

**Title:** Exercises of the World

**Subject Area/Grade Level/Instructional Focus:**

1. 6<sup>th</sup> Grade Geography - SS. B132 Culture influences perceptions of place.

**Vocabulary:**

1. Movement
2. Transfer
3. Cultural Diffusion
4. Daily Life
5. Transmittal

**Materials/Resources/Graphic Organizer:**

1. Internet
2. Reference Books
3. PE Clothes

**Instruction Type(s):**

1. Guided Instruction
2. Independent/Collaborative Practice

**Components:**

1. Students will learn about various cultural views and attitudes on health and fitness.
2. Complete a Venn Diagram comparing and contrasting U.S. fitness to other countries.
3. Independent research on a country of their choice and the type of exercises that this country exhibits. Example: *India and Yoga*  
*Japan and corporate exercises before work*
4. Students will practice and be prepared to teach the class some of the exercise steps from their chosen country.
5. The class will attempt the exercises taught by their peers.
6. A final paper will be completed reflecting upon the culture that they chose and that culture's perception of fitness.