

Challenge 20: MOVE Your Muscles



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 low, moderate, and vigorous activities to their daily routines.
- The challenge concludes with students challenging others to add movement to their day.

MOVE Your Muscles

- Begin with a quick review of *Topic 20: MOVE Your Muscles* before introducing the challenge.
- Your Challenge: Get moving!**
Increase the intensity of your physical activity.
- Students find different times and different ways to MOVE each day. Encourage students to mix up the intensity level and try something like...
 - Play basketball with family members.
 - Go for a bike ride with a friend.
 - Walk backward around the block.
 - Stand while doing homework.

Do It! Get moving!

- Increase the intensity of your physical activity.
- 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 show a thumbs up if this challenge is easy for you. What makes it easy?*
 - *Stand up and show a thumbs down 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.

Educator's Guide
Challenge 20: MOVE Your Body



Notes: