

Physical Activity

Overview

HOW IT WORKS

Physical activity is an integral part of being healthy and can be added to the school day with some quick and fun activities. Select **two** physical activity options from the list below for your class to complete.

01 Healthy Behaviors Challenge

As a classroom, identify SIX challenges related to being active and eating healthy. Feel free to choose what activities your students complete and track them using the poster.

02 Movement Breaks

Movement breaks encourages students to get up and get moving. The movement break poster is used to tally how many movement breaks are incorporated throughout the school day.

03 5210 Tracking Sheets

Encourages students to follow the 5-2-1-0 simple messaging

- 5 or more servings of fruit or vegetables
- 2 hours or less of screen time
- 1 hour or more of physical activity
- 0 sugary drinks.

04 Community Events

Find a local community event related to being active or eating healthy! You can do this as a class or students can work independently.



ACCESS INSTRUCTIONS HERE



HEALTHY BEHAVIORS CHALLENGE

OPTION 1

The Fuel Up Healthy, GO! posters are a fun visual reminder for your class to stay active and eat healthy. The goal is to have a classroom challenge related to healthy behaviors that everyone can participate in at school or at home.

INSTRUCTIONS

1. [Print this poster](#) and place it in a visible location
2. As a classroom, identify **SIX** challenges related to being active and eating healthy. Feel free to use our ideas below or choose your own. Write them out on the poster.
 - o Eat a new fruit
 - o Walk or bike to school
 - o Visit a new park
 - o Try a new outdoor activity
 - o Try a family fitness challenge
 - o Eat a new veggie
3. Students can mark the activities they have tried on the poster.
4. The challenge can be for a month or several months until the end of the school year! Have fun with your students and get creative for how the posters and trackers are used in your classroom.

TIPS

1. Use tally marks each time a challenge or healthy behavior is completed. As a class you can set a goal for each activity and strive to meet it by the end of the school year!
2. Use stickers, daubers, stamps or any fun marking system to display progress.



MOVEMENT BREAKS

OPTION 2

Movement breaks encourages students to get up and get moving. Taking breaks has many benefits and helps students get recharged and re-focused. The movement break poster is used to tally how many movement breaks are incorporated throughout the school day. Encourage students to lead movement breaks and choose different movements to try!

INSTRUCTIONS

1. [Print this poster](#) and place it in a visible location.
2. Review movement breaks ideas [here](#), or come up with a list! Below are some fun ways to get input from your class:
 - Using popsicle sticks, have each student share their favorite movement and write it on the popsicle stick (an exercise or funny gesture, be creative!)
3. Set a goal as a class, it can be as simple as one movement break a day or more!
4. Use tally marks each time a movement break is completed.

MOVEMENT BREAKS

Each time you incorporate a one-minute break for movement with the class, tally it off on the chart below. Aim for a movement break daily!

Month / Week	Week 1	Week 2	Week 3	Week 4
January				
February				
March				
April				
May				

FAMILY + COMMUNITY ACTIVITIES

OPTION 4

It is encouraged for students to live a healthy lifestyle in and out of school. For this activity, we want students and families to find a local community event they can participate in related to physical activity or healthy eating.

INSTRUCTIONS

1. Talk to your students about the challenge and brainstorm some ideas together.
2. If there are no community events, we encourage your class to get creative by thinking of an event to host for your classroom/school that families can participate in. There are so many ways to get students, families, and staff involved and a great way to extend healthy messages from school to home.
3. Here are a few inexpensive, fun, and easy activities that can be enjoyed together at home or integrated at a school event:
 - Host a family fitness night in your school gymnasium or cafeteria for families to rotate between 5-10 stations. Take advantage of back-to-school nights or other events hosted at your school.
 - Set-up a walking/biking school bus day. Contact our Safe Routes to School Partners or complete it as a class.
 - Invite families who live nearby to walk to or from school.
 - Pick a route and take a test walk.
 - Decide how often the group will walk together.
 - Participate in Bike Month or multi-modal transportation day. Set up a day to encourage students to ride their bikes, scooters, skateboards, or roller-skates to school.
 - Start an Intramural or PE club
 - Have students get active with their families using this [activity calendar](#).

TIPS

Turn this activity into an assignment or assign for extra credit! Students can take pictures and write about their experience to share with the class.