

Weller Health Education Center

Kids In Motion
Nutrition and Fitness
Grades 1-3

Table of Contents

Program Objectives	2
English Activity	3
Math Activity	4
Large Group Activity	5
Answer keys	6
Note to teacher	6
Connection to Home: Letter to Guardian	7

Program Objectives



Program Description:

Kids “get moving” during a mini workout led by one of our high-energy instructors. Program emphasizes the role of bones and muscles in exercise and the importance of staying fit and eating healthy. Sneakers are a must!

Standards:

PA 1.6.3ad, 10.1.3b, 10.3.3ad, 10.4.3ac, 10.5.3ad;

NJ 2.1.2ab, 2.2.2c, 2.5.2a, 2.6.2abc

Objectives:

Upon completion of the program, students will:

1. Name 3 activities that increase the heart rate.
2. Discuss 2 appropriate safety precautions when exercising.
3. Have participated in 20-minutes of sustained physical activity with the group.

Terms:

Aerobic activity – aerobic activity is any kind of movement that makes your muscles use oxygen; aerobic activity increases heart rate; swimming, dancing, and soccer are all types of aerobic activity

Exercise – bodily activity for the sake of physical fitness

Muscles – body tissue consisting of long cells that can contract and produce motion; muscles are attached to bones and enable them to move

Nutrients – any substance which plants or animals need in order to live and grow; examples of nutrients include water, protein, carbohydrates, fat, vitamins and minerals

Skeleton – a framework made of bone that supports the soft tissues and protects the internal organs of a body; the skeleton gives the body shape, aids in motion and provides protection

Strengthening activity – (anaerobic activity) Exercises that increase muscle strength and are often done in short, intense segments such as push-ups or sit-ups



Word Search

Directions: Search for and circle the terms below. Good Luck!

J W B Q W T C M P E H R U U C
W Z B A E V U A Y U K E C F C
C V T M M S H B L W M I A C O
Z E L A C W T H V O P R B R J
R E F L G N I N N U R C A E T
H Z E N E R G Y W X E I M W S
P S C O O L D O W N X L E Y B
G J S P Q S K R X M E U W S I
J I R X S E S E Y V R N Y D S
N N U G M F K V S Z C G D O P
T A E W S R F M S Z I S P O U
X B F J J N O B G K S Q A F T
D N D Z T G I G T C E V T H I
U Y Y D B Z K I B S P Z Q K S
M U F X H O P A N I A Z H L R

BIKE
ENERGY
HEART
MUSCLES
SWEAT

CALORIES
EXERCISE
HELMET
RUNNING
WARMUP

COOLDOWN
FOOD
LUNGS
SITUPS
WATER



Mathematics Worksheet



1. If you count how many times the heart beats in **60 seconds** that is equal to ____ minute.
2. If your resting heart rate is **70 beats** per minute and your exercise heart rate is **160 beats** per minute that is a difference of _____ beats per minute.
3. **25 sit-ups** in the morning and **50 sit-ups** in the evening are equal to a total of _____ sit-ups.
4. When exercising your heart rate is **180 beats** per minute. If your resting heart rate is **60 beats** per minute. When resting your heart is working _____ less than when exercising.
5. If you exercise twice a day for a week, by the end of the week you have exercised _____ times



A Walking We Will Go (Family Walk Chart)

Background: We all know that people of all ages will benefit from walking. This activity will help children share with their family the enjoyment of walking.

Directions: Each student will be encouraged to take a daily walk with as many family members as possible. Students will use the walking log (see below) to record the total distance that is walked by **ALL** family members. At the end of the week, the class can **compute** the total distance that was walked by each family or all the families combined.

Walking Log

Name _____

<u>Date</u>	<u>Distance Walked</u>	<u># Of Family Members</u>	<u>Total Distance</u>
_____	_____	X _____	= _____
_____	_____	X _____	= _____
_____	_____	X _____	= _____
_____	_____	X _____	= _____

Total Miles: _____



Math Worksheet Answer Sheet

1. 1 minute
2. 90 beats per minute
3. 75 sit ups
4. $\frac{1}{3}$ less
5. 14 times

Note to teacher- the following letter is intended for your students to take home as a follow-up for the days program. Please copy and distribute as you see fit in order to enable caregivers of students to reinforce the lesson of this program effectively.



Weller Health Education Center

Dear Caregiver,

Your child has participated in a program called “Kids in Motion” that was presented by the Weller Health Education Center. As educators, we understand the need and importance of a healthy life which includes physical activity. The program teaches about the role of our bones and muscles in exercise and how to protect them while they’re on the go. They also participated in a “mini-exercise” session that shows the students how exercise can be enjoyable. The Weller Health Education center reinforces the idea that exercise does not require a lot of space, expensive equipment or extra money. Exercise only requires that you move and enjoy doing it. The national recommended average for exercise is 60 minutes, moderate-vigorous intensity for 5 or more days a week. Do you meet the weekly recommendations?

Despite the proven benefits of physical activity, more than 50% of American adults do not get enough physical activity to provide health benefits. 25% of adults are not active at all in their leisure time. In high schools, only 35.8% of students meet the recommended level. Show your children how you can have fun with them and promote future behaviors. We invite you to take the challenge to incorporate exercise into your home life. Listed below are some examples that you can use or be creative and make your own. There is no need to think of exercises as tough or strenuous. Instead, imagine fun physical activities that you enjoy and watch the health benefits follow!

Below you will find some sample activities to guide you in taking steps to improve family health and continue the message started today in our program. For additional resources you are welcome to utilize the parent, teacher and student resource links found on our website at www.wellercenter.org

Example Activities

- 1) Involve your family in a pre-dinner obstacle course to get the calories burning: Set up a series of events that each person must complete. Let your imagination and fun run wild as you find new uses for ordinary things.
 - a. Example course
 - i. While pretend jump-roping, sing the “ABC’s,” top-to-bottom, twice.
 - ii. Count to 15 as you leap frog around the yard or park.
 - iii. Using un-opened canned goods do 20 bicep crunches.
 - iv. With your feet shoulder-width apart, and your arms straight out at your sides, touch your toes without bending your knees. Complete 5 sets of toe touches.
 - v. Count to 25 as you do jumping jacks.
 - vi. Walk in place for 2 minutes.
- 2) Welcome each new season with some family fun. Use your imagination and have fun! In the winter: Go sledding or build a snowman. In the spring: Play whiffle ball or fly a kite. In the summer: Run through the sprinkler or jump rope. In the fall: Play Frisbee golf or hike through a pumpkin patch.
- 3) See the sights on your own home-town. Pretend that you are a tourist and do all the outside activities that you may have forgotten about. Hike the trails, visit the local flea market, pick berries, try kayaking or canoeing or go fishing.

Yours in good health,
Weller Health Education Center