

# Educator's Guide

## Topic 5: MOVE Many Ways



**Captivate**



**Educate**



**Activate**

### Session 1 What's in a MOVE?

#### How Do You MOVE?

- Select each animal image to play a short video.
- Ask students to compare their physical activity to each animal's movement.

#### MOVE!

- Highlight the benefits of MOVE:
  - Movement boosts energy.
  - Movement strengthens muscles and bones.
  - Movement stimulates brain activity.
- Images show a brain after sitting and after moving for 20 minutes. Red indicates brain activity.\*

#### Play a New Game

- Three options are given for recess games that get kids moving.
- Check out "[Fun Recess Games](#)" for new versions of classic games to play during recess or after school.

\*Brain images reprinted with permission; Dr. C.H. Hillman, University of Illinois at Urbana-Champaign.

### Session 2 How do you MOVE?

#### Daily MOVE Choices

- Students decide which activities are *fit* MOVE choices.
- Leisure activities like playing a game, gardening, playing the drums, and even chasing butterflies are all examples of *fit* MOVE choices because they involve physical activity.

#### You Can MOVE

- MOVE does not have to be competitive or vigorous to be *fit*.
- You can MOVE many different ways throughout the day. For example, everyday activities (walking, chores, etc.), games, and sports are all great ways to MOVE. Just get those feet moving!

#### MOVE It!

- Download the [Session 2: Healthy Choices](#) handout for students create "I Will" statements telling how they will add more physical activity to their day.

### Session 3 Make Time to MOVE

#### How Do Kids Stay Active?

- Watch the video, "[Choose to MOVE: How exercise Helps Your Body and Brain](#)" (1:00 min).
- Ask students to watch and listen for examples of how they can get up and get moving!

#### MOVE Moments

- Health experts recommend that kids get at least 60 minutes of physical activity each day. Ten minutes here and there add up quickly!
- List your students' top 10 MOVE choices or challenge your students to expand the top 10 list to 60 ways to MOVE 60 minutes.
- Option: Download [10 Moves](#) or [60 Moves](#) posters.

#### Your Moves

- Download the [Session 3: My MOVE Timeline](#) for students to create their own timeline of ways they will choose to MOVE throughout their day.

### Session 4 Make Moving Fun!

#### MOVE

- Watch the video showing many ways to make moving fun (2:30 min).
- Invite students to dance along!

#### Enjoy Your Moves

- Highlight key points:
  - Some think MOVE is only exercise, but that's not so!
  - Choose ways to MOVE that you enjoy and it will be easy to MOVE throughout your day.
  - Make your MOVE a short bout of activity, ten minutes or so is fine. It all adds up!

#### Have Fun!

- Students make a MOVE jar.
  - Write or draw favorite and fun ways to MOVE on small pieces of paper.
  - Put them in a jar or container.
  - When it's time to MOVE, choose a piece of paper from the jar and have fun moving!

### Session 5 Plan to MOVE in Your Day

#### Would You Rather?

- Ask students to stand up and show thumbs up for their preference:
  - Be as acrobatic as chimp or as fast as cheetah?
  - Be as strong as an ant or graceful as a gazelle?
  - Swim as fast as a sea bear or fly as high as a bird bear?

#### Plan to MOVE

- Discuss the many choices kids have about how and when they can MOVE.
- Need more MOVE ideas? Go to "[12 Sneaky Exercises](#)."

#### Plan Your MOVE

- Wrap up the topic by asking students to join the dance video showing ways to have fun and move throughout the day (2:30 min).
- Students plan their weekend movement activities using the [Session 5: My Weekend MOVE Timeline](#) handout.
- Encourage students to MOVE many times and many ways throughout their weekend days!

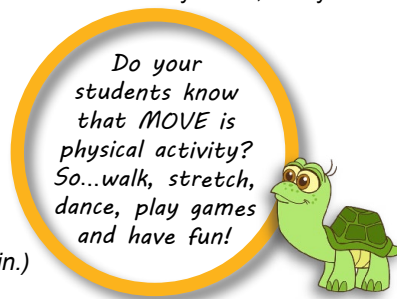
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**Prior Knowledge:** Too often, physical activity is presented as exercise, exercise, and more exercise. Exercise is great, however, there are many ways to MOVE and get the benefits of exercise and have fun at the same time. What's most important is that youth get the recommended hour or more of physical activity each day. So, play, participate in a game or sport, or even do a leisure activity like going for a walk. It all adds up! Make the *fit* choice to MOVE many times, many ways, each day.

- Objectives:** Students will be able to:
- Define *MOVE* as “physical activity.”
  - Recognize that moving benefits your body and brain.
  - Describe different ways to MOVE.



### Checks for Understanding and Readiness to Make Healthy Choices

- Session 1:** What does moving do for you?  
(*Boosts your energy, strengthens your muscles and bones, lights up your brain.*)
- Session 2:** What does it mean to MOVE? (*Choose a physical activity.*)
- Session 3:** When and how you \_\_\_\_\_ is up to you! (*MOVE*)
- Session 4:** What are some of your favorite ways to MOVE? (*Students describe fun and enjoyable movement activities.*)
- Session 5:** When and how will you move today? Tomorrow? (*Students describe a variety of physical activities.*)

### Health Education Standards

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.
- Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.
- Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

### Common Core Alignment

ELA/Literacy	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6
Speaking and Listening	SL.K.1 SL.K.2 SL.K.3 SL.K.4 SL.K.5 SL.K.6	SL.1.1 SL.1.2 SL.1.3 SL.1.4 SL.1.5 SL.1.6	SL.2.1 SL.2.2 SL.2.3 SL.2.4 SL.2.5 SL.2.6	SL.3.1 SL.3.2 SL.3.3 SL.3.4 SL.3.5 SL.3.6	SL.4.1 SL.4.2 SL.4.3 SL.4.4 SL.4.5 SL.4.6	SL.5.1 SL.5.2 SL.5.3 SL.5.4 SL.5.5 SL.5.6	SL.6.1 SL.6.2 SL.6.3 SL.6.4 SL.6.5 SL.6.6
Informational Text	RI.K.1 RI.K.2 RI.K.3 RI.K.4 RI.K.7 RI.K.8 RI.K.9	RI.1.1 RI.1.2 RI.1.3 RI.1.4 RI.1.6 RI.1.7 RI.1.8 RI.1.9	RI.2.1 RI.2.3 RI.2.4 RI.2.6 RI.2.7 RI.2.8 RI.2.9	RI.3.1 RI.3.2 RI.3. RI.3.4 RI.3.6 RI.3.7 RI.3.8 RI.3.9	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	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	
Literature	RL.K.1 RL.K.2 RL.K.3 RL.K.4 RL.K.7 RL.K.9	RL.1.1 RL.1.2 RL.1.3 RL.1.4 RL.1.7 RL.1.9	RL.2.1 RL.2.3 RL.2.7	RL.3.1 RL.3.3 RL.3.6 RL.3.7	RL.4.3 RL.4.9	RL.5.1	

### Student Materials:

Session 2

Session 3

Session 3 (option)

Session 3

Session 5

*Suggestion: Write the “Top 10 Moves” on chart paper and post as a reminder to MOVE many times and many ways each day.*

**fit Tip:** MOVE Your Body! Do you get bored when you have to wait in line? Sneak in some moves. Do a wall push-up, stretch, touch your elbows to the opposite knee...just MOVE!

**Family Message:** MOVE! What physical activities does your family do each day? Moving can be play, exercise, sports, or simply choosing to get up and walk rather than sit for a long period of time. Did you know that moving also benefits learning? When you move, you get your blood flowing, which in turn brings oxygen to your brain and helps you think!

More information about the benefits of MOVE can be found on the at [fit.webmd.com](http://fit.webmd.com), and *Raising fit Kids* at [webmd.com/parenting](http://webmd.com/parenting).

### Related fit Links from fit.webmd.com

- Online Games:**
- “Scavenger Hunt”
  - “MOVE Horoscope”
  - “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”
  - “Love Your Exercise”
  - “Exercise Stretches”
  - “4 Types of Exercise”
- Printable Activities:**
- “MOVE Award”
  - “My MOVE Chart”
- Slideshow:**
- “Alex Moves his Body”
- Video:**
- “How do you stay active?”
- Song:**
- “Put a Little MOVE in Your Day”

### Articles and Activities for Families:

- “How to Encourage Kids to Play and MOVE”
- “Where to Start When You’re Not *fit*”
- “5 Steps to Get Motivated to MOVE”
- “Why Are Gym and Recess Important?”
- “Fun ways you can get everyone involved, toddler to teen.”