair).
- When the song says "bring Sally up," stand up straight.
- When the song says "bring Sally down," return to the squat hold.
- Continue repeating these movements throughout the song.

2. Push-ups:

- Start in a plank position with your chest just above the ground.
- When the song says "bring Sally down," hold the push-up position with your chest hovering just above the ground.
- When the song says "bring Sally up," push yourself back up into a plank position.
- This is the most challenging option and will test your upper body strength and endurance.

3. Squat Thrusters:

- Start in a plank position.
- When the song says "bring Sally up," perform a squat thruster: jump your feet toward your hands into a squat, then stand up straight.
- When the song says "bring Sally down," jump your feet back into a plank position.
- This is a great full-body workout, combining lower body strength with upper body stability.



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Winning the Game:

This workout is about completing the exercises and staying in rhythm with the music. There are no winners or losers, but the goal is to keep up with the exercises and work as a team, pushing through the challenge and staying engaged for the duration of the song.

Variations for Different Settings:

- **Modified Edition:** Simplify the movements by reducing the intensity of the exercises (e.g., doing knee push-ups instead of full push-ups).
- **Team Building Edition:** Partner up with someone and take turns performing the movements. Encourage teamwork and motivation.

Additional Notes:

The Moby – Flower Workout is a great way to combine music and fitness, helping students improve their strength, endurance, and coordination in a fun, rhythmic setting. The song provides a natural tempo that helps participants stay in sync, making it easier to follow along while building a stronger connection to the movements.

