

Promoting Healthy Schools: Recess Toolkit



**Healthi Kids
2016**

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- Active Living Research: Active Kids Learn Better Infographic
- Action Based Learning: The Brain Benefits First from Exercise
- CDC: Wellness Tips for Classrooms



www.healthikids.org

Indoor Activities



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10 GAMES FOR **Small Spaces**

Wondering what you can do with your class when the weather's not so great? Check out these ideas for inclusive indoor play.



Equipment:

None

UP, DOWN, START, GO

- ▶ Have players stand up.
- ▶ Demonstrate "Up" - jump or stretch as high as they can; "Down" - squat; "Stop" players freezes; and "Go" - walk, jog, skip, or hop (decide on the movement that works best for your space).
- ▶ If players don't do the correct movement, give them a task to complete (e.g. jumping jacks, or giving the leader a high five).
- ▶ Call out the commands and movements.



EQUIPMENT

Radio or music player

DANCE FREEZE

- ▶ Clear an open space.
- ▶ Put on the radio or music player.
- ▶ Everyone dances when the music plays when the music stops every player must freeze immediately and hold the position until the music begins again.
- ▶ If a player is caught moving, they must do 10 jumping jacks during the start of the next round before rejoining the dance.



EQUIPMENT

One ball

BRIDGE BALL

- ▶ Everyone stands in a circle, foot to foot a little more than shoulder width apart, with their hands on their knees.
- ▶ The object of the game is for players to roll the ball between other players legs "bridges". Every time a ball goes through a player's bridge, they get a letter of the word BRIDGE - until one player spells the word.



EQUIPMENT

Two balls of different sizes & color

FOX & RABBIT

- ▶ One ball is the fox, and the other the rabbit. Each ball is like a hot potato and cannot be held for more than one second.
The object of the game is for the fox to catch the rabbit.
- ▶ The group forms a circle and the balls are given to two people on opposite sides. Students pass the ball to the person next to them until the fox catches the rabbit to start a new round.



EQUIPMENT

Open space with four corners

FOUR CORNERS

- ▶ Players split up between four corners of a classroom/room. One person is selected to be in the middle.
- ▶ The player in the middle closes their eyes and counts slowly from 10 to 0. When they're counting, everyone must quietly move to a different corner.
- ▶ After counting and with their eyes still closed, the player in the middle points to one corner. Anyone standing in that corner must sit down. The game continues until 1 person is left. In the next round, the winner of the last game is the counter in the next.



EQUIPMENT

Computer & projector



EQUIPMENT

Radio or music player



EQUIPMENT

Playground ball & play area with clear boundaries with a wall or fence



EQUIPMENT

Hula hoops & jump ropes



EQUIPMENT

Card decks

KIDS FITNESS VIDEOS ON YOUTUBE

For inclement weather there's lots of great fitness videos for kids online. Check out the following:

- ▶ Instant Recess
- ▶ Go Noodle
- ▶ Just Dance Kids

DANCE SHADOW

- ▶ One player sits on the side. The other player gets up and does a dance
- ▶ Then they switch and the other player copies that move.
- ▶ Then he or she does a new move and the next person has to copy it. The best copycat wins!

ROLLERBALL

- ▶ One player is the pitcher, and everyone else lines up against the wall as dodgers
- ▶ The point of the game is to avoid being hit with the ball, the pitcher rolls the ball and tries to hit opponents from the waist down.
- ▶ When a dodger is hit, they step off the wall and cheer on. The last person hit by the ball is the new pitcher

JUMP ROPE & HULA HOOPS

- ▶ Hula hoops and jump rope are an inexpensive & great way for kids to be active in small spaces.
- ▶ Set up an indoor obstacle course with hula hoops & jump ropes.

YOGA PRETZELS OR FIT KIDS CARDS

- ▶ Yoga pretzels & fit kids card decks can be found on Amazon for under \$13. They offer different exercises that kids can try on their own time
- ▶ For another alternative, get a traditional deck of cards and make each suit a different exercise. Kids pull the card and do the number of exercises they see. (E.g. Heart = jumping jacks; Diamond = squats; Spade = arm circles; Club = crunches)



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*Resource adopted from materials created by Playworks for more ideas visit their website at: www.playworks.org

SECTION ONE



Small Spaces, Great Ideas

In this section, you'll find physical activities that children can do in limited spaces. You can also try these activities on rainy days or when you have to stay indoors.

HERE ARE SOME SIMPLE SOLUTIONS FOR WORKING WITH LIMITED SPACE:

- Free up as much floor space as possible by creating more storage areas. You can use cardboard boxes, baskets, or plastic containers as storage bins.
- If you can, use hallways for activities such as hopscotch or bowling.
- Children love to use their imaginations; help them by providing objects that you already have. For example, children might imagine that a chair is a “big mountain” to march around. They can dance with stuffed animals or jump over blocks in the block area.
- In one part of the room, place a storage bin of safe materials (ribbon sticks, scarves, bean bags, beach balls, and maracas) that can get children moving. If you are a center-based provider, this can become a new movement area for children.



Musical Statues

Children of all ages love to jump, bounce, and dance to music. This activity gives them the opportunity to move freely and practice their balance and coordination skills.

MOVEMENT SKILLS: dancing, jumping, marching, balancing

MATERIALS

- a music player with upbeat music that you can play and stop easily (optional: drawings or pictures of people in various poses)

HOW TO PLAY

- Explain to children that you will play some music. Tell them that they can **dance** or **move** when they hear it, but must freeze and not move when the music stops and you call out, “Statue!” Encourage them to move as fast as they can – **jumping, bouncing, marching, wiggling** – only while the music is playing.
- Play and stop the music and call out, “Statue!” Repeat this several times.

POSSIBLE VARIATIONS

- Hold up pictures for children and ask them to freeze in the pose that is shown. The images of Grover below are great ideas for poses!
- If you are working within a larger space or outdoors, have children spread out and dance in different areas.

Learning Links



Literacy: Ask children to freeze in the shape of a letter, such as the letter O.

When the music starts playing again, encourage them to dance while singing the letter sound (“Oh, oh, oh!”). The next time the music stops, ask children to think of a word (even a silly one) that begins with that letter.



Nutrition: Together with children, freeze in poses that show you eating different kinds of healthy foods. You might freeze biting into an apple, peeling a banana, eating a sandwich, or drinking water.



ABC Arms



ABC Arms

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Math Common Core State Standards

Kindergarten

(Counting and Cardinality: K.CC.3)

Use your arms to write out numbers up to 20 in front of you.

First Grade

(Ops & Algebraic Thinking: 1.OA.5)

Use your arms to make a + sign, - sign, and = sign to complete an equation.

- For example, $2+2=4$, 2 (fingers up), + (arm addition sign) 2 (fingers up) = (equal sign) 4 (fingers up)

DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Place your hands together.
3. Use your arms to write out the alphabet in front of you.

TEST STRESS: Reach and Pull Breathing

1. Stand up tall. Stand up proud.
2. Breathe in through your nose (inhale) as you reach up.
3. Breathe out through your nose (exhale) as you pull your arms down.
4. Repeat several times.

Remember to record how long you exercised each day on your exercise log!

Marching



Marching

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Math Common Core State Standards

Kindergarten

(Counting and Cardinality: K.CC.1)

Count up to 100 by 1s and 10s while **Marching**.

First Grade

(Num. and Ops. in Base Ten: 1.NBT.1)

Count up to 120 while **Marching**.

DIRECTIONS:

1. Stand up tall. Stand up proud.
2. March in place.

TEST STRESS: Find Your Pulse

1. Stand up tall. Stand up proud.
2. Before exercising, place two fingers on the back of your jaw bone.
3. Gently slide them down to the middle part of your neck, closer to your chin.
4. Feel your pulse.
5. Exercise for at least one minute.
6. Feel your pulse again to see if you feel a difference.

Remember to record how long you exercised each day on your exercise log!

Jumping Jacks



Jumping Jacks

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Math Common Core State Standards

Kindergarten

(Ops. & Algebraic Thinking: K.OA.1)

While doing addition or subtraction, show the answer in **Jumping Jacks**.

- For example, $10-6=4$. Do 4 jumping jacks.

First Grade

(Num. and Ops. in Base Ten: 1.NBT.1)

While doing addition or subtraction, show the answer in **Jumping Jacks**.

- For example, $20-7=13$. Do 13 jumping jacks.

DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Clap you hands over your head and jump your feet apart (like a capital A).
3. Bring your hands down and bring your feet together (like an I).
4. Repeat several times.

TEST STRESS: Fast and Slow Motion

1. Stand up tall. Stand up proud.
2. Start doing jumping jacks.
3. When you hear "slow," do jumping jacks very slowly as if you were in slow motion.
4. When you hear "fast," do jumping jacks very slowly as if you were being fast-forwarded.

Remember to record how long you exercised each day on your exercise log!

Squats



Squats

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Math Common Core State Standards

Kindergarten

(Measurement and Data: K.MD.2)

Compare the height of someone who is standing and someone who is **squatting**.

First Grade

(Measurement and Data: 1.MD.1)

Place in order from tallest to shortest of someone **squatting**, someone standing, and someone sitting in their seat.

- Compare the heights of each.

DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Put your hands on your hips.
3. Bend your knees as if you are sitting in a chair without really sitting.
4. Stand up tall. Repeat several times.

TEST STRESS: Bunny Breathing

1. Stand up tall. Stand up proud.
2. Take three quick breaths in through your nose (inhale).
3. Only let out three breaths out through your nose (exhale).
4. Repeat several times.

Remember to record how long you exercised each day on your exercise log!

Growing Tree Pose



Growing Tree Pose

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Science Scope and Sequence

Kindergarten

(Unit 1: Trees Through the Season)

Create different **Tree Poses** seen during the seasons.

- In winter, you are a small seed.
- In spring, you are a growing tree.
- In summer, you are a strong tree.
- In fall, your leaves fall to the ground.

First Grade

(Unit 3: Weather and Seasons)

Show how plants change with different seasons or weather with **Tree Poses**.

- In winter, you are a small seed.
- In spring, you are a growing tree.
- In summer, you are a strong tree.
- In fall, your leaves fall to the ground.

DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Focus your eyes on something that does not move.
3. Lift your arms overhead.
4. Lift one heel up with your toes still resting on the ground.
5. Repeat on the other side.

TEST STRESS: Calm Mind, Calm Body

1. Stand up tall. Stand up proud.
2. Close your eyes and take several breaths.
3. Place the palms of your hands together and rub them together.
4. Build up some warmth and heat, and place your hands over your closed eyes.
5. Focus on the warm feeling and on something that makes you feel good.
6. Relax your mind. Relax your body.

Remember to record how long you exercised each day on your exercise log!

Star Pose



Star Pose

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Science Scope and Sequence

Kindergarten

(Unit 2: Exploring Properties)

Use your body to make different **Star Poses**.

- Shooting star: Stretch your arms and legs out. Lean to one side and switch.
- Twinkling star: Stretch your arms and legs out. Wiggle your fingers.

First Grade

(Unit 2: Properties of Matter)

Use a tape measure or ruler to measure a partner's **Star Pose** from one hand to the other.

DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Spread out your arms and legs as if you were a star.

TEST STRESS: Five Finger Breathing

1. Stand up tall. Stand up proud.
2. Hold up five fingers.
3. Breathe in through your nose (inhale) while counting slowly on your five fingers.
4. Breathe out through your nose (exhale) while counting slowly on your five fingers.
5. Repeat several times.

Remember to record how long you exercised each day on your exercise log!

Wood Chop Pose



Wood Chop Pose

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Science Scope and Sequence

Kindergarten

(Unit 2: Exploring Properties)

Use your **Wood Chop Pose** to cut down the tree.

- What is a tree made of?

First Grade

(Unit 3: Weather and Seasons)

The sun moves from east to west.

- Place both hands to the right. This represents the sun rising from the “east.”
- Slowly bring one hand towards the left. This represents the positions of the sun during the day and setting in the “west.”

DIRECTIONS:

1. Turn in the chair to have open space in front of you.
2. Place your hands together over your head.
3. Slowly bring your hands down towards the floor.
4. Slowly bring your hands up towards the ceiling.
5. Repeat several times.

TEST STRESS: Positive Thinking

1. Stand up tall. Stand up proud.
2. Close your eyes and take several deep breaths.
3. Focus on a positive thought or good feeling while relaxing your mind and body.
4. Focus on this positive thought for 30 seconds, or until you feel calm.

Remember to record how long you exercised each day on your exercise log!

Child's Pose



Child's Pose

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Science Scope and Sequence

Kindergarten

(Unit 3: Animals)

Some animals, such as bears, squirrels, and bats, hibernate, or take a deep sleep, during the winter.

- When you hear the word, hibernate, go into **Child's Pose**.
- Bats hibernate in caves.
- Bears hibernate in dens.

First Grade

(Unit 1: Animal Diversity)

Bears hibernate in dens. Bats hibernate in caves. When you hear the correct match, place your head down on your desk as with **Child's Pose**.

DIRECTIONS:

1. Sit up tall. Sit up proud.
2. Lift your hands up and let them greatly fall towards your desk.
3. Look down at your toes and gently lean back.
4. Hold for several seconds.

TEST STRESS: Tense and Relax

1. Sit up tall. Sit up proud.
2. Choose one body part that you will tense or squeeze.
3. Hold that squeeze for a few seconds and then relax.
4. Now tense and relax other parts of your body.

Remember to record how long you exercised each day on your exercise log!

Arm Circles



Arm Circles

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Math Common Core State Standards

Second Grade

(Num. & Ops. in Base Ten: 2.NBT.4)

When comparing two numbers, make a $<$ sign or $>$ sign with your arms.

- $<$ sign: extend your open arms out in front of you and turn them to the right.
- $>$ sign: extend your open arms out in front of you and turn them to the left.

Third Grade

(Measurement and Data: 3.MD.1)

Use your arms to tell time.

- Your left arm tells the hours.
- Your right arm tells the minutes.
- For example, use your arms to tell 3:15

DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Make circles with your entire arm.

TEST STRESS: Reach and Pull

1. Stand up tall. Stand up proud.
2. Breathe in through your nose (inhale) as you reach up.
3. Breathe out through your nose (exhale) as you pull your arms down.
4. Repeat several times.

Remember to record how long you exercised each day on your exercise log!

Running in Place



Running in Place

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Math Common Core State Standards

Second Grade

(Ops. & Algebraic Thinking: 2.OA.2)

While doing addition or subtraction, tell the answer while **Running in Place**.

- For example, $25-5=20$. Run for 20 seconds or steps.

Third Grade

(Measurement and Data: 3.MD.8)

While solving for perimeter, **Run in Place** for each given side and the total length.

- For example, for a rectangle with a perimeter of 3×2 , run for 3 steps for each long side and 2 steps for each short side.

DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Run in place.

TEST STRESS: Find Your Pulse

1. Stand up tall. Stand up proud.
2. Before exercising, place two fingers on the back of your jaw bone.
3. Gently slide down to the middle part of your neck, closer to your chin.
4. Feel for your pulse.
5. Exercise for at least one minute.
6. Feel for your pulse again to see if you feel a difference.

Remember to record how long you exercised each day on your exercise log!

Skipping



Skipping

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Math Common Core State Standards

Second Grade

(Num. & Ops. in Base Ten: 2.NBT.2)

When counting up to 1000, **Skip** while counting by 5s, 10s, 100s.

Third Grade

(Num. & Ops. in Base Ten: 3.NBT.3)

While Multiplying or dividing, **Skip** out the answer.

- For example, $2 \times 20 = 40$. Do 40 skips.

DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Bring your knees up, as with marching.
3. Push off your toes as you add a little hop to each march. Lift your arm up.
4. Land flat on your foot.
5. Repeat several times.

TEST STRESS: Fast and Slow Motion

1. Stand up tall. Stand up proud.
2. Start skipping in place.
3. When you hear "slow," skip very slowly as if you were in slow motion.
4. When you hear "fast," skip very quickly as if you were being fast-forwarded.

Remember to record how long you exercised each day on your exercise log!

Squats



Squats

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Math Common Core State Standards

Second Grade

(Ops. & Algebraic Thinking: 2.OA.3)

When counting:

- Every time you hear an odd number stand up.
- Every time you hear an even number **Squat** down.

Third Grade

(Num. & Operation-Fractions: 3.NF.1)

A fraction has a numerator (top number) and a denominator (bottom number).

- Every time you say or hear the numerator, stand up.
- Every time you say or hear the denominator, **Squat** down.

DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Put your hands on your hips.
3. Bend your knees as if you are sitting in a chair without really sitting.
4. Stand up tall.
5. Repeat several times.

TEST STRESS: Bunny Breathing

1. Stand up tall. Stand up proud.
2. Take three quick breaths in through your nose (inhale).
3. Only let out one breath through your nose (exhale).
4. Repeat several times.

Remember to record how long you exercised each day on your exercise log!

Tree Pose



Tree Pose

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Science Scope and Sequence

Second Grade

(Unit 3: Plant Diversity)

When in **Tree Pose**, identify the different parts of a tree.

Third Grade

(Unit 4: Plant and Animal Adaptations)

When in **Tree Pose**, you or a partner identify the different parts of a tree.

- What do those parts do?
- How do they help the tree survive?

DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Focus your eyes on something that does not move.
3. Lift your arms overhead.
4. Lift one foot up and let it rest on the other leg.
5. Repeat on the other side.

TEST STRESS: Calm Mind, Calm Body

1. Stand up tall. Stand up proud.
2. Close your eyes and take several deep breaths.
3. Place the palms of your hands together and rub them together.
4. Build up some warmth and heat, and place your hands over your closed eyes.
5. Focus on the warm feeling and on something that makes you feel good.
6. Relax your mind. Relax your body.

Remember to record how long you exercised each day on your exercise log!

Seated Twist Pose



Seated Twist Pose

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Science Scope and Sequence

Second Grade

(Unit 2: Forces and Motion)

Try twisting quickly and slowly.

- When you are twisting, you are pushing your hand down to your leg.
- When you are untwisting, you are pulling your hand away from your leg.

Third Grade

(Unit 3: Simple Machines)

Try twisting quickly and slowly.

- How would your speed change if you had something heavy in your hands?
- How would your speed change if you had something light in your hands?

DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Reach your right hand in the air.
3. Bring it across your body, toward your opposite hip or leg.
4. Twist your body to look behind you.
5. Repeat on the other side.

TEST STRESS: Five Finger Breathing

1. Sit up tall. Sit up proud.
2. Hold up five fingers.
3. Breathe in through your nose (inhale) while counting slowly on your five fingers.
4. Breathe out through your nose (exhale) while counting slowly on your five fingers.
5. Repeat several times.

Remember to record how long you exercised each day on your exercise log!

Camel Pose



Camel Pose

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Science Scope and Sequence

Second Grade

(Unit 2: Forces and Motion)

Observe and compare the differences in the body when in **Camel Pose** and when seated.

Third Grade

(Unit 4: Plant and Animal Adaptations)

A camel can survive in the desert because of its hump, an adaptation.

- Learn more about animal adaptations.
- Create new poses to show these animals or adaptations.

DIRECTIONS:

1. Sit up tall. Sit up proud.
2. Place your hand on your lower back with your elbows back.
3. Slowly lift your chin high towards the ceiling as you open up your chest.
4. Slowly tuck your chin back into your chest as you round your back.

TEST STRESS: Positive Thinking

1. Sit up tall. Sit up proud.
2. Close your eyes and take several deep breaths.
3. Focus on a positive thought or good feeling while relaxing your mind and body.
4. Focus on this positive thought for 30 seconds, or until you feel calm.

Remember to record how long you exercised each day on your exercise log!

Child's Pose



Child's Pose

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Science Scope and Sequence

Second Grade

(Unit 2: Forces and Motion)

Observe and compare the differences in the body when in **Child's Pose** and when seated.

Third Grade

(Unit 3: Simple Machines)

How would **Child's Pose** look if there was no gravity?

DIRECTIONS:

1. Sit up tall. Sit up proud.
2. Lift your hands up and let them gently fall towards your desk.
3. Look down at your toes and gently lean back.
4. Hold for several seconds.

TEST STRESS: Tense and Relax

1. Sit up tall. Sit up proud.
2. Choose one body part that you will tense or squeeze.
3. Hold that squeeze for a few seconds and then relax.
4. Now tense and relax other parts of your body.

Remember to record how long you exercised each day on your exercise log!

Liberty Lifts



Liberty Lifts

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Math Common Core State Standards

Fourth Grade

(Geometry: 4.G.1)

Use your arms to make angles.

- Acute angle: stretch your right arm out to the side. Raise your left arm straight, but leaning toward your right arm.
- Obtuse angle: stretch your right arm out to the side. Raise your left arm up but leaning away from your right arm.

Fifth Grade

(Num. & Ops. in Base Ten: 5.NBT.3.B)

When comparing two decimals, make a < sign or > sign with your arms.

- < sign: extend your open arms out in front of you and turn them to the right.
- > sign: extend your open arms out in front of you and turn them to the left.

DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Raise one arm up.
3. Bring it across your body, towards your hip or opposite leg.
4. Raise it back up.
5. Repeat several times and then switch sides.

TEST STRESS: Reach and Pull Breathing

1. Stand up tall. Stand up proud.
2. Breathe in through your nose (inhale) as you reach up.
3. Breathe out through your nose (exhale) as you pull your arms down.
4. Repeat several times.

Remember to record how long you exercised each day on your exercise log!

Cross Countries



Cross Countries

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Math Common Core State Standards

Fourth Grade

(Ops. & Algebraic Thinking: 4.OA.5)

Create a number pattern by acting out each new rule with **Cross Countries**.

- For example if the rule is "Add 3," then you must do three cross countries before stating the next number in the pattern.

Fifth Grade

(Measurement & Data: 5.MD.1)

When converting meters (m) into centimeters (cm) each answer should be given with **Cross Countries**.

- For example, in 0.25 m there are 25 cm. Do 25 cross countries.

DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Reach one arm forward and step one leg forward.
3. Quickly switch to bring your other arm and leg forward.
4. Repeat several times.

TEST STRESS: Find Your Pulse

1. Stand up tall. Stand up proud.
2. Before exercising, place two fingers on the back of your jaw bone.
3. Gently slide them down to the middle part of your neck, closer to your chin.
4. Feel for your pulse.
5. Exercise for at least one minute.
6. Feel for your pulse again to see if you feel a difference.

Remember to record how long you exercised each day on your exercise log!

Jumping Jacks



Jumping Jacks

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Math Common Core State Standards

Fourth Grade

(Num. & Ops. in Base Ten: 4.NBT.1)

While doing multiplication or division, show the answer in **Jumping Jacks**.

- For example, $4 \times 10 = 40$. Do 40 jumping jacks.

Fifth Grade

(Num. & Ops. in Base Ten: 5.NBT.2)

While doing multiplication or division with decimals, show the answer in **Jumping Jacks**.

- For example, $60 \times 0.3 = 18$. Do 18 jumping jacks.

DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Clap your hands over your head and jump your feet apart (like a capital A).
3. Bring your hands down and bring your feet together (like an I).
4. Repeat several times.

TEST STRESS: Fast and Slow Motion

1. Stand up tall. Stand up proud.
2. Start doing jumping jacks.
3. When you hear "slow," do jumping jacks very slowly as if you were in slow motion.
4. When you hear "fast," do jumping jacks very quickly as if you were being fast-forwarded.

Remember to record how long you exercised each day on your exercise log!

Squats



Squats

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Math Common Core State Standards

Fourth Grade

(Ops. & Algebraic Thinking: 4.OA.4)

Determine if a given whole number is prime or composite.

- If the whole number is prime, then stand up.
- If the whole number is a composite, then **Squat** down.

Fifth Grade

(Geometry: 5.G)

Determine if a line is parallel or perpendicular to an axis.

- If the line is parallel, then stand up.
- If the line is perpendicular, then **Squat** down.

DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Put your hands on your hips.
3. Bend your knees as if you are sitting in a chair without really sitting.
4. Stand up tall.
5. Repeat several times.

TEST STRESS: Dragon Breathing

1. Stand up tall. Stand up proud.
2. Take quick breaths in through your nose (inhale).
3. Take quick breaths out through your nose (exhale).
4. Repeat several times.

Remember to record how long you exercised each day on your exercise log!

Eagle-Tree Pose



Eagle-Tree Pose

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Science Scope and Sequence

Fourth Grade

(Unit 1: Animals & Plants Environment)

While in **Eagle-Tree Pose** identify the different parts of an eagle and a tree.

- How do trees get food, air, and water?
- How do eagles get food, air, and water?

Fifth Grade

(Unit 4: Exploring Ecosystems)

A forest is made up of many different types of plants.

- Create a pose for these different types of plants and trees that make up a forest.

DIRECTIONS:

1. Stand up tall. Stand up proud.
2. Focus your eyes on something that does not move.
3. Cross one arm over another with your hands on your chest.
4. Slowly slide one foot up against the other leg.
5. Repeat on the other side.

TEST STRESS: Calm Mind, Calm Body

1. Stand up tall. Stand up proud.
2. Close your eyes and take several deep breaths.
3. Place the palms of your hands together and rub them together.
4. Build up some warmth and heat, and place your hands over your closed eyes.
5. Focus on the warm feeling and on something that makes you feel good.
6. Relax your mind. Relax your body.

Remember to record how long you exercised each day on your exercise log!

Warrior 1 Pose



Warrior 1 Pose

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Science Scope and Sequence

Fourth Grade

(Unit 1: Animals & Plants Environment)

During ancient times, people had different roles in the community.

- Create a new pose for warriors, hunters, gatherers, farmers, and merchants.

Fifth Grade

(Unit 3: Food and Nutrition)

During ancient times, people had different roles in a community.

- Create new poses for the different people responsible for a community's food supply.
- How have these roles changed?

DIRECTIONS:

1. Sit up tall. Sit up proud.
2. Bend on knee while keeping the other leg straight.
3. Turn your body in the same directions as your bent knee.
4. Reach your hands up high in the air.
5. Repeat on the other side.

TEST STRESS: Five Finger Breathing

1. Sit up tall. Sit up proud.
2. Hold up five fingers.
3. Breathe in through your nose (inhale) while slowly counting to five on your finger.
4. Breathe out through your nose (exhale) while slowly counting to five on your fingers.
5. Repeat several times.

Remember to record how long you exercised each day on your exercise log!

Camel Pose



Camel Pose

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Science Scope and Sequence

Fourth Grade

(Unit 1: Animals & Plants Environment)

People sometimes use camels to travel across the desert.

- Create a pose of an animal that would help you travel to school.
- How does that animal fit into your environment?

Fifth Grade

(Unit 4: Exploring Ecosystems)

People sometimes use camels to travel across the desert.

- What adaptations make the camel a good choice for desert travel?
- Create a pose of an animal that would help you travel to school. Describe it.

DIRECTIONS:

1. Sit up tall. Sit up proud.
2. Place your hand on your lower back with your elbows back.
3. Slowly lift your chin high towards the ceiling as you open up your chest.
4. Slowly tuck your chin back into your chest as you round your back.

TEST STRESS: Positive Thinking

1. Sit up tall. Sit up proud.
2. Close your eyes and take several deep breaths.
3. Focus on a positive thought or good feeling while relaxing your mind and body.
4. Focus on a positive thought for 30 seconds, or until you feel calm.

Remember to record how long you exercised each day on your exercise log!

Child's Pose



Child's Pose

ORGANIZATION:

Time: 5-15 minutes

Set Up: Have students stand near their desks.



CURRICULUM: Science Scope and Sequence

Fourth Grade

(Unit 1: Animals & Plants Environment)

People and animals need to sleep to survive.

- Why is it important to get a good night's sleep?
- While discussing sleep, place your head down as with **Child's Pose**.

Fifth Grade

(Unit 1: Animals & Plants Environment)

People and animals need to sleep to survive.

- Why is it important to get a good night's sleep?
- While discussing sleep, place your head down as with **Child's Pose**.

DIRECTIONS:

1. Sit up tall. Sit up proud.
2. Lift your hands up and let them gently fall towards your desk.
3. Look down at your toes and gently lean back.
4. Hold for several seconds.

TEST STRESS: Tense and Relax

1. Sit up tall. Sit up proud.
2. Choose one body part that you will tense or squeeze.
3. Hold that squeeze for a few seconds and then relax.
4. Now tense and relax other parts of your body.

Remember to record how long you exercised each day on your exercise log!

10 WAYS TO **Move this Winter**

1

DANCE TO 10

Every morning at your school or before your out-of-school time program begins, play a soundtrack of upbeat music for the 10 minutes right before classes or programming gets started. Encourage your kids to use those 10 minutes to dance to wherever they are going. The key is making the music fairly loud and using songs that are kid-friendly and fun to dance to.

Modified from [SHAPE](#)

2

TABATA TO 10

Tabata is traditionally a high intensity circuit workout, but you can modify it to work for your kids and your space. The key is choosing 10 exercises that are fun and easy to repeat. For example: shadow boxing, high knees or invisible jump rope. For the activity, go through your complete set of 10 exercises, performing each exercise for 10 seconds and then break for 10 seconds.

Modified from [SHAPE](#)

3

COUNT TO 10

Count to 10 is four corners with a twist. Set up to play four corners as you usually would. Designate four corners in your space, labeling them 1-4. Select one player to start, who will count to 10 in the middle of the space. All the other kids should move quietly from corner to corner until the counter gets to 10. The counter then selects one of the corners. Everyone who is in that corner is now out. Here is the twist. Instead of having students sit down, they now join the counter in the middle of the classroom and do a physical activity (jumping jacks, pushups, squats, etc.) during the countdown.

4

JUMP TO 10

Designate an open area free of obstacles where kids can move freely. Play music through a sound system or radio. While the music is going, tell the kids to start dancing until the music stops, at which point they should freeze until the music starts again.

Modified from [Playworks](#)

5

STRETCH TO 10

Before you begin your class or programming, and especially before a test or period of time when kids should be very attentive, add 10 minutes of calming activity with stretching. Go through a series of 10 stretches, performing each stretch for 1 minute (or 30 seconds if you need to do both sides of the body). As the instructor, you can demonstrate the stretches or give the kids a chance to choose which stretches they would like to do that day.

6

DRAW TO 10

Download our [Alliance Fitness Cards](#) and cut out each individual activity. Let every kids in your group draw from the deck of cards and let them know they are to become the master of that activity by reading the instructions on the card. After they are familiar with the activity, let each student lead their activity for 10 reps.

7

POSE TO 10

Before, during or after your class or programming, give kids a chance to refocus with simple yoga poses that will get them up and moving just enough to pay attention once they sit back down. Use our Fit for a Healthier Generation video series to follow along with fitness expert Tara Stiles for easy and engaging yoga breaks.

[Fit for a Healthier Generation Videos](#)

8

PASS TO 10

Gather your kids into a circle and explain to them that for the next 10 minutes they will be moving, but they will each have an opportunity to decide how they move. Choose someone to start off the activity. Tell this person to do any movement they like including pretending to do an activity like snowboarding or playing baseball. Once this person starts their activity, the rest of the group imitates the move with their own flare. After 10 seconds, the move passes to the next person in the circle who then gets to choose his or her own activity.

9

READ TO 10

Read a book, a particularly active book, to kids for 10 minutes. As you are reading, your kids should be standing up and listening intently to the story. Every time you read a fun verb such as jump, swim or dive, have the kids act it out until you get to the next verb.

Modified from [Eat Smart, Move More NC!](#)

10

REFLECT TO 10

After class or daily programming, set aside 10 minutes for active reflection time. Break your group into pairs and explain to kids that they will go on a 10 minute cool down walk to discuss the day's content and reflect. You can send them off with several prompts like: Share at least one thing you remember from class or share something new you learned today. As they return, let them each share one nugget of information they reflected on.

1

TASK CARDS

BASKETBALL*Equipment Needed:**1 ball for each student*

- Dribble with right hand:
8 times
- Dribble with left hand:
8 times
- Dribble alternating hands:
5 each hand
- Dribble in a straight line:
10 steps
- Dribble zig-zag pattern:
10 steps

2

TASK CARDS

BASKETBALL*Equipment Needed:**1 ball for each student*

- Basketball around head:
5 times
- Basketball around waist:
7 times
- Basketball around knees:
9 times
- Basketball around body:
11 times
- Figure eight around legs:
3 times

3

TASK CARDS

VOLLEYBALL*Equipment Needed: 1 volleyball
or beach ball for each student*

- Self toss and do 10
forearm passes
- Self toss and do 10 sets
- Toss the ball to yourself and
try to hit a spot on the wall 10
times
- 10 forearm passes
- 10 sets to the wall

4

TASK CARDS

VOLLEYBALL*Equipment Needed: 1 volleyball
or beach ball for each student*

- Perform 10 block jumps
- Perform 10 underhand serves
to the wall
- Perform 5 underhand serves
against the wall, return each
serve with a forearm pass
- Perform 5 underhand serves
against the wall, return each
serve with an overhead pass
- Perform 10 block jumps

5

TASK CARDS

NFL STADIUM GEOGRAPHY

Assume the front of the classroom is the northern part of the USA

- Skip to the New York Giants stadium: signal touchdown 7 times
- Jog to the St. Louis Rams stadium: signal start the clock (arm circle) 6 times each arm
- Walk to the Baltimore Ravens stadium: signal pass interference 5 times
- Jump to the Denver Broncos stadium: signal incomplete pass or "no good" 4 times
- Gallop to the Tennessee Titans stadium: signal first down 3 times each arm

6

TASK CARDS

NFL STADIUM GEOGRAPHY

Assume the front of the classroom is the northern part of the USA

- Gallop to the Arizona Cardinals stadium: pretend to kick a field goal 3 times each leg
- Jog to the Philadelphia Eagles stadium: pretend to throw 6 touchdown passes each arm
- Skip to the San Diego Chargers stadium: pretend to punt the ball 3 times each leg
- Walk to the Minnesota Vikings stadium: jump high in the air and catch 6 touchdown passes
- Hop to the Seattle Seahawks stadium: pump your arms up in the air 10 times

7

TASK CARDS

- 20 arm actions
Pump arms like running hard
- 10 ski jumps
- 16 knee to elbow
- 26 punches overhead
- 10 straight leg marches

8

TASK CARDS

- Write your last name in the air with your left foot
- 14 crisscross jumps
- 6 jumps forward and back
- Write your first name in the air with your right foot
- 8 wood chops each side

9

TASK CARDS

- 18 hula hoops
- 15 shoot baskets
- 22 high knees
- 16 paddle a kayak
- 22 glute kicks

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10

TASK CARDS

TENNIS

- 12 serves
- 10 forehands
- 8 backhands
- 6 volleys
- 4 overhead shots

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11

TASK CARDS

BASEBALL

- 11 swings
- 9 pitches
- 7 pitches (non-dominant hand)
- 5 throws from catcher's position
- 3 jumps up to catch a high throw, then swing glove hand down low to tag runner

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12

TASK CARDS

SWIM

- 12 backstrokes
- 12 breaststroke
- 12 butterfly stroke
- 12 freestyle stroke
- 12 side strokes

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13

TASK CARDS

- Sit down in 10 different chairs/desks.
- March 100 steps behind your own desk.
- Give 10 different people a high five.
- Touch all 4 corners of the room.
- Move your math book around your waist 20 times.

14

TASK CARDS

- Recite the alphabet while doing bicep curls.
- Hold a wall sit for 15 seconds at each wall. (Remember to have table top legs!)
- Tiptoe walk from across the room and back.
- Do 4 elbows to knees next to 6 different chairs/desks. Place a book on your head and walk for 12 steps.
- Walk backwards around your desk 5 times.

15

TASK CARDS

DANCE

- 16 Cha Cha (8 each side)
- 12 Grape Vine (6 each side)
- 10 Twist and Shout
- 8 Chicken Dance
- 6 Gangnam Style

16

TASK CARDS

YOGA

- Tree pose
- Warrior pose
- Chair pose
- Downward facing dog pose
- Cat cow pose

17

TASK CARDS

ANIMALS

- 15 birds flying into the wind
- 12 frogs jumping from lily pad to lily pad
- 9 giddy up on the horse
- 6 swimming from a shark
- 3 running in place from a bear

18

TASK CARDS

WEATHER

- 10 earthquake shaking
- 10 jump up volcano erupting
- 10 tornado twisting
- 10 hurricane running into strong wind
- 10 blizzard skiing

19

TASK CARDS

ADDITION

- $1 + 4 =$ Washing machine
- $5 + 3 =$ Rake the leaves
- $3 + 6 =$ Star jumps
- $9 + 1 =$ Chair dips
- $2 + 7 =$ High knees

20

TASK CARDS

SUBTRACTION

- $7 - 3 =$ Wash the car
- $9 - 2 =$ Seated flutter kicks
- $10 - 4 =$ Hop on one foot, switch
- $8 - 1 =$ Butterfly legs
- $5 - 0 =$ Firework jumps

MULTIPLICATION

- 5×2 = Wall push-ups
- 8×1 = Bear crawl
- 6×4 = Marching in place
- 7×4 = Chop down the tree
- 2×9 = Walk the tight rope

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FITNESS BREAKS

Quad STRETCH

Start in a normal standing position. Bend one knee and raise the foot towards the buttock. Slightly flex the standing leg so the knees are together (but not touching). Hold the front of the raised foot and pull the heel towards the buttock.

HOLD FOR 30 SECONDS ON EACH SIDE



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FITNESS BREAKS

Neck ROLLS

Lean head to left, drop chin towards chest, bring right ear toward right shoulder.

REPEAT 5 TIMES AND THEN SWITCH DIRECTIONS AND COMPLETE 5 MORE



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FITNESS BREAKS



Push-Ups

Begin in push-up position, on knees or toes. Perform 4 regular push-ups, abs in and back straight. On the 5th push-up, lower halfway down and hold for 4 counts. Push back up and repeat the series—4 regular push-ups and 1 half-way. Push-ups can also be done vertically with hands on the walls and legs positioned out behind the body.

REPEAT 10 TIMES

staff
FITNESS BREAKS

Chair DIPS

Sit on a bench or chair. Begin with the hands next to or slightly under the hips. Lift up onto the hands and bring the hips forward. Bend the elbows (no lower than 90 degrees) and lower the hips down, keeping them very close to the chair. Keep the shoulders down.

PUSH BACK UP WITHOUT LOCKING THE ELBOWS AND REPEAT FOR 10-15 TIMES



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FITNESS BREAKS

Hamstring STRETCH

Stand with one foot just in front of the other. Bend the back knee and rest your weight on the back leg. Tilt the hips forward as if sticking your bum in the air!

**HOLD FOR 30
SECONDS ON
EACH SIDE**



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FITNESS BREAKS

Squats

Start with feet shoulder width apart. Extend arms in front of the chest. Sit back and down, keeping the kneecaps behind the toes. Contract the gluteal and hamstring muscles to begin extending the legs. Fully extend the legs until you're back to standing position.

REPEAT 20 TIMES



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FITNESS BREAKS

Knee ^{TO} Elbow

Lift up right arm and raise left knee and lower your right elbow toward knee in a diagonal motion. *This exercise can be done seated or standing.*

**REPEAT 20 TIMES,
10 ON EACH SIDE**



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FITNESS BREAKS

Wall SITS

Stand in front of a wall (about 2 feet in front of it) and lean against it. Slide down until your knees are no less than 90-degree angles and hold, keeping the abs contracted, for 20-60 seconds. Come back to start and repeat, holding the squat at different angles to work the lower body in different ways. To add intensity, hold weights or squeeze a ball between the knees.

**HOLD FOR 30 -60 SECONDS,
REPEAT 10 TIMES**



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FITNESS BREAKS

REVERSE Lunge

Facing forward, step one foot back about 18 to 24 inches. Immediately bend the knees and lower onto the front leg, allowing the back knee to come close to the ground. Keep the weight on the front heel and chest upright. Push back up with the back foot. Return to the standing position.

**REPEAT
20 TIMES,
10 ON
EACH SIDE**



staff
FITNESS BREAKS

Bicycle

Lie face up with lower back pressed to the floor. Lightly touch your head above the ears with elbows out, and bend right knee, pulling it towards your chest while touching the knee with the opposite elbow. Begin a slow pedal motion by touching opposite elbow to opposite knee, alternating each side. Keep the abs pulled in (don't let them bulge out) and breath continuously.

REPEAT 20 TIMES



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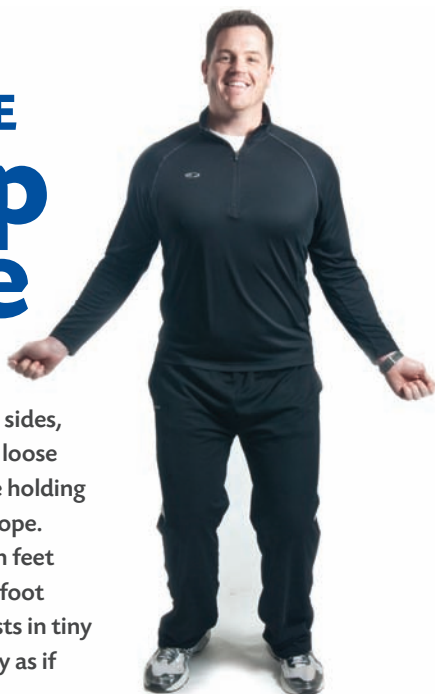
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FITNESS BREAKS

INVISIBLE Jump Rope

Start with arms by your sides, grasp your hands into a loose fist and pretend you are holding the handles on a jump rope. Begin to jump with both feet or bounce from foot to foot while rotating your wrists in tiny circles next to your body as if you're jumping rope.

REPEAT 20 TIMES



staff
FITNESS BREAKS

Triceps STRETCH

Put one arm overhead. Position forearm as close as possible to upper arm. Grasp elbow overhead with other hand. Pull elbow back and toward head. Hold stretch. Repeat with opposite arm.

**HOLD FOR 30
SECONDS ON
EACH SIDE**



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FITNESS BREAKS

March IN PLACE

Lift knees high and
exaggerate the arm swing.

MARCH FOR 60 SECONDS



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FITNESS BREAKS



Squat JUMP

Start with feet shoulder width apart. Squat down (sit back) with arms extended. Explode up and reach up. Land softly on both feet.

REPEAT 10 TIMES

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FITNESS BREAKS

SEATED OBLIQUE Crunch

Sit up straight with your knees bent and feet flat on the floor. Place your hands on the sides of your head and curl your body downward making your elbow touch your opposite knee. Squeeze your abs forcefully, rise back up and alternate sides.

REPEAT 20 TIMES, 10 ON EACH SIDE



staff
FITNESS BREAKS

Leg PULL-INS

Sit on the front part of your chair and extend your legs out straight in front of your body. Grab the edge of the chair behind your buttocks, lift your legs 6 inches off the floor and lean back slightly. Pull your knees into your chest as you lean forward. Squeeze forcefully and extend your legs back out.

REPEAT 20 TIMES



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FITNESS BREAKS

SEATED Run

From a seated position with feet on the ground, begin to move your legs and arms in a running motion. Begin to speed up as fast as you can and continue for one minute.

RUN FOR 60 SECONDS



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FITNESS BREAKS

CHAIR Squats

Stand in front of a chair and slowly squat until you're hovering just over it. Keep your kneecaps behind your toes.

**PULSE HALFWAY
DOWN FOR 5 COUNTS,
STAND BACK UP IN
ONE FULL MOTION
REPEAT 10-15 TIMES**



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FITNESS BREAKS

Crunches

Begin by lying face up on the floor with knees bent in the air. Curl the shoulders towards the pelvis and lift your shoulders up off of the ground. The hands can be behind or beside the neck or crossed over the chest.

REPEAT 20 TIMES



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FITNESS BREAKS

Bicep CURLS

Stand with your legs hip-width apart. Bend both elbows to 90 degrees and tuck them close to your side. Using your own resistance, lower your arms to your sides. Use resistance to bring your arms back up to the starting position.

REPEAT 20 TIMES



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Outdoor Activities



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Play Day Game Ideas



Play Day Game Ideas

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Painted Castle

Number of Participants: Unlimited!

Materials: Cardboard boxes, scissors,

Duct tape, paint, paint brushes



Steps:

This activity works best with different sizes and shapes of cardboard boxes. To start, have a few adults help by cutting openings in a variety of spots on the boxes. Let the children pick what type of structure they would like to make. If the kids decide they would like to create a castle, assist by making a door, windows and a drawbridge! Gather all of the boxes and designate an area where the children can paint. Spend the first

half of the Play Day painting and decorating the boxes. After the boxes are dry, setup the giant castle and let the imaginative, free play begin!

To add extra fun to this game, add loose parts and found objects (empty cereal boxes, bed sheets, a paper towel roll, etc.). What castle would be complete without a crown and some fancy clothes?



Use Your Noodle

Number of Participants: Unlimited!

Materials: pool noodles, chopsticks or 1/4" wooden dowels, Duct tape

Target Station

Join rings into a colorful target for noodle javelins, flying disks, soccer balls and more. Duct-tape six rings to one another, then tape them to thicker (3 1/2-inchwide) hollow pool noodle posts. Stakes keep the target upright.

Assign different point values to the rings for an extra challenge.

You can also lay the station on the ground to play hopscotch or beanbag toss or to use it as part of an agility course.



Hoops Course

Set up a series of wickets for relay races, target practice, soccer croquet and more.

Use a hammer to pound two chopsticks or 1/4-inch dowels (cut to 10 to 12 inches long) halfway into the ground about 30 to 40 inches apart, depending on how tall you want your wickets. Slide a hollow pool noodle in place.



Basketball Bowling

Before You Start:

- Review boundaries and rules, ask for questions.
- Have everyone line up in a single file behind the free throw line, facing the basket.
- Practice shooting the basketball from the free throw line.

Set Up:

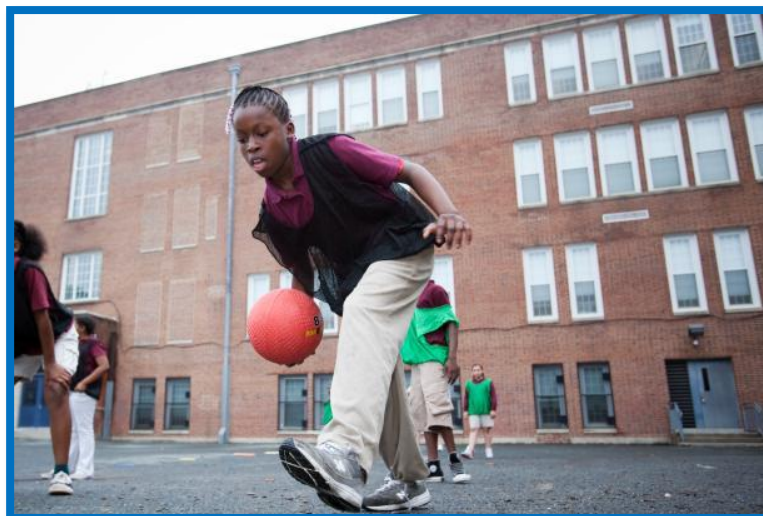
A basketball court-sized space, using one-half of the court as the boundaries.

How to Play:

- The first person in line shoots from the free throw line, once the shot goes up all players in line must disperse trying to get away from the ball.
- On a made shot the player who made the shot must retrieve the basketball.
- Once s/he retrieves the basketball, they must yell *freeze*, at which point all the players must stand still.
- The player with the ball then rolls the ball toward a player trying to hit them with the ball.
- If the ball touches a player, that player is out of the game until the next round.
- On a missed shot, the next player in line must retrieve the ball before it bounces three times.
- Once s/he retrieves the ball they must also yell *freeze*, and attempt to hit someone by rolling the ball.
- If they are unsuccessful they are out of the game until the next round.
- The player who missed the shot must also run away trying to avoid the player with the ball.

Variations:

- Players can receive a letter instead of immediately being out of the game.
- For instance they can use the word "B-O-W-L", and can get hit four times, to make the game more inclusive.



Grocery Store

Before You Start:

- Demonstrate safe tagging:
 - Light touch, like butterfly wings, on the back of shoulder.
 - Unsafe tags: hard contact might cause the person being tagged to fall
- Remind the players to be aware of others running around them.
- Assign each set of cones (can also use hula hoops or chalk outlines) a fruit or vegetable that corresponds to their color (e.g., purple cones = grapes, yellow cones = lemons, etc.)
- Make sure everyone can repeat each color of the cones and corresponding fruit.

Set Up:

Set up 3-6 sets of cones (or hula hoops or chalk outlines) around in a given area. Each set of 4 cones should make a square. (The bigger the area used the more fun.)

How to Play:

- The leader starts as the Shopper. The Shopper will yell out, "I am going to the store to buy some... grapes!"
- Everyone must then run over to the box of purple cones without being tagged by the shopper.
- If they do get tagged that player becomes a shopper and a tagger as well.

Variations:

Instead of starting everyone in one box and yelling out different fruits, start them out as workers in the grocery store and the leader as the manager. If you say I need the floors swept, all the players must walk around the play area pretended to sweep the floors until the leader yells, the shopper needs grapes! And then they need to make it to the grape box without being tagged.



Pacman Tag

Before You Start:

- Demonstrate safe tagging:
 - Light touch, like a butterfly wings, on back or shoulder
 - Unsafe tags: hard contact that might cause the person being tagged to fall
- Review the lines on the ground
- Explain the signal when the game will start and end
- Designate a start place for tagger(s)

Set Up:

Designate a safe playing area large enough to run in with connected lines on the ground (use gym if available). You can make your own lines with tape or chalk if needed.

How to Play:

- Select one or two player(s) depending on the group and area size to be the tagger or “Pac person/people”
- The object is to avoid being tagged by a Pac person by walking/running ONLY along the lines on the ground.
- A Pac person can also only move along the lines on the ground
- A runner may not jump from line to line (i.e., on a basketball court, players may not jump from top of the key to the free throw line, etc.)
- If someone is tagged, they sit down on the line where they were tagged and become a barrier. No runners may pass a sitting person, but a Pac person can pass.
- The game continues until there is only one or two players left or until all others have been tagged.

Variations:

- Modify how they can move along the lines, such as tip toeing.
- Allow players sitting to be additional sitting taggers and switch places with a running player if they tag them while sitting.
- Have tagged people become taggers and play until everyone is a Pac person.
- Add additional Pac people to make the game more difficult.



Zero 1, 2, 3

Before You Start:

- Review the concept of personal safe space when turning a jump rope.
- Explain the concept of taking turns in a jumping order and in the different roles.
- Demonstrate the skills needed and use players to help you.
- Ask players to explain the concepts and the game back to you.

How to Play:

- Divide everyone into groups of four to 10, depending on the number of available ropes and skill level.
- Younger players may need smaller groups, older jumpers are challenged by larger groups.
- Each group gets one rope.
- The leader assigns two turners in each group and the rest form a line.
- The two turners begin by turning the rope.
- One-by-one the players enter and exit the rope.
- In the first round, the jumpers try to run under the rope without jumping or touching the rope.
- After each jumper's attempt or completion, s/he returns to the back of the line.
- Once the jumpers have complete running through, s/he enters, jumps once and exits on their turn on the jumper's second turn.
- After the jumpers have jumped once and exited, they go through and jump twice, then three times, etc. on each turn.
- If a jumper misses on their turn, s/he goes back in line and continues to try the same number of jumps, until s/he successfully jumps and exits.
- Be sure to rotate those who are turning the rope.

Variations:

- For more skillful and advanced jumpers, change from just jumping and exiting to doing tricks while jumping.
- Examples of tricks are turning around while jumping, touching the ground while jumping, crisscrossing the feet or jumping on 1 foot.
- Also called School. Those who run through the rope have figurative *completed kindergarten*, jumped once have *completed first grade*, etc.



Six Kids' Games to Play with Bean Bags

- **Bean bag toss.** Place a target onto the ground with chalk or tape. Take turns tossing bean bags as close to that target as possible. As players get better, have them take a step back and try again.
- **Unfreeze a friend.** Every player places a bean bag onto their head then must move around the play space keeping the bag balanced. If the bag falls, the player must let it drop to the ground and freeze. Other players may help frozen players by picking the bean bag up off the ground and handing them to the frozen player to put back on their head and move again.
- **Juggling.** Learning how to juggle takes practice, but for motivated kids and it be a fun process. With one bean bag, begin develop the skill to throw and catch with one hand. Once this is mastered, add a second bean bag and practice passing two bags to opposite hands at once. Finally, add the third bean bag. The challenge is the timing. Each bag must be thrown after another and before the next one is catch.
- **Hot Potato.** While everyone is sitting in a circle, pass a bean bag around and play a short song. When the song ends, the player with the bean bag sits in the middle of the circle. Keep playing until there is no more room for people in the center.
- **Tic Tac Toe.** Using chalk or tape, create a large tic tac toe field on the ground.



Take turns with two different colored bean bags (you will need five of each). Place them into each square, trying to get three in a row. For an added challenge, create a tossing line a few steps back from the tic tac toe field and require players to toss their bean bags in each square.

- **Indoor Shuffleboard.** Using chalk or tape, draw four lines on the floor. Take turns sliding bean bags as far beyond the first three lines -- without sliding the bags beyond the fourth line. After sliding three bags each, tally points. One point per bag past the first line, two past the second line and three past the third line.

Balloon Ping Pong

To Create Your Paddle: It is fun if each person gets to make have their own paddle. Take your paper plates and using tape or glue, adhere one of your craft sticks (or paint stir sticks) to the back of the paper plate. Once they are put together, use crayons and markers to personalize your paddles. You can name your paddle, color it, anything that makes it stand out as yours. This is great for little kids.

To Play: Pretend it is ping pong. One person will hit the balloon over the line to the other



person. That person has to hit the balloon back over the line without letting the balloon touch the table, or the ground, depending on where you are playing. Keep score. Remember, in ping pong you have to win by 2. And you switch servers after every 5 points scored.

Variations: We like to play without a "net" also. We have everyone play at the same time, and we have to keep the balloon from touching the ground. We also play in teams of two, hitting the balloon back and forth, again, not letting it touch the ground. The team to keep the balloon in the air the longest, wins.

Relay Variation: Set up household objects to create an obstacle course around your house, or in the yard. Each person has to hit their balloon, with their paddle, through the obstacle course. The fastest time wins. Or have two people race through the course against each other at the same time.

You could also have two people hitting the balloon back and forth to each other while going around different obstacles.

Balloon Stomp

Number of Participants: Unlimited!

Materials: Balloons, string.

How to Play: Blow up balloons, at least one per child, plus a few extras. Cut string into 16-inch lengths and tie one end of each to a balloon. Curling ribbon or yarn works well. To play, tie a balloon to one ankle of each child. Then, tell the kids run around trying to “stomp” or break everyone else’s balloon while keeping their own from getting popped. The last guest with a full balloon wins!



Bounce Ball

Before You Start:

Demonstrate what a “one bounce” throw is. It is a throw that hits the ground one time and then strikes another player.

Set Up:

Can be played outside or in a gym. Designate a safe area with enough room for kids to move.

How to Play:

- Students are free to run around the area (gym, outside within boundaries, etc.) as they please.
- When a student picks up a ball they must stop moving and their feet become frozen. Students throw the balls at other players using the “one bounce” throw.
- If a student gets hit by a ball that has been “one bounced” they must sit down where they got hit.
- Students that are sitting are not out of the game, they attempt to get balls as they roll past them.
- If they get a ball, they may throw it, while still sitting down, at a player that is standing.
- If they hit the standing player, the sitter gets to stand up and the player that got hit will sit down.
- Play continues this way for the rest of the game.
- Make sure to emphasize that you may not move if you have a ball and that you should not move while sitting down to get a ball.

Variations:

For younger students, if a player gets hit, they can simply do 5 jumping jacks and then return to the game.



Make a Mancala Game

Mancala is a game that has been around for centuries. Forms of this game were played in ancient Africa and Asia. There are many different names, boards and rules of play for Mancala. . but most are played on wooden boards with beads, stones or glass game pieces. Children in Africa would play by scooping holes in the dirt to create a game board. This version is one that you can make with a Styrofoam egg carton, two applesauce (or pudding) cups and dried beans. Of course, you can use anything for game pieces, beads, pennies, or anything small and easy to scoop! You will need 48 dried beans to start the game - 4 in each cup. Two people play at a time.

Set Up: Place the board between the two players so that the long sides face the players- and the two applesauce cups (Mancala cups) are on the right and left. You will have six cups of beans facing each player. Place 4 beans in each cup. Each player has a Mancala cup or “store” - which is the applesauce cup on their LEFT. This cup is where they put the beans they collect.

Object of the Game: Each player takes a turn and tries to collect as many beans as possible in their Mancala cup before the other player clears their side of the board.



How to Play:

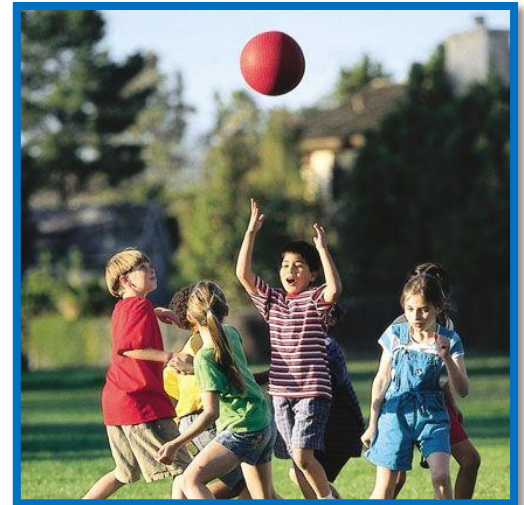
- Each player has a 'store' to the right side of the Mancala board. The game begins with one player picking up all of the pieces in any one of the holes on his side. Moving counter-clockwise, the player deposits one of the stones in each hole until the stones run out.
- If you run into your own store, deposit one piece in it. If you run into your opponent's store, skip it.
- If the last piece you drop is in your own store, you get a free turn.
- If the last piece you drop is in an empty hole on your side, you capture that piece and any pieces in the hole directly opposite.
- Always place all captured pieces in your store.
- The game ends when all six spaces on one side of the Mancala board are empty.
- The player who still has pieces on his side of the board when the game ends captures all of those pieces.
- Count all the pieces in each store. The winner is the player with the most pieces.

Spud

How to Play: Each player in the group is secretly assigned a number by an adult, starting at 1 and counting up to as many kids as are playing. One player is “it” and stands in the center of the yard. The other players gather in a circle around the person who is “it” at an equal distance. The person who is “it” throws the ball straight up into the air and calls out a number between 1 and however many kids are playing. Whichever child’s number is called has to run as quickly as possible to get the ball while all of the other players run away as fast as they can. When the child reaches the ball, he calls out “SPUD!” and all of the running players have to freeze. The player who has the ball is then allowed to take 5 giant steps toward one of the other players and then try to hit him or her with the ball. The person can’t run, but can duck or otherwise try to move out of the way. If the other player is hit by the ball, he gets a letter (gradually spelling out SPUD if he gets hit more than once) and is the “thrower” during the next round. When a player gets all four letters, he is out. The last one standing wins!

How to Change it up:

- Have players wear neon bandanas or glow in the dark bracelets/necklaces for an easier visual target in the dark.
- Allow the player who is “it” to simply call out the player’s name to tag him rather than having to physically touch him.
- Require the players to move around rather than staying hidden if the person who is “it” isn’t mobile. Let his or her eyes do the work!
- Make the playing area smaller for easier and faster play.
- Partner up! Kids can help each other understand the rules and can help each other hide.



Tic Tac Toe Relay

Number of Participants: This game is for 6 players.

How to Play: Make a Tic-Tac-Toe board. You can use a pad of paper for a board, hula hoops, a blanket with the board taped out on it, tape on a gym floor, or draw one with chalk on the sidewalk outside. Put the board at one end of the playing field and have the two teams stand on the other end. One team is X's and the other is O's. Team members have to run to the board, pick up their marker (markers can be cones, t-shirts, bean bags, etc.) and mark an X or an O on the board and run back.

The first team with Tic-Tac-Toe wins.

Variations: Limit the number of markers to 3 per team. Once all 3 have been placed on the board players continue to rearrange them until the first team is able to get Tic-Tac-Toe.



Spoons

How to Play: This game is played by sitting in a circle with one less spoon in the middle than there are participants (kind of like musical chairs). Each player starts with 3 cards in their hands. The goal is to get 3 of the same number. The dealer begins to pass a deck of cards around the circle one card at a time, your goal is to find a desired card and then discreetly exchange it for one you want to discard from your hand (you can only have 3 cards in your hand at any time). The card you discard gets passed along in the circle. Once you get 3 cards of the same number, discreetly get a spoon from the middle. When other players notice that a spoon is missing from the middle, they all must attempt to grab a spoon as quickly as possible in order to not be the only one left without one. The player who does not get to grab a spoon gets a letter. After each round the dealer changes to the next person on the left. Once a player has spelled out the word "SPOON" they are out and one of the spoons is removed. This continues until one player remains. The last player left is the winner.



Bean Bag Ladder Toss

Set Up: Label each rung of a step ladder with points.

How to Play: Choose a winning number of points (e.g., 250) and let each child toss one bean bag at a time. The first one to get to the winning number of points wins!

Challenge: Set the rule that you can only win by getting the exact number of points (e.g., if the goal is 250 points and a child has 240 points, they have to get the bean bag through the 10 point slot to win).



Giant Jenga

Set Up: Obtain enough 2x4 boards to cut into 40-eight 10 1/2 inch pieces. You can cut the boards yourself or have them cut at your local lumber yard. Try to avoid wood that has large knots or holes in it. Next sand all the edges, so everything is smooth and can slide easily across each other.

How to Play: Set up on a flat table indoors or outdoors (lay down a rug or large blanket underneath if indoors to protect the table and/or floors and to quiet the noise when they come crashing down). Play like regular Jenga!

Challenge: Write an activity on some of the wood pieces such as “do 5 jumping jacks” or “dance for 10 seconds,” when someone pulls one of those pieces they have to do the activity before the next person can take their turn.



Giant Kerplunk

How to Play: The object of the game is to pull out a stick without making the balls drop. Everyone takes a turn pulling a stick out one by one. Then if a ball or two drops (or 30) you keep them and at the end of the game count how many balls you made drop. Usually the last few sticks will make all the balls drop so the suspense is who will be the one to pull that last stick. Make your own rules. Maybe play 3 games and the one who has least amount of points (balls dropped) wins!

Supplies:

- 3 tomato cages (you can purchase these at Lowe's or Home Depot)
- Zip Ties
- Clear vinyl fabric (1/4 yard)
- 20 PVC Pipes 36" or 30" in length (10 ft. pole \$1.78 each, Lowes or Home Depot may cut it for you in to the right lengths, or give you a tool to cut it yourself)
- Spray Paint & Primer (optional): Blue, Green, Orange, Yellow and Pink)
- Ball Pit Balls

Set Up: Stack the 3 tomato cages and zip tie them together. Next cut out some vinyl, punch holes in it, and zip tie the vinyl to the top of the cage. The next step is optional; spray painting the PVC pipes, which may take several coats. First thing you do is spray all of them with primer. This will make it so that the paint will stick to the plastic pipes for the most part (it may chip after use though). Once the pipes are evenly sprayed and dry you can spray them with the colors. Finally, stick the tomato cages in the ground and around the poles through the cages so the balls won't fall through. Fill the cage with the balls and enjoy!



Water Cup Races

Materials: You'll just need cups, something to make a hole, string and maybe some tape.

Set Up: Cut or punch a hole into the bottom of the cup (I made mine close to the edge since the cup is resting on the string) Put the cup on the string through the hole and attach the string to posts or tape to a wall outside.

How to Play: Use your water guns or other water squirting toy to get the cup to move to the other end. You can race your friends to the other side or just practice yourself!



Giant Outdoor Matching Game

Supplies:

- 2×12" cork tiles, rug scraps, foam board or cardboard
- Spray Paint (I swear by Montana paint and all their great colors, found at an art supply store.)
- Free Printable Stencils (includes 12 symbols, one bonus turn tile and a shape for stenciling the back of the tiles. Print these on cardstock.)

At this website: <http://studiodiy.wpengine.com/wp-content/uploads/2013/07/DIY-Giant-Lawn-Matching-Game-Stencil-Templates.pdf>

- Cardstock
- X-Acto Knife
- Painter's Tape
- Paper, Drop Cloth or Other Way To Protect Your Workspace
- Pencil

Set Up: Cover your outdoor, well-ventilated workspace accordingly because this project involves a lot of spray paint. Spray all 25 tiles with white spray paint on one side. Let dry, then do the same to the other side of the tiles. While they're drying, go ahead and cut out all of your stencils. To do this, cut around the edges of the black silhouettes with an x-acto knife and remove the shapes, leaving you with cardstock stencils. For each tile, align a stencil in the middle of the tile and tape it on, being sure to cover all of the exposed white space with tape. Spray the stencil with your color of choice. You'll want to make two tiles of each symbol (except for the "One More Time" symbol).

How to Play: Lay out your tiles in a 5 tile by 5 tile square. If someone flips over the "One More Time" tile, they get a bonus turn and then that tile is removed from play.



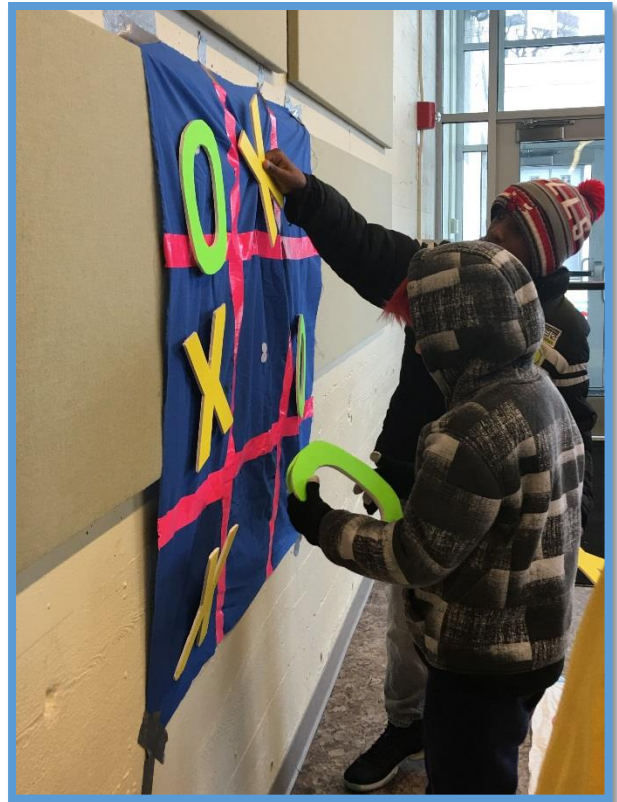
Giant Tic Tac Toe

Supplies:

- Sheet or piece of fabric
- Scissors or X-Acto knife
- Cardboard or heavy Bristol board
- Duct tape (colorful!)
- Pencil
- Velcro sticky back tape

Set Up:

Cut your piece of fabric into a square. Take your colorful duct tape and create your tic tac toe grid. On your cardboard draw out your x's and o's. Use your X-Acto knife to cut them out. You will need 4 x's and 4 o's total. Stick the Velcro on the backs of the x's and o's and on your sheet. To play, hang it on a wall or lay it on the ground.



Make Your Own Obstacle Course

Supplies:

- When Healthi Kids' has made our obstacle courses, we've used repurposed items!
- Repurposed tires
- Spray paint
- Hula hoops
- Balls
- Jump Rope
- Boxes
- Cones



Set Up:

Use your repurposed items, hula hoops and other materials to make a fun obstacle course for families! Use your imagination to create a course that lets kids get moving and have fun. Tell participants to run through the tires, hula hoop 5 times, bounce a ball five times, jump rope 5 times, and then jump through boxes. You can set up matching dueling races, or just one!

Have Fun with Chalk

Supplies:

- Sidewalk chalk
- Spray chalk
- Your imagination!

How to Play:

Set up a sidewalk chalk station and let kids and families use their imagination! Healthi Kids has used sidewalk and spray chalk to create fun and interactive mazes using “Play ROCs”, hopscotch, four square courts, and even created interactive playful designs on the sidewalk.



Four Square

The only things you need to get started in a game of **Four Squares** are some **chalk**, a patch of concrete somewhere, a bouncy ball like a soccer ball; and **at least four people**. With the chalk, or duct tape **draw/outline a large square** at least six feet wide and divide this big square into four equally sized small squares. Each of the four squares should be **numbered 1 to 4**.



How to Play:

- Each player stands in one of the four squares.
- To start the game, the player in square four serves the ball by bouncing it in their square once and then hitting it towards one of the other squares. The receiving player then hits the ball to any other player in one of the other squares.
- The ball must bounce in another player's square, and they must hit it to another player before it bounces a second time.
- A player may hit the ball before it bounces, if they choose to do so.
- If a player hits the ball so that it misses another player's square, or fails to hit the ball before the second bounce after it has landed in their square, they are "out".
- When a player is out, the other players move up to take their place, and that player moves to the last square, or to the end of the line, if there are more than four players.
- The object of the game is to move up to and hold the server's position

Parachute Games

Supplies:

- Rainbow parachute: available online at Amazon, or Walmart online
- Beanbags, balls

Games to Play:

- **Popcorn:** Place a number of beanbags, small balls, or cottonballs onto the parachute. Shake to make them pop up like "popcorn".
- **Ball Roll:** Have the children try to roll the balls into the hole in the middle of the parachute. (Or have children try to keep the balls from going into the hole in the center.)
- **Making Waves:** Children can make small, medium, or large movements to make various types of "waves." You can incorporate a story about a ship on the sea, weather, etc. &/or use your voice as a tool to emphasize directives.
- **Merry-Go-Round:** Children turn their bodies sideways and hold the chute with one hand. They then walk around in a circle, making a "Merry-Go-Round." For variety, children can hop, skip, jump, etc. You can stop music as a cue to reverse and go the other direction.
- **Poison Snakes:** Place three or four jump ropes onto the chute. Shake the parachute to keep the snakes from "biting" (touching) you.
- **Parachute Tag:** Lift the parachute high into the air. Call out two children's names. They must trade empty spots by running under the chute, before it comes down on them.
- **Mushroom:** Standing, lift the parachute waist height. Count to three - with "one" and "two" being small practice lifts. On three, all lift the chute overhead, and crouch down pulling the parachute edges down as well. This creates what looks like a "mushroom."



- **The Wave:** Children put their hands up, one after another, in order – creating a synchronized "wave" like in the stands at a baseball game.
- **Rollerball:** Try to keep a ball rolling only along the outer edge of the parachute around the circle. As it comes toward you, cooperatively lower your edge. Just past you, raise it
- **Shark Attack:** Everyone sits with legs stretched out underneath the chute, which is held chest-high. One or two children are the "sharks" and crawl around under the parachute and try to grab people's legs to pull them under the chute. The "captured" is now the "shark".
- **See-Saw Pull:** From a sitting position, have children pull the parachute back and forth in a cooperative see-saw motion.
- **Shoe Shuffle:** Count off. All of a selected number take off one shoe and throw it in the middle. On the count of three, raise the chute, and the designated children have to run under and find their shoe before the chute comes down.
- **Bouncing Balls:** Have one or two children under the chute trying to hit the balls as they touch the surface, knocking them off the parachute (from underneath.)
- **Ball in the Bucket:** Break into two or more "teams." Each team will have a different colored ball (or balls.) They will try to keep their color ball from going into the middle circle, while trying to get the other teams' color of ball(s) into the hole.
- **Turtle:** The parachute becomes a giant turtle shell with everyone underneath it on hands and knees. Everyone must cooperate and work together to get the turtle to move about.
- **Parachute Volleyball:** Split into two sides of the parachute. One side tries to knock the ball off of the other side (half of chute), right past the other "team."
- **The Canopy:** Squat down with parachute flat on the ground. On the count of three, stand up and stretch arms above head, creating a canopy
- **Parachute Tag:** Lift the parachute high overhead. Call one child's name and have her run (skip, hop, twirl or crawl) to the other side before the parachute comes down and tags her.
- **Parachute Run:** Have the children take turns running on the parachute as it lies on the ground, while the other children make waves. See how long the children can maneuver on the waves before falling down. The length of turns can be determined by songs that the children choose to sing (i.e. everyone's turn lasts the length of one song).

Potato Sack Relay

Supplies:

Potato sacks or pillow cases



How to Play:

- Mark a starting line and finish line on a large open space
- Each player is given either a potato sack or pillow case to step into and hold up
- Players line up on the starting line
- The leader calls out “On your marks, get set, GO!” and the players hop towards the finish line.
- The first person to cross the finish line wins!

Additional Game Ideas:

Playworks Playbook Games Library:

Playworks is a national organization that focuses on the power of play. Their games library provides hundreds of games in their database that are fun, easy, and accessible for all age groups. Filter your search by age level, the equipment you have, your group size, and the length of time you want to play. Or just check out their “most popular” section.

www.playworks.org/playbook/games

KaBoom Pinterest Page:

KaBoom is a national organization dedicated to ensuring all kids get a childhood filled with the balanced and active play needed to thrive. Their Pinterest page provides many great ideas for your play day including ideas for spring, summer and winter play ideas; cardboard box play (we promise, your kids will love playing with empty boxes); and DIY play activities.

www.Pinterest.com/kaboomplay

Great Activities: PE Matters:

Great Activities provides a number of free games online for elementary, middle and high school students. Their PEP Club games finder lets you search for games based on grade level and category. Ideas include sports, fitness and field day games.

www.greatactivities.net

Funology

Funology is an online parenting toolbox that offers ideas to inspire and entertain kids offline. Their site shares a number of fun games to play with the kids. Search games by their category: outdoor games, outdoor games, party games, card games, travel games, water games and word games.

<http://www.funology.com/games/>

For more information about the importance of play every day visit:

www.playROCs.org



*Healthi Kids is an initiative of Finger Lakes Health Systems Agency. By advocating for a handful of public-policy and practice changes, the **Healthi Kids Coalition** is blazing a path for healthier, more active children in Rochester and Monroe County, N.Y. Our change agenda calls for better school food, safer play areas, food standards at childhood centers, at least 60 minutes of in-school physical activity, and policies that support breastfeeding.*

www.healthikids.org



Additional Resources



www.healthikids.org



10 Reasons to **DRINK WATER** Everyday

1



No added
sugars

2



Helps kids
concentrate

3



Promotes a
healthy weight

4



Keeps teeth
healthy

5



Improves
academic
performance

6



Hydrates the
body

7



Regulates body
temperature

8



No added
calories

9



Helps nutrients
move in the body

10



Improves
memory

Resources

1. Centers for Disease Control and Prevention. (2014). Increasing Access to Drinking Water in Schools. Atlanta GA: US Dept. of Health and Human Services.
2. Edmonds CJ and Jeffes B. (2009). Does having a drink help you think? 6-7-Year-old children show improvements in cognitive performance from baseline to test after having a drink of water. *Appetite*. 53(3): 469-472.
3. U.S. National Library of Medicine & NIH. (2015). MedlinePlus Medical Encyclopedia: Water in Diet. Online Access.
4. US Department of Health and Human Services (2010). The Surgeon General's vision for a healthy and fit nation, 2010. US Department of Health and Human Services.

www.healthikids.org



Assembling your School's



Wellness Team



The most successful wellness team's have diverse participation from your school community. When assembling your team, think about who best represents your school and who will be champions for wellness.



Principal/Assistant Principal



School Nutrition Services Manager



Physical Education Teacher



Athletic Coach



Health Education Teacher



School counselor, psychologist or social worker



Classroom Teachers



School nurse



Students



School security personnel



Parents



Community-based health care or social services provider



Janitor or custodial worker



Community health organization representative



Facility and maintenance staff



Bus Driver or crossing guard



For more information visit:
www.healthikids.org



7

Tips to Reduce Screen Time

Learn helpful ways for you to reduce screen time at home!

#1

Set a good example

Kids follow what they see. Set a good example by putting down your phone, turning off the TV, and finding active ways to play.



#2

Make Screen Time = Active Time

Get up and move throughout a movie, swap out traditional video games to interactive games like the Wii or Dance Revolution.



#3

Set Screen Time Limits

Limit screen time to 1-2 hours per day.



#4

Log Screen Time vs. Active Time

Create a contest: Get your kids to track their active vs. screen time throughout the week.



#5

Host a screen free day once a week

Hosting a screen free day shows your kids that there are alternatives to screen time. Provide fun, active, and creative games and activities!



#6

Provide Active Alternatives

Activity cards (fitkids decks) and yoga pretzels allow kids to have active alternatives



#7

Create an Action Plan

Ask your kids for suggestions on how they'd like to reduce screen time. Create an action plan on ways you can reduce screen time together



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info@healthikids.org



www.healthikids.org



Worksite Wellness

Health Concerns

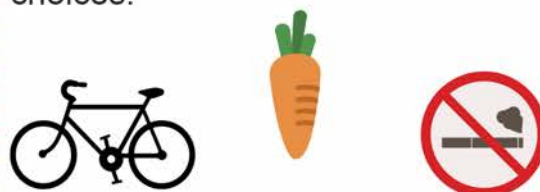
Approximately two-thirds of deaths in adults 25 and older are caused by cardiovascular disease, diabetes, and cancer.



Medical costs of treating these conditions are a major burden on individuals and employees.

Wellness Solutions

Chronic conditions that affect many workers can be prevented through efforts to promote healthy diets, physical activity, and other lifestyle choices.



Wellness is
more than
just
physical
health!

Benefits of Wellness

Worksite Wellness programs can result in:

- Improved employee morale
- Increased attractiveness to potential employees
- Decreased absenteeism and increased productivity
- Healthy role models for youth and the community



Worksite Wellness Comes
in Many Forms

- Flexible hours
- Wellness incentives
- Community service
- Healthy meeting policies
- Nutrition education and promotion
- Healthy snacks and vending machines
- Scheduled recess
- Office decoration
- AND MORE!

THE ROLE OF Schools IN PROMOTING PHYSICAL ACTIVITY

RECESS

Students who get at least

20 minutes of
recess per day

have a lower body mass index
percentile than their peers.



SAFE ROUTES TO SCHOOL

Students who walked
to school every day had

24

more minutes of
physical activity
per day.

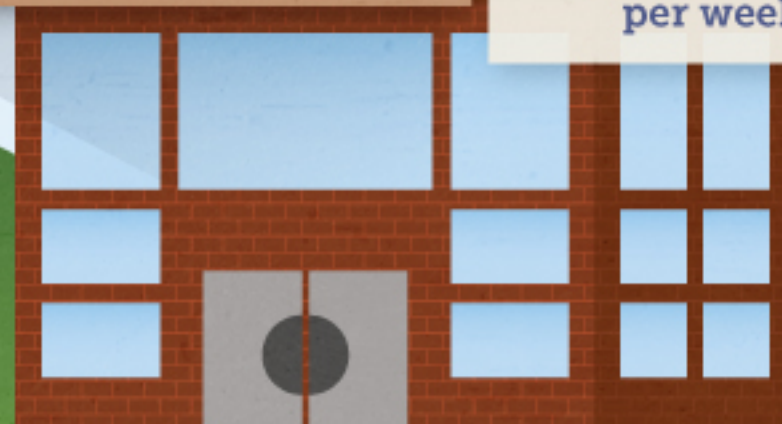


P.E.

In states with P.E.
requirements, high
school girls were active

37

more minutes
per week.



ACHIEVEMENT

Teens who were
active in school were

20%

more likely to
earn an "A" in
math or English.



Active Living Research

www.activelivingresearch.org

Sources: RECESS: Fernandes M and Sturm R. "The Role of School Physical Activity Programs in Child Body Mass Trajectory" Journal of Physical Activity and Health, 8(2): 174-181, February 2011. PE: Cawley J, Meyerhoefer C and Newhouse D. The correlation of youth physical activity with state policies. Contemporary Economic Policy, 16(12):1287-1301, 2007. ACHIEVEMENT: Nelson MC and Gordon-Larsen P. "Physical Activity and Sedentary Behavior Patterns Are Associated With Selected Adolescent Health Risk Behaviors." Pediatrics, 117(4): 1281-1290, April 2006. SAFE ROUTES TO SCHOOL: Sirard JR, Riner WF, McIver KL and Pate RR. "Physical Activity and Active Commuting to Elementary School." Medicine and Science in Sports and Exercise, 37(12): 2062-2069, 2005.

active kids learn better



physical activity at school is a win-win for students and teachers

GRADES:



STANDARDIZED TEST SCORES:



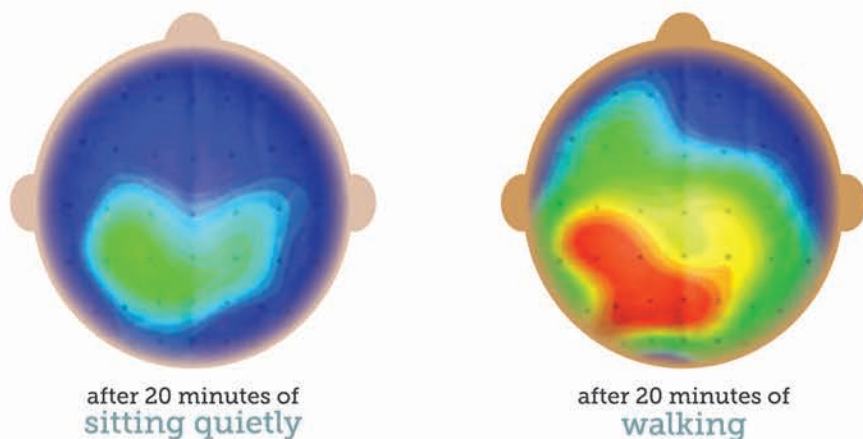
JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



21% decrease in teachers' time managing behavior

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



Red areas are very active; blue areas are least active.

MORE RESULTS:

after 20 minutes of physical activity:

students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:

memory tasks improved 16%



SOURCES: Donnelly J.E. and Lambourne K. (2011). Classroom-based physical activity, cognition, and academic achievement. *Prev Med.* 52(Suppl 1):S36-S42. Hillman C.H. et al. (2009). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience.* 159(3):1044-1054. Kamijo K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci.* 14(5):1046-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10!: integrating physical activity with academic concepts in elementary school classrooms. *Prev Med.* 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larson P. (2006). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics.* 117(4): 1281-1290.

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.



The Brain benefits first from exercise!

Movement, Physical Activity and Exercise prepare the brain for learning and boosts brain function. For a smarter, healthier, happier brain Exercise, Exercise, Exercise!
Movement, Physical Activity and Exercise:

- ✓ Anchors learning when more of the senses are involved to increase the executive function of the frontal lobe
- ✓ Grows new brain cells (neurogenesis) in the learning and memory center (hippocampus) of the brain
- ✓ Gets the brain's fuel, oxygen and glucose to the brain faster
- ✓ Moves the body in space (spatial awareness) to help the brain see letters and numbers on a page
- ✓ Engages static and dynamic balance to put the brain and body into focus and attention
- ✓ Crosses the midlines of the brain and body to aid in coordination of movements and thoughts by organizing, integrating and energizing the brain's hemispheres
- ✓ Is practice in hearing a steady beat and keeping a steady beat (beat awareness and beat competency) to develop the language areas of the brain for receptive and expressive language and to develop the internal dialogue
- ✓ Reinforces the basic motor movements that lay the framework for learning: crawling/walking, jumping and rolling
- ✓ Activates BDNF, the Miracle Gro™ for the brain that nourishes and protects the neural pathways for learning
- ✓ Uses repetitive gross motor movement to aid the brain in putting patterns into a sequence
- ✓ Engages mirror neurons for imitation
- ✓ Promotes emotional safety through positive social feedback with partners and groups
- ✓ Reduces stress naturally and acts as a anti-depressant
- ✓ Regulates mood and behavior by naturally balancing neurotransmitters
- ✓ Accelerates motivation, increases self esteem, and promotes cooperation and communication skills.

(by Jean Blaydes Madigan Action Based Learning www.actionbasedlearning.com)

Tips for Teachers

Promoting
Healthy Eating
&

Physical
Activity in
the Classroom



ALLOW ACCESS TO DRINKING WATER

- Allow students to visit the water fountain throughout the school day and to carry water bottles in class.
 - Send a note to parents that students will be allowed to bring water bottles to your class, though not mandatory. If bottles are filled at home, ask parents to use only plain water.
- Inform school maintenance staff if water fountains are not clean or are not functioning properly.



[Access to drinking water](#) throughout the day gives students a healthy alternative to sugar-sweetened beverages.¹ Staying hydrated may also improve student cognitive function.²

USE STUDENT REWARDS THAT SUPPORT HEALTH

- Do not use food or beverages to reward student achievement or good behavior.
 - Avoid giving students candy or food coupons.
- Use nonfood items, activities and opportunities for physical activity to recognize students for their achievements or good behavior.
 - Offer stickers, books, extra time for recess, or walks with the principal or teacher.



[Ideas for nonfood rewards](#)

- Do not withhold food, beverages, or physical activity time to discipline for academic performance or poor classroom behavior.



Children are at risk of associating food with emotions and feelings of accomplishment when food is used in the classroom as a reward. This reinforces the practice of eating outside of meal or snack times and encourages students to eat treats even when they are not hungry. This practice may create lifetime habits of rewarding or comforting oneself with unhealthy eating.

¹ Sugar-sweetened beverages are liquids that are sweetened with various forms of sugars that add calories. These beverages include, but are not limited to, soda, fruitades and fruit drinks, and sports and energy drinks. Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.

² Centers for Disease Control and Prevention. Water Access in Schools web site. <http://www.cdc.gov/healthyyouth/npao/wateraccess.htm>. Accessed November 21, 2013.

MAKE CELEBRATIONS AND FUNDRAISERS HEALTHIER

- Encourage parents to provide healthy foods and beverages for birthday and classroom parties if food is served.
 - Send a note to parents suggesting healthier options, such as fruits, vegetables, or whole grain snacks.
- Consider nonfood celebrations such as guest speakers, an extra recess period, or class games.
- Use healthy foods, physical activity events, or nonfood items for fundraising activities.
 - Consider selling items such as produce, wrapping paper, candles, or student artwork.
 - Organize events that engage students, families, and the community.
 - » Basketball or golf tournaments, bicycle rides, walk-a-thons, dance-a-thons, car washes, or auctions are healthy fundraising alternatives.



CREATE A PHYSICALLY ACTIVE CLASSROOM

- Incorporate movement into academic lessons or add short bursts of activity (5-20 minutes) to regularly planned break times.
 - Read a book aloud while students walk at a moderate pace around the room, and then ask students to identify the verbs or action words in the book by acting them out through physical activity.
 - Take students for a walk indoors or outdoors as part of a science lesson.
- Include content about fitness, movement skills and the importance of physical activity as part of math, science or writing lesson plans.
- Work with the physical education teacher to get ideas, information, and resources to help students stay physically active throughout the school day.



[The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance](#)



Incorporate physical activity breaks in the classroom to help keep students focused and well-behaved.



[Ideas for classroom physical activity breaks](#)



MAKE RECESS PART OF EACH SCHOOL DAY

- Schedule at least 20 minutes of recess per day for elementary school students, in addition to their regularly scheduled physical education class.
- Encourage students to play during recess.
 - Provide equipment, such as jump ropes and sports balls.
 - Organize games, such as four-square, active tag, or flag football.
- Provide opportunities for students to be active indoors when the weather is bad or times when outdoor play space is unavailable.

Do Not Use Physical Activity as Punishment

- Do not punish students by forcing them to participate in or by withholding opportunities for physical activity.
 - Do not punish students by requiring them to run laps or do push-ups.
 - Do not exclude students from physical education class or recess.



Children may have negative feelings toward physical activity if they are forced to participate in physical activity as punishment. Further, withholding students from physical education or recess for bad behavior or poor academic performance deprives them of the health benefits of physical activity and the chance to develop essential physical activity skills. Physical education and recess may even improve students' behavior, attention, and test scores.



Include Healthy Eating and Physical Activity Topics in Health Education

- Teach students about healthy eating and physical activity recommendations.
 - Encourage students to participate in 60 minutes or more of physical activity every day, consume a healthy diet based on the Dietary Guidelines for Americans,³ and reduce sedentary screen time (e.g., television, video games, computer usage).
 - Encourage students to identify their own healthy behaviors and set personal goals for improvement.
 - Incorporate health education into other subjects such as math and science.
- Extend healthy lessons outside of school by assigning homework for families to complete together.
- Meet with the school nurse to promote consistent health messages in your classroom. Consider asking the school nurse, or other health services staff, to lead a specific health lesson.



Watch Out for Student Weight Concerns and Stigma

- Address and intervene on all types of [bullying](#), including weight discrimination and teasing about body shape or size.
- Refer students with signs of eating disorders, binge eating, or other weight concerns to the appropriate school staff such as the school nurse, counselor, psychologist, or school social worker.

3. US Department of Agriculture, US Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th ed. Washington, DC: US Government Printing Office; 2010.

ENCOURAGE STUDENTS TO PARTICIPATE IN SCHOOL PHYSICAL ACTIVITY PROGRAMS

- Support students in participating in intramural sport programs, interscholastic sports, physical activity clubs, or walk-and-bike to school programs.
- Promote school-led physical activity events, such as walk to school days, fun runs, and field days.
- Volunteer to organize or provide adult supervision to before and after school physical activity programs.



[National Center for Safe Routes to School](#)

[CDC's Youth Physical Activity: The Role of Schools](#)



BE A HEALTHY ROLE MODEL

- Model healthy behaviors to students by being active and consuming healthy foods and beverages.
- Get involved in your school's employee wellness program or consider starting one.
 - School wellness programs can include onsite opportunities for physical activity such as walking clubs, point-of-decision prompts that encourage use of stairwells, increased access to healthy foods, educational activities such as lectures or written materials, skill-building activities, or reward programs.



[School Employee Wellness: A Guide for Protecting the Assets of our Nation's Schools](#)

BECOME FAMILIAR WITH YOUR SCHOOL'S HEALTH POLICIES

- Read your district's [local wellness policy](#) and understand how the policy affects practices in your classroom.
- Get involved in your school health council or school health team.
 - Suggest that the council or team [assess healthy eating and physical activity policies and practices](#). If there is no school health council or school health team, consider starting one at your school by bringing together a variety of school staff, parents, and community members.



[CDC's School Health Index: Self-Assessment & Planning Guide](#)

www.cdc.gov/healthyyouth
www.cdc.gov/bam
1-800-CDC-INFO

Source: Centers for Disease Control and Prevention. School Health Guidelines to Promote Healthy Eating and Physical Activity. MMWR 2011; 60(5): 1-76. <http://www.cdc.gov/healthyyouth/npao/strategies.htm>. Accessed November 21, 2013.

For more information about the importance of recess
visit:

www.healthikids.org



*Healthi Kids is an initiative of Finger Lakes Health Systems Agency. By advocating for a handful of public-policy and practice changes, the **Healthi Kids Coalition** is blazing a path for healthier, more active children in Rochester and Monroe County, N.Y. Our change agenda calls for better school food, safer play areas, food standards at childhood centers, at least 60 minutes of in-school physical activity, and policies that support breastfeeding.*

www.healthikids.org

