



UNIT 2:
Physical Activity
Get Moving!

A nutrition and physical activity curriculum designed to help children develop healthy habits during out-of-school time

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This document was created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity for educational use in afterschool programs for children from kindergarten through fifth grade.

About Food & Fun After School

2nd Edition

The goal of **Food & Fun** is to assist program staff in providing healthier environments to children during out-of-school time. The curriculum is designed to incorporate lessons and activities about healthy eating and physical activity into regular afterschool program schedules. **Food & Fun** includes 11 teaching units that encourage healthy behaviors through active play, literacy and math skills development, creative learning, and hands-on snack time activities. With over 70 activities to choose from and a user-friendly layout for each lesson, Food & Fun makes it simple to promote healthy eating and physical activity in your program every day!

Environmental Standards for Nutrition and Physical Activity in Out-of-school Time Programs

- ★ Do not serve sugar-sweetened beverages.
- ★ Serve water every day.
- ★ Serve a fruit and/or vegetable every day.
- ★ Do not serve foods with trans fat.
- ★ When serving grains (like bread, crackers and cereals), serve whole grains.
- ★ Eliminate broadcast and cable TV or movies. Limit computer time to less than 1 hour each day.
- ★ Provide all children with at least 30 minutes of moderate physical activity every day. Offer 20 minutes of vigorous activity at least 3 days per week.

Teaching about healthy behavior is most effective when the program environment is consistent with the **Food & Fun** messages on healthy eating and physical activity. Programs are encouraged to work towards achieving the Environmental Standards for Nutrition and Physical Activity.

Food & Fun materials were created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity in partnership with the YMCA of the USA's Activate America initiative to help individuals and families lead healthier lives. In addition to afterschool programs, these materials are appropriate for use in a wide variety of out-of-school time programs, like summer camps, sports programs, extended day programs, and before school programs.

For more information on the Environmental Standards, see the **Harvard School of Public Health Prevention Research Center's Environmental Standards for Nutrition and Physical Activity in Out-of-School Time Programs**. All **Food & Fun** materials, including parent engagement tools, tip sheets on implementing the Environmental Standards, snack recipes, and assessment tools can be downloaded at no cost from the Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Unit 2 Information for Leaders

Behavior Goal

Children will be more physically active.

Key Messages for Kids

- Moving your body is fun and helps your body be healthy and strong.
- All types of physical activities like playing, dancing, and sports are good for you.
- Do something active every day.

Key Information for Program Staff

It is important to create an afterschool environment where children are able to participate in physical activity every day. When regular activity is not part of a healthy lifestyle, children are more likely to develop chronic diseases such as heart disease, diabetes, and osteoporosis when they grow up. Physical activity tends to decline as children enter the adolescent years, and inactive children and teens are more likely to grow into sedentary adults.

The goal is to engage all children in regular physical activity, regardless of physical or mental abilities, and for them to have fun being active. Many schools have reduced physical education and recess times so children come to afterschool programs ready to move! Children ages 6-17 need at least 60 minutes of physical activity each day. This can occur in 15 minute periods of activity throughout the day. They should participate in vigorous activity on at least 3 days per week. To help children meet this goal, provide all children with at least 30 minutes of moderate physical activity every day. Offer at least 20 minutes of vigorous physical activity on 3 or more days per week.

In this unit, children will recognize that traditional forms of exercise, like sports, are not the only way to get moving. Free play, like running, jumping and climbing on playground equipment is just as important as organized sports like soccer or softball. Children can also be active in their chores at home. They may walk a dog or help sweep floors. Finally, children and families should be encouraged to find active forms of transportation like walking to school or riding bikes to the park or store. It is important to keep in mind that people hold different values and understanding about exercise, so talking about all these different ways to be physically active is important.

Don't forget proper hydration! Offer water before, during, and after all physical activity.

Refer to the *"Everyone Participates!"* and *"Physical Activity!"* Tip Sheets for ideas on how to engage staff and children in physical activity at your afterschool program every day. The Tip Sheets are also available on Food and Fun website: www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Activity Options for Children



Arts & Crafts

Active Day Cartoon – all ages create healthy stories. Choose one of cartoon sheet options to best match the ages of children participating in this activity.



Active Games

Warm Up and Cool Down activities – do these whenever you get moving!

We Belong to Many Groups – a physically active game that helps kids appreciate the similarities and differences they have with one another.

Get Moving Relay – helps children identify activities that are “active” (gets the body moving) versus “not active” (body stays still).



Suggested Books

Jonathan and His Mommy by Irene Smalls takes children along a fun walk through the neighborhood, and can be used for an interactive circle time.

Salt in His Shoes by Delores Jordan tells the inspirational story of Michael Jordan and how perseverance led him to become a successful basketball player.

Connect with Parents!

Key Messages for Parents

- Kids should get 1 hour or more of physical activity every day, all at once or spread out in 10-15 minute periods.
- Active families have fun and feel more energetic.
- Being physically active helps your body be healthy and strong.
- Be a good role model by getting regular physical activity yourself and planning active time as a family. Kids with active families are more likely to stay active as adults.

Parent Engagement Options:

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that you can engage parents at afterschool:

- Have a conversation with parents at pick up
- Create a bulletin board with the key messages from each Food & Fun unit
- Involve parents in daily physical activities and snack time
- Hold regularly scheduled events each month
- **Start a walking club** for families to participate in weekly.
- **Dance!** Offer a dance class for families. Zumba is one popular dance class that parents and kids can enjoy together.
- **Suggest family fitness!** Make a list of family fitness classes that local YMCAs are offering. Distribute the list to parents and encourage them to attend!

Refer to the Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages in this unit of Food & Fun:

- **Newsletter Article:** “Get Moving! Feel Great!”. Insert this into your program newsletter.
- **Email message:** “Healthy Habits Power Tips: Get Moving!”. Email this message to parents at the start of this unit.
- **Parent Handout:** “Activate your Family!”. Send this handout home in a mailing, insert it into your next newsletter, or have copies available for pick-up at your program’s sign-out area.

Parent Communications and Handouts are also available on the Food and Fun website:

www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/

Resources

Web Sites:

Food & Fun After School has an interactive website, where you can download materials for free:

www.foodandfun.org



The Physical Activity Guidelines for Americans describe the types and amounts of physical activity that offer substantial health benefits to children and adults.

www.health.gov/paguidelines/

The Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity works with community partners to design, implement and evaluate programs that improve nutrition and physical activity, and reduce overweight and chronic disease risk among children and youth. The Harvard School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

www.hsph.harvard.edu/prc/

Let's Move is First Lady Michelle Obama's initiative to provide parents with the support they need to make healthy family choices, provide healthier school foods, help kids to be more physically active, and make healthy, affordable food available in every part of the U.S.

www.letsmove.gov/index.html

Alliance for a Healthier Generation is a joint venture between the American Heart Association and the Clinton Foundation with a mission to reduce the nationwide prevalence of childhood obesity by 2015 and to empower kids nationwide to make healthy lifestyle choices.

www.healthiergeneration.org

Action for Healthy Kids is a nonprofit and volunteer network fighting childhood obesity and undernourishment by working with schools to help kids learn to eat right, be active every day and be ready to learn. Their website includes tools and fact sheets about childhood obesity, nutrition and physical activity.

www.actionforhealthykids.org/

The Nemours Foundation's Center for Children's Health Media created KidsHealth to provide families with doctor-approved information that they can understand and use. Includes sites for parents, children, and teenagers and provides a variety of health information, including nutrition and fitness topics. Also available in Spanish.

www.kidshealth.org

kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html

National Association for Sport and Physical Activity (NASPE) offers guidelines on activity for children and publishes curricula for in-school and out-of-school time.

www.aahperd.org/Naspe/

President's Fitness Challenge inspires children (and adults) to get moving each day. Use the guidelines and log charts to create a challenge within your center, or enroll children in the challenge through the web site.

www.presidentschallenge.org/home_kids.aspx

The Centers for Disease Control and Prevention sponsor two programs for 9-13 year olds. VERB is a national, multicultural, social marketing campaign which encourages tweens to be active every day. For information about the VERB campaign, which includes materials for parents, go to:

www.cdc.gov/youthcampaign/

Web Sites for Kids:

The BAM! (Body and Mind) program provides tweens with tips on nutrition and physical activity. Children can explore the over 30 physical activities, including the necessary gear and how to play. They can also find great ideas for healthy snacks and meals.

www.bam.gov

KidsHealth also has a website especially for kids in English and Spanish.

kidshealth.org/kid/index.jsp?tracking=K_Home

kidshealth.org/kid/en_espanol/esp_land_pg/spanish_landing_page.html

Materials:

The CANFIT Physical Activity Pyramid is a fun, colorful guide to different types of physical activities kids can enjoy after school. Use it to think of new ways to get kids activity during your program or post it on your site's bulletin board.

canfit.org/pdf/PAPyramid4AS.pdf

Activities

ACTIVE DAY CARTOONS



Objective:

Children draw cartoons to show how they are active at throughout the day.

Preparation and Materials:

- Select the “Active Day” cartoon page that is most appropriate for the age of the children (4 options available for younger and older children) and copy one for each child
- Crayons, markers and pencils
- *Optional:* have a sample cartoon available for children to look at

Instructions:

1. Ask children to name some active things they have done today.
 - Explain to children that “active things” move the body and include walking, climbing stairs, dancing, playing games at recess, etc.
 - Examples of things that are not active are reading, drawing, or watching TV.
2. Explain that they will be creating a picture story of their day. Show them the cartoon example and point out that this little story has a beginning, a middle, and an end.
3. Instruct them to draw a picture of an “active” day. Display the cartoons on the wall!
 - *Younger children* may use the cartoon page that allows space for just one picture, or 3 parts of their day. Help them to think of the active things they do in the morning, during school (including at recess or in physical education class), and after school.
 - *Older children* may create stories using either the 3 or 6-panel cartoon pages. They too should be reminded to fill their morning, school day and afternoon with active things. Older children can write about their stories in the space below the picture (3-panel option) or within the story (6-panel option).

Extension Activities:

- Create one unified book or mural that tells the story of the whole class. Have kids tell the group about their activities to see how their days are similar or different.
- Pair up younger/older children to work together. Older children can write and younger children can illustrate
- Turn each story into a flip book! Try out the link: <http://www.kidzworld.com/article/6979-make-your-own-flipbook>

WARM UP, COOL DOWN



Objective:

It is important for children (and adults!) to warm up their muscles and get the blood flowing before engaging in more vigorous/heart pumping activities. It is also important to allow the body to slow down instead of abruptly stopping an activity. Below are some ideas to help children ease into and out of the physical games.

Warm Ups:

- Walk around the gym or field, or up and down corridors if you have limited space for activity. Begin at a slow pace, then increase the speed of each lap, but do not run.
- Play a short movement game such as “Red Light, Green Light” (children move across room when you say, “Green Light”, and stop when you call out, “Red Light!” Alter movement instructions with each start, e.g.: tip toe, hop or gallop.)
- Play “Simon Says” and incorporate stretching moves (such as “reach to the sky” or “touch your toes”) along with warming moves (such as “march in place” or “hop on one foot”)
- Perform simple stretches sitting on the floor. Remind children not to bounce or pull. For younger children, offer visual cues like, “reach forward and hug the beach ball”, or “paint a rainbow with your right hand...now paint one with your left”.

Cool Downs:

- Race across the gym or field, or do laps, with progressively slower movements: run then gallop then skip then walk then tip toe, etc.
- Repeat simple stretching activities.
- Introduce deep breathing or simple yoga moves as a way to cool down and relax (remind children that these can be used any time!).
 - Slowly (to the count of five) breathe in while bringing your hands together and rising over the head. Then slowly breathe out with a loud “whoosh” while bringing your arms down to the side.
 - “Cat” pose: create a table, supporting the body with the hands and knees. Breathe in and arch back so that the belly moves to the floor and the shoulders move back to look up. Breathe out to reverse the curve of the back like a cat stretching its back.

WE BELONG TO MANY GROUPS

Adapted from *A WORLD OF DIFFERENCE*® Institute



Objective:

Kids will identify groups to which they belong in an active sharing game.

Preparation and Materials:

- Open play space
- List of groups generated by staff or kids
- Crayons, colored pencils, markers (optional)

Instructions:

1. Before the afterschool period begins, generate a list of groups to which the children in your program belong. Use the box above as a starting point and make sure not to choose groups that single any individual kids out.
2. Have students stand in a large circle in an open area. The game will start with all kids walking around the circle.
3. Tell the kids that you are going to say the names of several groups. If kids see themselves as part of the group named, they should run to the center of the circle and run back to their place; if they don't see themselves as part of the group, they should continue walking around the circle.
4. Call several groups one by one. Some of the groups should include all the kids (e.g. people who attend afterschool) and some groups should be ones that involve fewer students. Again, try not to choose a group that will single out individual kids. Make sure to incorporate physical activity related groups! Examples might be kids who walk to school, play a team sport, like to dance etc.
6. Finish by asking students what they observed (i.e., sometimes everyone belonged to a group; sometimes only some people did). The objective of this game should be for kids to share parts of their identity and see how they are similar and different from one another.

Ideas for groups

- Family (e.g. brother, daughter, cousin, oldest child)
- School groups (e.g. band member, first grader)
- Personal identity groups (e.g. gender, race, religion, ethnicity)
- Community groups (e.g. Girl Scouts, youth groups)
- Physical activity related groups (e.g. sports teams members, kids who walk to school, dancers)

Extension Activities:

- After you've played the game a few times, have kids make the list of groups before the game begins. Start brainstorming with ideas for groups listed above.
- Try the game with other movements. Have kids hop to the center and back or skip to the center and crab walk back.
- Have kids create a drawing showing the groups they belong to after the game.

GET MOVING RELAY



Objective:

In relay fashion, teams race to collect and correctly sort activity cards.

Preparation and Materials:

- Activity Cards - copy onto cardstock and cut out (encourage kids to create cards for any “missing” activities to make sure everyone’s active day activities are represented)
- Make category signs (“Get Moving” and “Stay Still”)
- 2 containers (paper bags or boxes) for each team
 - Place 1 set of activity cards per team on one side of the room (place on a chair, table or in a small box)
 - Tape the category signs to each set of containers and place the sets of containers on the opposite side of the room (one set per team)

Note: this game can be played in a classroom, hallway or other small space; just instruct students to walk, take side steps, or use some other safe movement.

Instructions:

1. Arrange teams of children near the containers to start.
2. Explain that children will take turns speed walking across the room to collect an activity card and return it to their team where they will place it in the container that best describes the activity. Point out that activities either get their bodies moving or keep their bodies still.
3. Review the activity cards with kids to see if any of activities they do throughout the day are missing. Have them create new cards to add to to the mix.
4. Players will take turns collecting the activity cards until all cards have been sorted. All team members should run in place, stretch, or do jumping jacks when waiting for their turn.
5. For variety, alter the movement across the room: jog, skip, hop, take giant steps.
6. Review the answers with the group – were any placed incorrectly? Ask why the team thought the activity belonged where it was placed.

Extension Activities:

- Post the “Get Moving” and “Stay Still” signs (plus have containers available) on opposite walls of a gym or large open space. Have the children stand, scattered in the middle of the room. Throw the activity cards (use multiple sets so that there is at least 1 card per player) in the air so that all children may race to pick up a card and run to place it on the correct side.
- Have children make their own “Get Moving” and “Stay Still” signs to use in this activity.
- **For upper elementary children:** Add the categories: “Very Active Moves” and “Moderate Moves” to help older children recognize that any way they move feels good, but some things are more active than others. Inform these children that highly active things do more to build fitness.
- Play a game of charades in which each child selects a card from the pile and acts out the activity for others to guess. The children who are guessing also have to call out if the activity gets them moving or not.
- Relay games can be used to reinforce other healthy messages in a way that gets children moving. Here are some ideas:
 - Race to collect fruits or vegetables by color.
 - Race to collect or sort cards that list various foods by the food group: grain, fruit, vegetable, dairy, protein (meat/poultry/fish/eggs/nuts/ seeds/beans), or sugar/fat
 - Race to sort foods cards by meal (e.g.: breakfast foods, snack foods).
 - Race to sort activity cards by level of activity (sedentary, moderate or high intensity) or type of activity (team sport, playground game, chores).

Worksheet List:

Active Day Cartoon Options

Pages 15-18

- 1 panel to draw picture
- 3 panels to draw morning, in-school, and after school activities
- 3 panels with space below to write story (can offer multiple pages for longer stories)
- 6 panels for older children to create longer stories

Get Moving Activity Cards

Pages 19-40

- Get Moving and Stay Still activity list for leaders
- Get Moving and Stay Still cards
- Very Active and Moderate Moves list for leaders
- Very Active and Moderate Moves cards

It's an ACTIVE DAY!

Draw a picture of you doing something to move your body



What are you doing?

It's an ACTIVE DAY!

Create a cartoon story about a day filled with physical activity.

Morning	School	After school

It's an ACTIVE DAY!

Create a cartoon story about a day filled with physical activity.

Write your story here:		

It's an ACTIVE DAY!

Create a cartoon story about a day filled with physical activity.

1	2	3
4	5	6

Activity Cards for Get Moving Relay

Activity List for Leaders

Get Moving Activities:	Stay Still Activities:
Take a Walk	Watch TV
Jog or Run	Surf the Internet
Roller blade	Sing
Shoot hoops	Read a book
Play on jungle gym	Color, Draw or Paint
Swim	Do a Puzzle
Play Tag	Play Video Games
Dance	Do Homework
Play Kick ball	Talk on the Phone
Clean room	Write a story

Activity Cards for Get Moving Relay

Take a
Walk

Watch TV

Activity Cards for Get Moving Relay

Jog or
Run

Surf the
Internet

Activity Cards for Get Moving Relay

<p>Roller Blade</p>	<p>Sing</p>
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Activity Cards for Get Moving Relay

<p>Shoot Hoops</p>	<p>Read a Book</p>
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Activity Cards for Get Moving Relay

<p>Play on Jungle Gym</p>	<p>Color, Draw or Paint</p>
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Activity Cards for Get Moving Relay

Swim

Do a Puzzle

Activity Cards for Get Moving Relay

Play Tag

Play Video
Games

Activity Cards for Get Moving Relay

Dance

**Do
Homework**

Activity Cards for Get Moving Relay

<p>Play Kickball</p>	<p>Talk on the Phone</p>
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Activity Cards for Get Moving Relay or Charades

<p>Clean Room</p>	<p>Write a Story</p>
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Activity Cards for Get Moving Relay or Charades

Activity Cards for Modification Option #2

Very Active Moves	Moderate Moves
Hip Hop Dance	Walk to and from School
Hockey or Ice Skating	Take the Stairs
Basketball	Carry in Groceries
Volleyball	Skateboarding
Martial Arts- Karate, Judo, Tae Kwon Do	Sweep Floors
Play Soccer	Play on a Swing
Ride Bikes	Toss a Frisbee
Jump Rope	Play Catch
Tennis	Play Hopscotch
Swim Laps	Help With Chores

Activity Cards for Get Moving Relay

**Hip Hop
Dance**

**Walk to and
from School**

Activity Cards for Get Moving Relay

Hockey or
Ice Skating

Take the
Stairs

Activity Cards for Get Moving Relay or Charades

Basketball

**Carry in
Groceries**

Activity Cards for Get Moving Relay or Charades

Volleyball

Skateboard

Activity Cards for Get Moving Relay

**Martial
Arts—
Karate,
Judo, Tae
Kwon Do**

**Sweep
Floors**

Activity Cards for Get Moving Relay

Play Soccer

Play on a
Swing

Activity Cards for Get Moving Relay

Ride Bikes

**Toss a
Frisbee**

Activity Cards for Get Moving Relay

Jump Rope

Play Catch

Activity Cards for Get Moving Relay

Tennis

**Play
Hopscotch**

Activity Cards for Get Moving Relay

Swim Laps

**Help with
Chores**