

Chumbawamba - Tubthumper

Grade Three & Four

STAY
ACTIVE!



The Chumbawamba - Tubthumper Workout is an energetic, music-based workout where students complete exercises in sync with the lyrics and beats of the song Tubthumper by Chumbawamba. The workout combines cardio, strength, and core exercises to keep students engaged while working their entire body.



Learning Intentions

Develop Cardiovascular Endurance:

Students will improve their cardiovascular fitness by performing aerobic exercises like jogging, burpees, and squat thrusters in sync with the music, promoting heart health and stamina.

Build Strength and Coordination:

Students will focus on strengthening their lower body and core through exercises like squats, squat holds, and burpees, while enhancing their ability to coordinate movements with the rhythm of the song.

Promote Fun and Engagement through Music and Movement:

Students will stay motivated and energised by combining music with exercise, creating a lively and enjoyable fitness routine that encourages participation and enthusiasm.



Success Criteria

Proper Exercise Form:

Students perform each exercise (burpees, squat thrusters, squat hold, plank hold) with correct form, ensuring effective muscle engagement and injury prevention.

Coordination and Timing:

Students perform the exercises in time with the music, responding to the song's cues and maintaining rhythm throughout the workout.

Active Engagement:

Students stay actively engaged and motivated throughout the entire workout, completing the exercises with enthusiasm and energy.



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Objective:

The Chumbawamba – Tubthumper Workout is an energetic, music-based workout where students complete exercises in sync with the lyrics and beats of the song *Tubthumper* by Chumbawamba. The workout combines cardio, strength, and core exercises to keep students engaged while working their entire body.

Materials:

- The song *Tubthumper* by Chumbawamba (available on YouTube or Spotify).
- A music player or device to play the song.
- A space for performing exercises.

Setup:

1. Ensure students have enough space to move and perform the exercises.
2. Play the song *Tubthumper* on a speaker.
3. Explain the exercises and how students should respond to the song's cues.

Gameplay/Instructions:

The workout follows along with the lyrics of *Tubthumper*. Every time a specific phrase is heard in the song, students will perform a corresponding exercise. Here's how the exercises will flow throughout the song:

1. Jog on the Spot (Verse):

- Start by jogging on the spot while the verse plays.
- When the phrase “I get knocked down” is heard, switch to **Burpees** for the advanced option or **Squat Thrusters** for the intermediate option.
 - **Burpees:** Start in a standing position, squat down, jump your feet back into a plank, then jump your feet forward and explode into a jump.
 - **Squat Thrusters:** Perform a squat, then jump up while reaching your arms overhead, then return to the squat position.

2. Plank Hold (First Chorus):

- When the first chorus starts, immediately drop down into a **Plank Hold**.
 - **Plank Hold:** Keep your body in a straight line from head to heels, resting on your forearms, engaging your core to maintain the position.

3. Squat Hold (Second Chorus – ‘Danny Boy’):

- When the second chorus starts, move into a **Squat Hold**.
 - **Squat Hold:** Hold a squat position with knees at a 90-degree angle, keeping your chest up and back straight.
 - Hold the squat position until the next verse starts.



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4. Jog and Complete Burpees/Squat Thrusters (Main Verse):

- When the song changes back to the main verse, start jogging on the spot again.
- When you hear “I get knocked down” again, perform **Burpees** or **Squat Thrusters** as before, in sync with the song.

5. Continue Through the Song:

- Continue performing each exercise as the song progresses, following the same format for each verse and chorus. Repeat burpees or squat thrusters as you hear “I get knocked down”, plank hold during the chorus, and squat hold when you hear “Danny boy”.

Winning the Game:

There are no winners or losers in this workout. The goal is to stay active, complete each exercise with proper form, and have fun while exercising to the rhythm of the music. The winner is everyone who participates and enjoys the workout!

Variations for Different Settings:

- **Modified Edition:** Simplify the exercises by reducing the number of reps or offering alternative lower-impact movements.
- **Team Building Edition:** Pair students up to perform the exercises together, motivating each other and providing support throughout the workout.

Additional Notes:

This workout is a fun and engaging way to combine exercise with music. By syncing the movements with the lyrics of *Tubthumper*, students not only improve their fitness but also stay motivated through the energy of the song. It's a great way to boost physical activity levels while having fun with a classic song everyone can enjoy!