

# Educator's Guide

## Challenge 5: MOVE Many Ways



### Captivate

#### 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 MOVE in a new way before and after school.
- Begin the challenge by selecting the Captivate slides showing movement activities.

### Educate

##### MOVE Many Ways

- Review *Topic 5: MOVE Many Ways* before introducing the challenge.
- **Your Challenge: Swap the screen!** MOVE instead of sitting in front of a screen.
- Students are to find different times and different ways to MOVE before and after school each day instead of screen time. Try something 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 up while doing homework.

### Activate

##### Do It!

##### Swap the screen!

- MOVE instead of sitting in front of a screen.
- Prepare to track the challenge. How will you show student participation?
    - Students can write or draw their MOVE choices, or 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.
    - Choose a challenge tracker (see options below).

#### 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 act out your new MOVE if this challenge is easy for you. What makes it easy?*
  - *Stand up if the challenge is difficult for you. What makes it difficult?*

##### 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!

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**Notes:**