



Fitting In Fitness and Nutrition Education

Kindergarten

Music

- Musical chairs as part of the music lesson; teacher chooses music to go along with the day's lesson and instructs students to hop, skip, walk or tiptoe around the chairs.
- “Free Dance” for the last 5 minutes of class, students dance to Nutrition CDs.

Math

- Students participate in hopping/skipping/jumping as part of learning numbers; or numbers of fruits /vegetables they can name, students hop/skip/jump the number that appears on dice/flash cards, etc.
- Pair up students to do heel raises as part of learning numbers...Students hold hands, and teacher shows a number and the students do that number of heel raises while counting out loud (can also do this with jumps or hops).
- As part of learning numbers/shapes/colors or categorizing foods from animals or vegetable sources ...Start students on an “island” (mat, carpet or taped off area) and give them each a plastic egg with a number, color, shape, vegetable or animal on it. Have them go through the obstacle course (hopping through hoops, jumping over a river, walk on a balance beam (tape), following footsteps taped to the floor, etc. At the end of the obstacle course are buckets for the corresponding eggs.

Colors/Matching

- For learning colors or matching like items such as dairy, vegetables etc...get four (or as many as you want) different colored buckets and construction paper. Roll up the paper (one per student) and place in the middle of the room. Students must run/skip/hop/jump/walk/crawl to the selected colored paper and bring it back to the corresponding buckets. This activity can also be done with different pictures taped to the buckets and on the paper in the middle of the room for matching like items. (i.e. barn and horse, dog and leash, etc.)

Break Time

- Teacher leads an “active” *Simon Says* game every morning with commands like “hop on one foot, skip around the room, push-ups, reaching up to the sky, pretend to climb a mountain, pick up shells on the beach, etc.” Consider using seasonal or holiday themes.



Elementary School

Math

- When teaching numbers, have children draw a path of squares on the blacktop, with a starting point and a finishing point. Next have the children line up and draw flash cards with different numbers. They can then move that number of spaces by hopping, crawling, skipping, etc. Watch and see who gets to the finish line first.
- When teaching students about time and how to keep track of time, have students pair up and one student times the other student with a clock or a stopwatch doing various activities (running in place/hopping/jumping jacks/sit-ups/push-ups).
- Learn percentages by looking at a nutrition facts label and calculating the percentage of fat, sugar, sodium, etc.

Social Studies

- When teaching about geography (rivers/oceans/mountains)...set up the classroom with different stations (rope for a river/hoola hoop for the ocean/cones for the mountain) and as each student gets to the station they have to tell you one fact or answer one question about that station to move on to the next station (jump over the river/swim across the ocean/climb up the mountain).
- As the class learns about other countries, also study native foods and discuss which foods are nutritionally comparable to foods in our culture.

Break Time

- Extra recess (10-15 minutes) when needed to get kids back on track; teacher reports students come back energized and more ready to learn.
- Two classrooms combine classes for daily-organized recess games like T-ball, tag or kickball.
- Recess physical activity equipment box for K-2 with non-traditional activities like horseshoes, kites, croquet, hackey-sack etc. included.
- Fifth grade-kindergarten “buddy break” in the afternoon to play an active game together before the bus comes (15 minutes). Ideas include playing catch, kicking a ball around, shooting baskets, beanbag toss, and tag.





Physical Activity Breaks

Designed for activities at desks or round tables where space is limited.



Have a Seat

Stand up and pull your chair away from the table.

Stand in front of your chair.

Sit...Stand...Sit...Stand and repeat 5-6 times.

Sit half way down...Stand...Sit half way down and hold for 10 seconds...Stand.

Sit...Lift 2 inches up...hold 10 seconds...Stand

Barely Sit (“brush” touch)...Stand...Repeat 10-12 times



Apple Picking

Walk (in place) to the imaginary apple orchard, wave to the farmers as you go by.

Climb the imaginary ladder on the tree. Knees up high.

Reach arms to the tallest branches where the best apples are.

Reach high and pick the apples.

Reach low and put them in your basket. Repeat several times to get a lot of apples.

Carrying the imaginary heavy basket full of apples, walk briskly back to the house.

Sit down and eat an apple to help you reach your 5 A Day.



Hugging Earth

Stand and reach both arms in front of you.

Now, alternate pushing one and then the other. Push the imaginary doors open.

Feel your shoulder blades open as you really reach and push.

Now, clasp hands together and hold them far away from your chest

“Bend your elbows slightly as if you are holding a beach ball.

Imagine that your beach ball is planet Earth. Now touch the north pole with your nose, stretching the back of your neck.

Again, open your shoulder blades.





Titanic

Stand at the bow of the ship with your arms out wide to each side. Feel the wind in your hair as you look to the horizon.

Place your hands on your low back squeeze your elbows towards each other.

If you can, interlace hands behind you.

Open your chest and stand tall.

If you choose (not everyone is able)...lift your arms upward and really stretch.

Continue to stand tall as you breathe the salty sea air.



Writing Lesson

Stand and push your chair in towards the table.

Stand away from the table and chair.

Pretend you have a pencil stuck to your waist.

Using your waist, write your name with the imaginary pencil.

Repeat using your arms, hips, head or other body part.

Now, using one leg at a time write your name with the imaginary pencil (requires balance).



Helping Hands

Turn sideways with your left hip against the table.

Place your hands on the shoulders of the person in front of you.

Give them a shoulder massage! Ahhhhhh.....

I hope you did a good job because now turn around.

Switch!





Sample Physical Activities for Classrooms

Limited Space Activities

Jumping jacks
Lunges (side, front, back)
Knee raises
Heel/toe raises
Hamstring curls
Side steps
Side dips
Squats
March in place
Hop on one foot
Push-ups on table, wall, or chair
Arm circles
Pick apples, potatoes, blueberries
Bicep curl
Tricep extension to the back
Dips on a chair
Jog in place
Overhead military press
Leg extension (sit on chair and extend legs out, hold or alternate)
Leg abductor/adductor
Ride a bicycle in the chair (sit in chair and raise legs and pretend to ride a bike)
Climb a mountain
Skip
Jump
Crunches (sit in chair, hold on lightly to the sides of your chair, put legs and feet together, bring knees up to chest while crunching the belly muscles)

Unlimited Space Activities

Dancing
Crawl
Walk or jog around the room
Skipping





44 Quick Nutrition Messages

The messages below were developed as an easy way for school staff to integrate healthy nutrition messages throughout the school year. We recommend using one theme for the month and one message for the week. The repetition will help the students become more familiar with the message. Here is how it might work for you:

1. Choose a theme for the month. An example might be breakfast.
2. Choose the message for the current week.
3. Use the message during the school day. Examples include, writing the message on the board, reading the message over the morning or afternoon announcements, reciting it during a physical activity break, or reading it to students while they are waiting in line for recess/lunch/bathroom break, etc.
4. Use that message to generate discussion. For example, Monday morning over the announcements they read, “If you want to do better in school, don’t forget to eat your breakfast!” You could then ask the students to raise their hands if they ate breakfast that morning. You could even get a few students to tell you what healthy foods they had. This will generate discussion around the importance of breakfast.

The list below is a guide to help you get started. Be as creative as you wish!

Breakfast

1. If you want to do better in school, don’t forget to eat your breakfast!
2. For a quick and healthy breakfast try a peanut butter and jelly sandwich on whole wheat bread with a glass of milk.
3. Try adding some fruit like blueberries, bananas, or strawberries to your cereal, pancakes or French toast in the morning.
4. Don’t have time for breakfast? Grab a container of yogurt and a piece of fruit and eat on the way to school.

Calcium: Bones and Teeth

1. Calcium and vitamin D work together to build strong bones and teeth.
2. Low fat or fat free milk and yogurt provide us with bone-building calcium.
3. To keep your teeth as healthy as possible, ask for milk instead of soda.
4. Too much sugar from soda and fruit drinks can cause cavities and sensitive teeth.

Whole Grains

1. Whole grain foods like oatmeal, popcorn, 100% whole grain bread, and cereal provide us with the energy we need to be active and alert during the day.
2. Whole grain foods like 100% whole wheat bread provide necessary B vitamins like B-12 and folate and lots of fiber.
3. The next time you have pasta, try whole-wheat pasta for a delicious and healthy change.

4. Americans eat approximately 100 acres of pizza each day, or 350 slices per second. The next time you want pizza, ask for a whole-wheat crust!

Fruits and Vegetables

1. Fun Food Fact: Watermelon is native to Africa. This fruit is high in vitamins A and C!
2. Many fruits and vegetables are high in vitamin A, which helps us to see in the dark.
3. Blueberries are one of the healthiest fruits around, high in vitamin C, fiber and antioxidants, which help prevent cancer.
4. Fruit juice isn't the same as eating whole fruit. Whole fruit has more vitamins, minerals and fiber and is better for you. It will keep you feeling full longer, too!
5. Lettuce is a member of the sunflower family. Choose to eat darker green lettuce leaves. They are more nutritious than lighter green leaves.
6. The plant pigment that gives carrots and other vegetables their vivid orange color is Beta-Carotene. Fruits and vegetables that are yellow/orange in color contain Beta-Carotene and carrots are one of the richest in this nutrient. Our bodies convert Beta-Carotene into vitamin A.
7. There are over 500 different types of bananas. That means if you ate a different kind of banana everyday, it would take almost a year and a half to eat every one!
8. Bananas are a great source of potassium. Potassium helps build muscle power and keeps your bodily fluids in balance.
9. Apples are a member of the rose family. They are very high in fiber as long as you eat the skin!
10. Pumpkin seeds can be roasted as a snack. Pumpkins contain potassium and vitamin A.
11. Peaches are a good source of vitamin C. The United States provides about one-fourth (25%) of the world's total supply of fresh peaches.
12. The most popular sweet pepper in the United States is the bell pepper. As bell peppers mature, their color changes from green to red and they become sweeter.

Protein

1. Did you know eggs are the absolute best source of protein for your growing muscles?
2. One serving of meat is only the size of a deck of cards or the mouse to your computer.
3. Meats like chicken and beef are not the only foods that provide protein to help muscles grow...Cheese, yogurt, beans and peanut butter are also high in protein.
4. Egg yolks are one of the few foods that naturally contain vitamin D.

Snacks

1. Snacks provide you with the added energy you need in between meals. Choose healthy snacks like fruits, vegetables, cheese and yogurt to hold you over until mealtime.
2. Try a piece of fruit instead of candy for a snack today.
3. Dip your favorite vegetables in salad dressing for a delicious and nutritious snack.
4. Instead of eating cookies out of a box for a snack, ask your parents to help you make some homemade cookies with healthy ingredients, like whole-wheat flour, peanut butter and oats.

Healthy Weight

1. Did you know that by staying active and eating healthy you could live longer and healthier?
2. Being active every day helps our bodies stay healthy and gives us energy.
3. No matter where you are, at school, at home or on the go, you have the power to choose healthy foods for meals and snacks.
4. By setting a good example and eating healthy and getting plenty of physical activity, you can encourage others to do the same.

Healthy Celebrations

1. It's holiday time! All holiday parties in the classroom will have at least one healthy and nutritious choice.
2. Get together before your class party or celebration and see how many nutritious and yummy treats you can think of to bring.
3. If you bring in a new healthy dish for your classroom party, remember to also bring in the recipe so everyone else can try it at home.
4. Don't just eat healthy in school, try making healthy treats at home celebrations too.

Some of these fun facts were a collaborative effort by the experts on the *Take Time!* Training Team and some were taken from www.agday.org/tc/tc-funfacts.html.





Adapting *Food-N-Moves 4 U* For Children with Disabilities

Children with disabilities and physical activity:

Children with disabilities are often excluded from physical activities. However, current research insists that physical activity can have an even greater positive impact on a disabled child's physical and emotional health than their non-disabled peers. Additionally, it has been established that physical activity habits created during childhood translate into lifelong physical activity practices.

Basic principles of adaptation:

Adapting physical activities for disabled children is based on the following precept: modify the environment and task to meet the needs of the child. Adaptation involves assessing the child's limitations then making external modifications to the task and environment, so the child can successfully perform a given task.

While principles of adaptation are generally used to teach disabled students movement activities, they may also be used to teach non-disabled students movement skills. Take a movement skill like juggling for example; young children do not have the hand-eye coordination to track fast moving objects (limitation of the child). Therefore, silk scarves are often used in place of balls to teach children how to juggle. Silk scarves are fairly light in weight and move slowly when tossed in the air, making them easier to catch than balls. These modifications allow the student to successfully juggle. Once the student becomes competent at juggling silk scarves, more challenging objects can be introduced. The basic premise of this example can be applied when teaching any movement skill.

Additional guidelines for adapting physical activities:

Guideline 1: Modify the activity only when needed and at the student's discretion.

If a student insists on doing an activity without assistance, respect his or her independence. Keep in mind that the student may feel as though he/she is getting special attention or put on the spot in front of classmates.

Guideline 2: When modifying an activity, don't over-adapt.

Exaggerated adaptations often limit inclusion and alienate the disabled student from their peers rather than helping them gain acceptance. Fellow students may view



these adaptations as unfair. Adaptations must not appear to give the student an unfair advantage over their peers -- the modifications made must make sense to everyone.

Guideline 3: In most cases, the adaptations should be viewed as temporary and not permanent.

In some circumstances the adaptations you make must be permanent, however, in most cases any modifications should be viewed as a intermediate step that will help the student become competent in the actual activity.

Additional Adapted Physical Activity Resources:

1.) PE Central: Adaptations for Physical Activities -

<http://www.pecentral.org/adapted/adaptedactivities.html>

2.) The National Center on Physical Activity and Disability - <http://www.ncpad.org/>

