

FITNESS

FOR

**Elementary
School**

LIFE

Everything you need to implement a coordinated nutrition, physical activity, and wellness program for your entire school

Charles B. Corbin, Guy C. Le Masurier, Dolly D. Lambdin, and Meg Greiner

The Basics

- **Four Wellness Weeks each year**
- **One Wellness Week every nine weeks of school**
- **Specific physical activity and nutrition themes each week**
- **Total school involvement**

HELP Philosophy

HHealth for

Everyone with an emphasis on

Lifetime activity designed to meet

Personal needs for each student

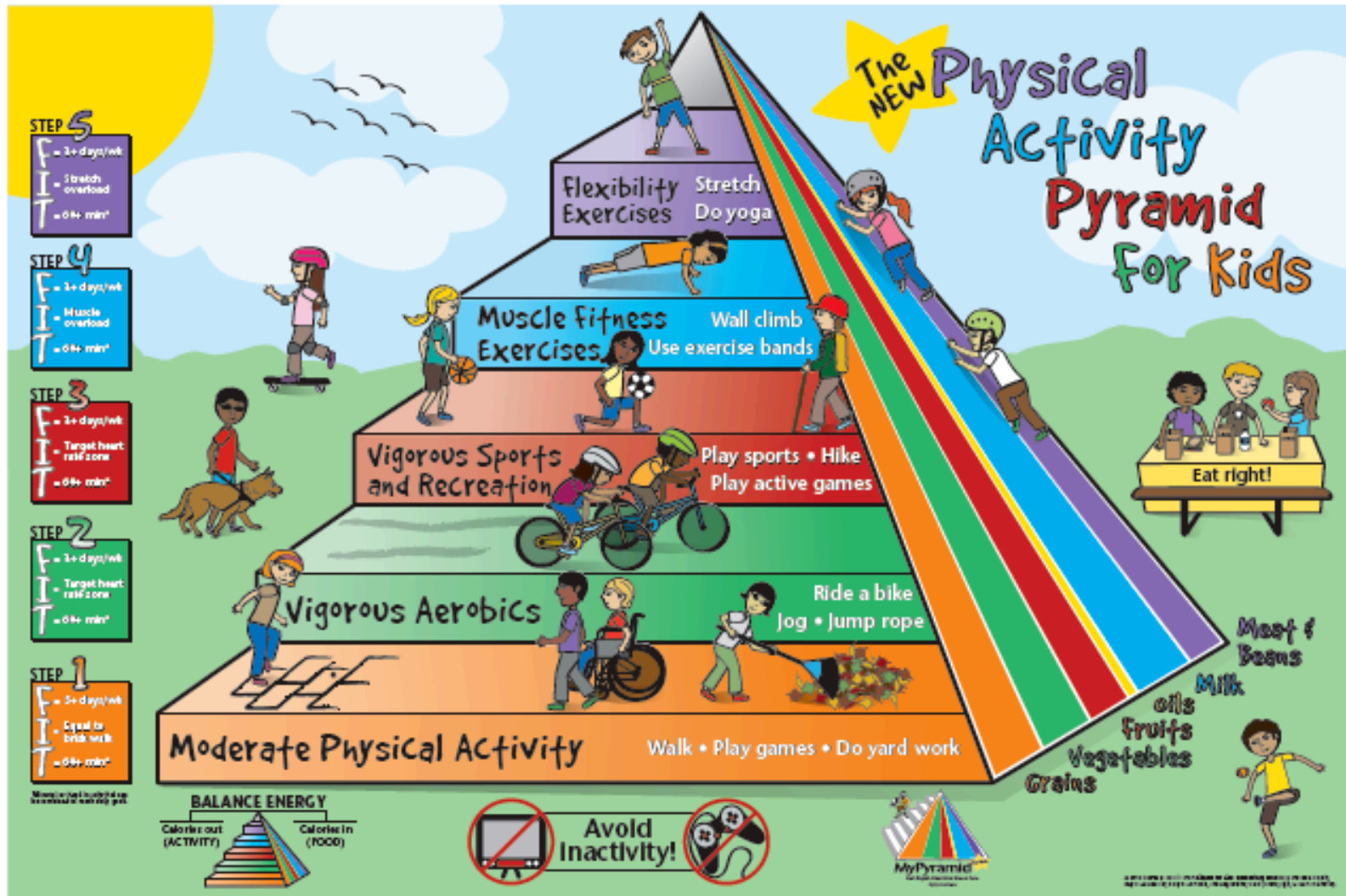
Foundations

- Key guidelines of the Child Nutrition and WIC Reauthorization Act
- USDHHS National Physical Activity Guidelines for Children
- USDA National Nutrition Guidelines
- NASPE Physical Education Curriculum Standards

Program Components

- Classroom activity breaks
- Physical education lesson plans and activities
- Plug-and-play video routines for classroom and PE
- Schoolwide nutrition and fitness events
- School signs
- Educational messages
- Schoolwide celebration activities
- Family newsletters
- Program Web site

New Physical Activity Pyramid for Kids



Why Do the Program?

- Implement a school wellness program as required by law
- Help students meet national physical activity guidelines
- Help students meet national nutrition goals
- Help prevent childhood obesity
- Help build youth fitness
- Promote academic achievement



Contents of Program Package



Not all covers shown are final.

Classroom Guides

- One guide for each grade (K-6)
- Lesson plans
 - Morning video activity breaks
 - Discussions
 - Afternoon activities
- DVD with each guide
 - 20 plug-and-play activity videos for each grade
 - Classroom signs, worksheets
 - Family newsletters



Not all covers shown are final.

FITNESS
FOR
Elementary School **LIFE**

Classroom Activity Routines

- Each video is 5 to 6 minutes long.
- No equipment is required.
- Students perform routines in space by desk.
- Routines are grade-level appropriate.
- Instructional videos teach the movements.
- Friendly hosts deliver activity and nutrition messages before and after routines.
- Different messages are given each day.

K-2 Activity Routines

Week	Kindergarten	First Grade	Second Grade
1	Exercise on the Farm	Some More	Get Fit
2	Frank and Franny Fitness	I Can	La Raspa
3	We Get Fit	CYIM Fit	Wave It
4	Shake It	Stomp and Balance	It's the One

3-6 Activity Routines

Week	Third Grade	Fourth Grade	Fifth Grade	Sixth Grade
1	It's Our Plan	Robot	Hip Hop 5	Hip Hop 6
2	Go Aerobics Go	Latin Aerobics	Tinikling	Salsaerobics
3	Tic Tac Toe 3	Tic Tac Toe 4	Tic Tac Toe 5	Tic Tac Toe 6
4	Jumpnastics	Keep on Clapping	Fit Funk	Harvest Time

Classroom Teacher Responsibilities

- Conduct the morning activity break by playing the DVD routine for that day.
- Discuss messages in the routine, using background information in the classroom guide.
- Lead the afternoon activity break, using the activity in the classroom guide.

Finding Time in the Classroom

- Classroom teachers devote 5 to 15 minutes to the program per day.
- Taking 1 to 3 minutes from each hour of the school day will give you the time.
- Activity improves student health and fitness.
- Activity contributes to academic achievement and better test performance.

Sample Classroom Lesson Plan

1 WELLNESS WEEK

Day 2 Lesson Plan

WEEK 1 • DAY 2

OVERVIEW

- Morning Activity Break: It's Our Plan (DVD routine)
- Afternoon Activity Break: Complex Pattern Practice

OBJECTIVES

Students will

- participate in 10 minutes of moderate to vigorous physical activity;
- participate in physical activity, making only supportive comments to themselves and others;
- identify the correct movement to continue an ABAB pattern and perform the pattern of movements;
- when asked, repeat the message that it is important to keep on trying; and
- identify a time when they kept on trying to learn something new.

RESOURCES

Signs

- Wellness Week 1 → Signs
 - * 1.2: The more you practice, the better you get!
 - * 1.3: Practice your technique. Get better every week!

* Indicated signs used for class

Worksheets

Print and use worksheets 1.1 and 1.2 as desired.

- Wellness Week 1 → Worksheets

MORNING ACTIVITY BREAK

DVD Routine: It's Our Plan

Introduction

"Yesterday we talked about how important it is to be physically active every day. This week we are talking about moderate physical activity. When you do moderate physical activity, you are being active, but not so active that you are getting really sweaty. To learn new things, you have to try them. Can you think of something that

32

WELLNESS WEEK 1

33

you didn't know how to do, and then after you tried it, you were able to do it? Who knows what perseverance means? Can you give any examples of times when you or someone else persevered at something until you or she got it? Let's see if we can find any library books about people who really had to work long and hard to do something."

Video Routine

The DVD has five versions of the It's Our Plan routine, one for each day of the week. It also has a special instructional version that teaches students how to do the routine.

1. If the students have not done this week's routine before, play the instructional routine. If the PE teacher has already taught the routine to the students, or if they have already practiced the instructional routine with you, you can skip this step.
2. Play the Day 2 routine.

Each day the current version of the routine promotes a new and different message. Variations on the message play before the first routine, between routines, and after the last routine. For It's Our Plan, the Day 2 message is "The more you practice, the better you get," and the three variations are as follows:

- Practice your technique; get better every week. Using skills when you play can be the best feelings of your day.
- Practice your technique; get better every week. Practice skills in the sun; make movement way more fun.
- Practicing and learning skills make physical activity more fun because you become a more successful mover when you're done. Practicing movements also exercises your body and your mind. That's a great workout that is hard to find!

Signs

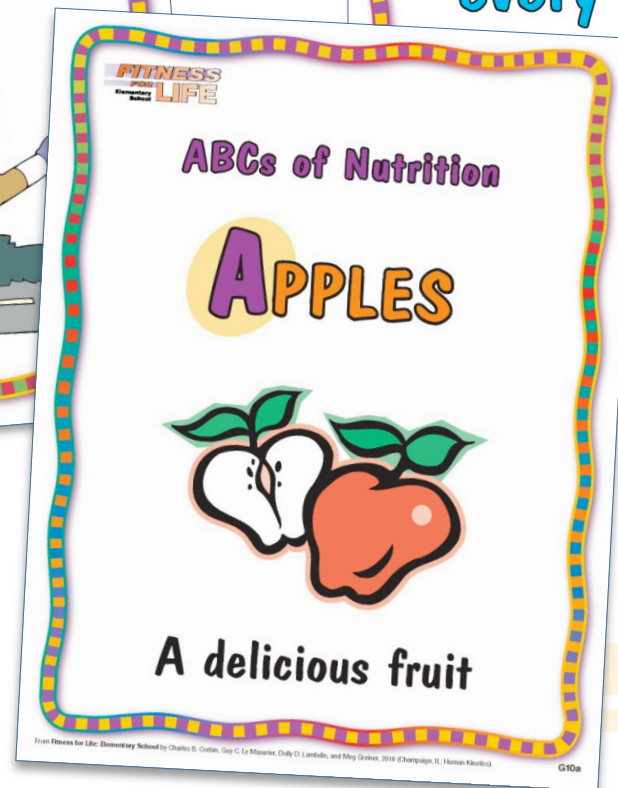
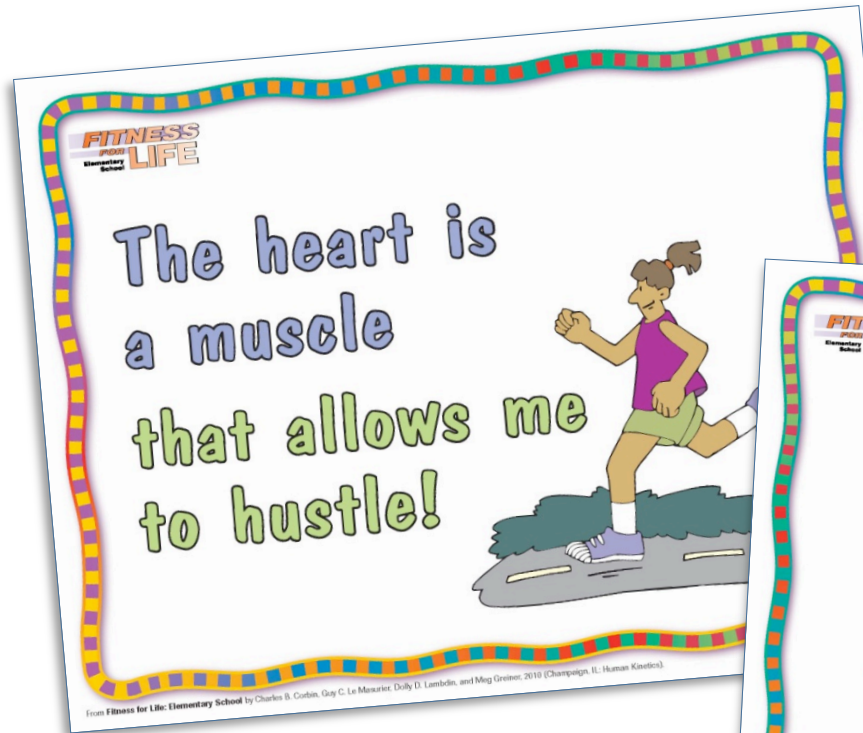
Practice your technique

The more you practice, the better you get!

Worksheets

WEEK 1 • DAY 2

Sample Classroom Signs



FITNESS
FOR
Elementary School **LIFE**

Sample Classroom Worksheets

FITNESS FOR LIFE
Elementary School

Grades 3-5 Wellness Week 4 Worksheet 4.1

Name _____ Date _____
Classroom Teacher _____ Grade _____

Healthy Challenges!

- Play and train, use your brain!
- Balance energy in and energy out!

Play and Train, Use Your Brain!

Check the way you feel after exercising.

Relaxed Proud
 Hot, sweaty, tired Other _____
 Healthy Other _____

Write a sentence or two about the part of your day when you feel most alert.

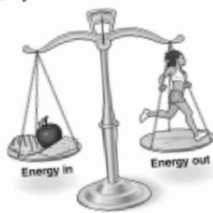
Balance Energy in and Energy Out!

When you eat food, we call it "calories in." When you are active, we call it "calories out."

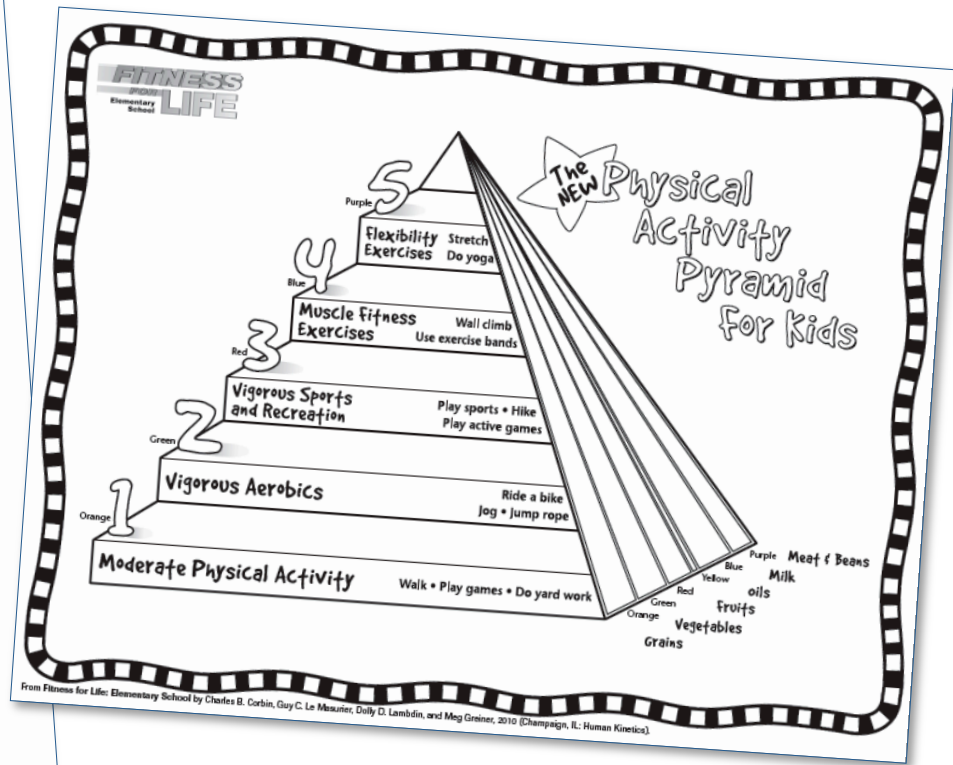
List some foods you ate today. List some physical activity you have done.

1. _____ 1. _____
 2. _____ 2. _____
 3. _____ 3. _____

Do you think the activity you did today will balance the food you ate? Yes No

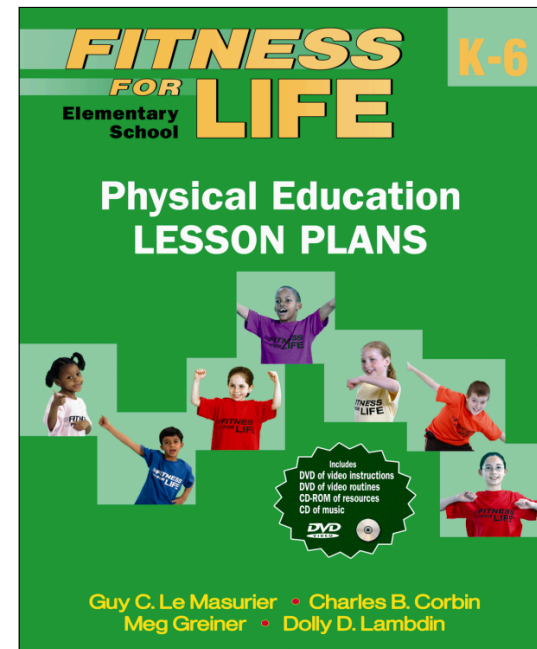


From Fitness for Life: Elementary School by Charles B. Corbin, Guy C. Le Mesurier, Dolly D. Lambdin, and Meg Grines 2010 (Champaign, IL: Human Kinetics).



Physical Education Lesson Plans

- Lesson plans for each Wellness Week
- DVDs with 28 activity videos
 - Same as classroom routines
 - For all grades K-6
- CD-ROM of resources
 - Activity and task cards
 - Signs, worksheets, newsletters
- CD of music
 - Music and intervals for lessons
 - Cadences for fitness tests



Cover not final.



PE Teacher Responsibilities

- Use instructional videos to teach activity routines before each Wellness Week.
- Conduct lesson plans during Wellness Week.
- Discuss messages in the activity routines.
- Print and post activity and nutrition signs.
- Help with schoolwide activities.

Sample PE Lesson Plan

1 WELLNESS WEEK

1.1 Lesson Plan

**K-2 • WEEK 1
LESSON PLAN 1.1**

OVERVIEW
In this lesson, students will practice the video routine and have an opportunity to create and add new movements to the routine. The Lesson Focus activity is Exercise on the Farm for kindergarten students, Some More for first-grade students, and Get Fit for second-grade students.

NASPE STANDARDS
1A, 3A, 3B, 4A, 4C, 5A, 5B
(See appendix B for details.)

OBJECTIVES
Students will

- demonstrate a variety of locomotor and animal movements, including moving to music;
- explain why fruits and veggies are good for their bodies; and
- demonstrate an ability to work well with others in a cooperative activity.

EQUIPMENT

- CD player and continuous music (music CD track 12)
- TV, DVD player, and DVD 2 (Activity Routines)
- 8 to 10 cones
- 2 each of the following colored beanbags: red, yellow, blue, purple, and orange
- 6 green beanbags

RESOURCES

- General
 - At-a-Glance PE Lesson Plan card
 - G3: Physical Activity Pyramid for Kids
- Wellness Week 1 →
 - K-2 Resources
 - Animal Antics activity cards
 - Week 1 signs file with the following signs:
 - Be active your way every day!
 - Eat the rainbow way: every color, every day!

K-2: WEEK 1 37

CHANTS

Leader: "How many fruits and veggies today?"
Students: "Five to nine, every day!"

Teacher Tip •••
You may not get through the whole lesson the first time through. Decide which part of the lesson is most important for your students to experience.

DELIVERING THE LESSON

1. Instant Activity: Move and Freeze






Introduction
"Welcome to Wellness Week! Let's get prepared to participate in some fun Fitness for Life activities. When I say 'go,' I want you to gallop inside the activity area in your own space. . . . Go!"

Activity
Students come into the activity space using a teacher-designated locomotor skill such as skipping, galloping, or sliding in open space, staying inside the designated activity area. On your stop signal, have them freeze in an athletic position (knees bent, shoulder width apart, hands on their knees) with their eyes on you. All students should freeze within five seconds with their bodies under control and eyes on you. Repeat this activity several times using various locomotor activities, getting bodies warmed up and students ready to listen. When students are moving and freezing in control, move on to the fitness activity.

Review •••
Review the important points of the freeze or athletic position with the students. Ask them to show you or tell you what the important points are (eyes on teacher, knees bent, shoulder width apart, hands on their knees).

Extensions

- Change the locomotor movement (e.g., walk, grapevine, jog).
- Change the quality of the movement (e.g., quietly, low, high).
- Change the pathway (e.g., zigzags, curves, squares).
- Move in unison to music (e.g., alone, with a partner, with a group).

Sample PE Signs



Sample PE Activity Cards

FITNESS FOR LIFE
Elementary School


PHYSICAL ACTIVITY PYRAMID FOR KIDS

.....

STEP 1: MODERATE PHYSICAL ACTIVITY

Do the beanbag boogie! Follow this sequence:

1. Toss and catch.
2. Toss and catch with the other hand.
3. Toss and catch with a body part (knee, back of hand).
4. Toss, tum, and catch.
5. Toss, clap, and catch.
6. Toss, balance, and catch.



From Fitness for Life: Elementary School by Charles B. Corbin, Dolly D. Lambdin, Guy C. LeMaster, and Meg Gruber, 2010 (Champaign, IL: Human Kinetics). 3-6 (Week 1)


FITNESS FOR LIFE
Elementary School

JUMP SQUAD

.....

ADVANCED PROGRESSION 8

Follow this pattern as you jump the rope: Land with your legs uncrossed, land with your right leg crossed in front, land with your legs uncrossed, land with your left leg crossed in front.



From Fitness for Life: Elementary School by Charles B. Corbin, Guy C. LeMaster, Dolly D. Lambdin, and Meg Gruber, 2010 (Champaign, IL: Human Kinetics). 3-6 (Week 1)

Sample PE Worksheets

FITNESS LIFE
Elementary School

Fitnessgram PACER Self-Assessment Worksheet

Name _____ Date _____

PACER Test 1
Date: _____ Age: _____ Stage: _____
Do your results put you in the healthy fitness zone? Circle your answer: Yes No

PACER Test 2
Date: _____ Age: _____ Stage: _____
Do your results put you in the healthy fitness zone? Circle your answer: Yes No

PACER Test 3
Date: _____ Age: _____ Stage: _____
Do your results put you in the healthy fitness zone? Circle your answer: Yes No

PACER Test 4
Date: _____ Age: _____ Stage: _____
Do your results put you in the healthy fitness zone? Circle your answer: Yes No

Age in years	Boys lap range	Girls lap range
5-9	Participation in run. Lap count standards not recommended	7-41
10	23-51	15-41
11	23-72	15-41
12	32-72	23-51
13	41-83	23-51
14	41-83	

Adapted from the Fitnessgram Test Administration Manual (Meredith & Welk, 2005).

From Fitness for Life: Elementary School by Charles B. Corbin, Guy C. Le Masurier, Dolly D. Lambdin, and Meg Gieser, 2010 (Champaign, IL: Human Kinetics).

FITNESS LIFE
Elementary School

Fitnessgram BMI Self-Assessment Worksheet

Name: _____ Date: _____

Body mass index (BMI) is a measure of your weight relative to your height. You don't want to be too heavy for your height.

Calculation: $BMI = 703 \times (\text{weight in pounds} / \text{height in inches squared})$.

Estimated height	
Estimated weight	
Estimated BMI	
Measured height	
Measured weight	
Measured BMI	

BMI Healthy Fitness Zone for Boys

Age	Healthy fitness zone	Needs Improvement
5	14.7 to 20.0	
6	14.7 to 20.0	More than 20.0
7	14.9 to 20.0	More than 20.0
8	15.1 to 20.0	More than 20.0
9	15.7 to 20.0	More than 20.0
10	14.0 to 21.0	More than 20.0
11	14.3 to 21.0	More than 21.0
12	14.6 to 22.0	More than 21.0

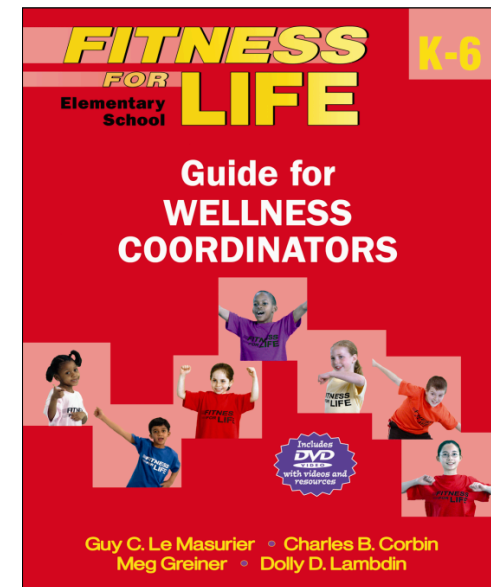
BMI Healthy Fitness Zone for Girls

Age	Healthy fitness zone	Needs Improvement
5	16.2 to 21.0	
6	16.2 to 21.0	More than 21.0
7	16.2 to 22.0	More than 21.0
8	16.2 to 22.0	More than 22.0
9	15.5 to 23.0	More than 22.0
10	15.7 to 23.5	More than 23.0
11	14.0 to 24.0	More than 23.5
12	14.5 to 24.5	More than 24.0

From Fitness for Life: Elementary School by Charles B. Corbin, Guy C. Le Masurier, Dolly D. Lambdin, and Meg Gieser, 2010 (Champaign, IL: Human Kinetics).

Guide for Wellness Coordinators

- Plans for each Wellness Week
 - Get Fit Friday schoolwide activities
 - Detailed educational foundations
- DVD
 - TEAM Time video activities
 - Signs for halls, cafeteria, playground
 - Family newsletters
 - Assessment tools
 - In-service video and slides



Cover not final.



Wellness Coordinator Responsibilities

- Coordinate four Wellness Weeks each year.
- Conduct in-service training and events.
- Organize Eat Well Wednesday activities.
- Organize Get Fit Friday (TEAM Time) events.
- Encourage active playgrounds.
- Post signs (halls, cafeteria, playground).
- Distribute family newsletters.
- Coordinate celebration activities.

Eat Well Wednesday Activity

- Wednesday of each Wellness Week
- Nutrition event in cafeteria
 - Fruit and vegetable bar
 - Healthy breakfast
 - Yogurt bar
 - Fruit, veggie, and bottled water bar
- Emphasis on nutrition in classrooms and PE

Get Fit Friday Activity

- Friday of each Wellness Week
- TEAM Time schoolwide activity
 - TEAM = “Together Everyone Achieves More”
 - 10 minutes at the beginning of the school day
 - Empower students to lead classmates in fun activities

Active Playgrounds

- Promote active play on the playground.
- Post Active Playground signs by doors.
- Make activity equipment available during recess and lunch.
- Teach active playground games.
- Have supervisors encourage active play.

Sample Cafeteria and Active Playground Signs



Other Staff Responsibilities

- *Principal*: Support and assist Wellness Week.
- *Art teacher*: Have students create wellness-related art.
- *Music teacher*: Help students learn songs used in video routines.
- *Librarian*: Promote books on wellness.
- *Cafeteria staff*: Help with Eat Well Wednesday.
- *Administrative staff*: Help with signs and newsletters.

Physical Activity and Academic Achievement

- Research shows that physical activity contributes to academic achievement.
- Physical activity improves cognitive function.
- Time spent in activity does not reduce learning.
- **Fitness for Life: Elementary School** reinforces learning in many areas.

Program Web Site

- www.FitnessForLife.org
- Information, resources, and links for teachers, coordinators, students, and parents
- How the program uses Fitnessgram tests to assess children's fitness levels
- Answers to frequently asked questions
- Feedback and assessment
- Much more

Suggestions

- You don't have to implement everything the first time around.
- Add more elements as you gain experience.
- Use the materials anytime during the year, not just during the four Wellness Weeks.
- Involve parents and families.

Summary

- Schools with a federally funded lunch program must have a wellness plan.
- **Fitness for Life: Elementary School** can be a major part of your school's plan.
- Coordinated lessons, activities, videos, and resources mean total school involvement.
- Complete plans allow for easy implementation.

Contact Information

Three options for contacting a sales rep:

- www.fitnessforlife.org (website)
- 1-800-747-4457 (toll free)
- K12sales@hkusa.com (e-mail)

