

Grades 3-6 Educator's Guide

Kids' Topic 10: Action Pack Your Day



Captivate



Educate



Activate

Session 1 The *fit* Connection

Check Your Energy

- Students show their energy level by sitting, standing, or standing with arms in the air.
- Do a *fitBoost* together.
- Students show their energy level a second time. Does moving make a difference?

It's All Connected

- Discuss how MOVE connects to *fit*:
 - RECHARGE: MOVE to boost your energy.
 - MOOD: Turn an "I Won't" MOOD around to "I Will"...then MOVE.
 - FOOD: Healthy FOOD choices give you energy to MOVE.

Remember to MOVE

- Students make a sign to remind themselves to MOVE with the *MOVE Poster*.
- Encourage students to take their signs home and place near a TV or in their bedroom.

Session 2 MOVE Your Body

MOVE in Your Day!

- Do the same moves as the *fit* characters:
 - Stand and stretch
 - Stand and do toe raises
 - Pretend to play basketball
 - Stand and skip
 - Stand and pretend to jump rope

Be Active

- Highlight the benefits of being active during the day:
 - Activity gives you energy.
 - You make better FOOD choices.
 - Being active keeps you from feeling bored and sitting on the couch.

Morning Moves

- Students write or draw their morning MOVE choices on the *Add MOVE to Your Day* handout.

Session 3 MOVE at School

fitBoost

- Begin this MOVE topic with a *fitBoost*!

Be Active at School

- Discuss ways to MOVE at school:
 - Stand at desk while doing school work.
 - Hop instead of walk.
 - Do arm crosses while walking in the halls.
 - Do wall sits while waiting.
 - Skip or run around the playground before playing recess games.

MOVE at School

- Students write or draw MOVE choices they can make during the school day on their *Add MOVE to Your Day* handout.

Session 4 MOVE at Home

Would You Rather?

- Students mimic the actions they prefer:
- Jumping jacks or jump rope
 - Surf or shoot hoops
 - Butterfly stretch or frog jumps

Be Active at Home

- Decide to MOVE at home. Examples include:
 - Do jumping jacks during TV commercials.
 - Listen to music and do a crazy dance!
 - Play outside.
- The best MOVE choices for home are those that are fun!

MOVE at Home

- Students write or draw MOVE choices they will do at home on the *Add MOVE to Your Day* handout.
- Encourage students to play the *Fitness Challenge Game* at home.

Session 5 Be Active All Day

Ready, Set, Go!

- Select photo and do the MOVE dance to show fun ways to MOVE each day.

Move Anytime, Anywhere!

- Highlight the many times and places students can add movement to their day. Make it fun! Kids can:
 - Dance!
 - Play games and create new versions.
 - Like to jog? Try going backwards!
 - Imitate your favorite animal.
 - Try a new hobby like fishing or gardening.

Make Moving Fun

- Students make their final entry on the *Add MOVE to Your Day* handout. They write or draw a choice they can make that will make moving fun!
- Encourage students to include several parts of their daily routines, such as brushing teeth, putting on shoes, chores, etc.

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Prior Knowledge: MOVE is physical activity. To MOVE is to participate in a sport, play, exercise, or do a leisure activity such as walking. Health experts recommend that youth get at least an hour of physical activity each day, but you do not have to do it all at once! Choosing to MOVE throughout one's day will benefit both body and mind.

Objectives: Students will be able to:

- Describe how MOVE links to RECHARGE, MOOD, and FOOD.
- Describe the benefits of physical activity (e.g., energy, focus, motivation).
- Plan ways to add physical activity to daily activities.

Daily Checks for Understanding and Readiness to Make Healthy Choices

Session 1: ___ plays a key role in the *fit* connection. (*MOVE*)

Session 2: What does moving do for your body and brain? (*Gives you energy, helps you make healthy FOOD choices, keeps you from being bored.*)

Session 3: What are your favorite ways to MOVE at school? (*Listen for examples that incorporate movement into your daily routine.*)

Session 4: What are your favorite ways to MOVE at home? (*Listen for examples of any MOVE that students enjoy.*)

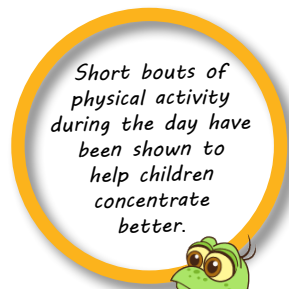
Session 5: When and how will you MOVE this weekend? (*Listen for examples of adding movement to daily activities.*)

Health Education Standards

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
3. Students will demonstrate the ability to access valid information, products, and services to enhance health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family, and community health.

Common Core Alignment

| | Grade 3 | Grade 4 | Grade 5 | Grade 6 | |
|--------------|---|--|---|---|-----|
| ELA/Literacy | SL.3.1 SL.3.2 SL.3.3 SL.3.4 SL.3.5 SL.3.6 RI.3.1 RI.3.2 RI.3.3 RI.3.4 RI.3.6 RI.3.7 RI.3.8 RI.3.9 RL.3.1 RL.3.3 RL.3.6 RL.3.7 | SL.4.1 SL.4.2 SL.4.3 SL.4.4 SL.4.5 SL.4.6 RI.4.1 RI.4.2 RI.4.3 RI.4.4 RI.4.5 RI.4.6 RI.4.7 RI.4.8 RI.4.9 RL.4.3 RL.4.9 | SL.5.1 SL.5.2 SL.5.3 SL.5.4 SL.5.5 SL.5.6 RI.5.1 RI.5.2 RI.5.3 RI.5.4 RI.5.5 RI.5.6 RI.5.7 RI.5.8 RI.5.9 RL.5.1 | SL.6.1 SL.6.2 SL.6.3 SL.6.4 SL.6.5 SL.6.6 | N/A |
| Mathematics | 3.MD.3 3.MD.4 | 4.MD.4 | 5.MD.5 | N/A | |



fit Tip: Make moving fun! Play with a jump rope or an inflatable ball. Snowy weather? Go outside and build a snowman!

Family Message: How action packed is your day? Adding physical activity at home and school will benefit your child's growth, development, and fitness. Moving can be play, exercise, sports, or simply choosing to get up and walk rather than sit for a long period of time. Raising *fit* Kids showcases ways you can be an active family: webmd.com/parenting/raising-fit-kids

Related fit Links

Online Games:

- Scavenger Hunt
- MOVE + Mixer

Articles and Activities:

- Play a New Game
- Get off Your Butt
- 12 Sneaky Exercises*
- Kids FIT: Move
- Grow a Better Brain
- Why Exercise Rocks

Song:

- Put a Little MOVE in Your Day

Student Materials

Session 1

Sessions 2-5

Optional math extension: Students create a MOVE bar graph. Fill in one block for each ten minutes of physical activity.