

Week 1 – Physical Activity

How do you exercise?

Exercising doesn't just mean lifting weights or running on a track, kids like you often exercise without even knowing it! Exercise can be part of the fun things you do every day, and even some of the not-so-fun things, like chores!

You should be getting about 60 minutes of exercise each day, OR aiming to get to 10,000 steps. You spend a lot of time at school and in your classroom. What activities can you do that are safe and fun in the classroom?



Doing this will help your body stay strong and healthy, and that means, being able to do more of the things you love to do. Brainstorm ideas that you and your class can do during the Shape Up RI Kids competition to help reach your 10,000 steps per day goal!



Remember to wear your pedometer every day!

shapeupRI

401 421.0608 kids@shapeupri.org

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Activity: Our class exercises!
Time needed: 15 minutes
Materials: Poster board (optional)

You are gathering students' ideas for what your class can do to become more active together. Ask students to come up with ideas that you could do as a class. It can be something you try to do every day, or something you just try once together.

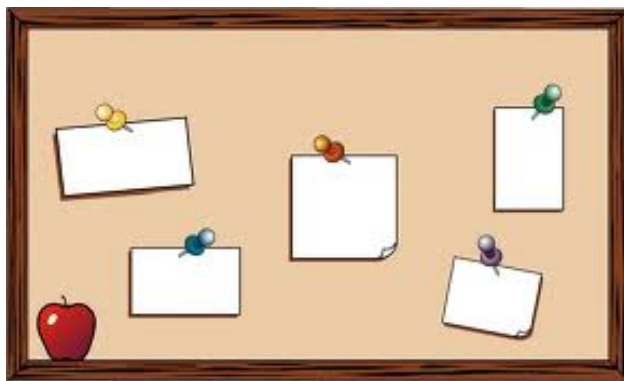
Make sure ideas that are decided upon are "classroom appropriate" and that they fall within your classroom's rules.

Have students raise their hand and be called on to ACT OUT the activity they want to suggest. For example, if it is doing "marches" in the hallway while going from place to place, they will march in place to ACT IT OUT.

Sample ideas:

- Study or reading-break yoga moves
- After-lunch walk around the building (or the stairs on a rainy day)
- Morning walking-meeting on the track
- Taking the "long way" back to the classroom after gym or other activities
- Partner stretching
- Passing around a ball when answering questions or reading aloud
- Dance break!
- Act out a story you read in class

Put the final ideas up on poster board and post it somewhere in the classroom!



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