

# Challenge 10: Action Pack Your Day



## Captivate

## Educate

## Activate

Part 1  
Lift Off

**It's Challenge Week!**

- With each *fit* Challenge, students activate healthy habits through the meaningful practice of *fit* choices. The challenge concludes with students activating their friends and family to make *fit* choices too!
- For this challenge, students will add movement to their daily routines.
- The challenge concludes with students challenging others to add movement to their day.

**Action Pack Your Day**

- Begin with a quick review of *Topic 5: MOVE Many Ways* before introducing the challenge.
- Your Challenge: Be active!**  
Move a new way in your day.
- Students find different times and different ways to MOVE each day. Encourage students to try something new like...
  - Play a game of kick-the-can with your family.\*
  - Go for a bike ride with a friend.
  - Walk backwards around the block.
  - Stand while doing homework.

**Do It!  
Be active!**

- Move a new way in your day.
- Prepare to track the challenge. How will you show student participation?
    - Students can write or draw their MOVE choices, or you may prefer to use the check-off sheet.
    - Recording participation can be as simple as polling students. You may opt to keep a list showing your students' MOVE choices. Decide which challenge tracker (see options below) you will use.

Part 2  
Take Action

**Challenge Check In**

- Check student progress by polling students to show participation each day until you are ready to wrap up the challenge.
- Discuss the challenge with questions such as:
  - *Stand up and MOVE if this challenge is easy for you. What makes it easy?*
  - *Stand up and don't MOVE if the challenge is difficult for you. What makes it difficult?*
  - *Tell about how you moved.*

**Challenge Wrap Up**

- Lead a class discussion on the final day of your challenge:
  - *What propelled you forward through the challenge? Did friends or family encourage you? Did you write down your goal to remind yourself to MOVE?*
  - *What held you back while attempting the challenge? Were you too tired to get off the couch? Did the weather make a difference in your move activities?*

**Congratulations!**

- Congratulate and/or recognize students for successfully completing the challenge.

**Challenge Others**

- Encourage students to challenge another person to do the MOVE challenge. Challenge friends, family, or teachers. Make it fun!

**Challenge Trackers**

Select one of the options to download and print. Alternatively, students can record their choices in a notebook or journal.

Option 1: MOVE Challenge Tracker

Option 2: Write or draw MOVE choices on a grid.

Option 3: Check off daily challenge on 3x5 card.

**\*Kick-the-can:** One player guards a can while the rest try to kick it over before being tagged. If a player is tagged, they are sent to jail where they must stand and jog in place. If a player kicks the can without being caught, all of the jailed players are free. Run, hide, kick, score!

*Educator's Guide*  
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**Notes:**