

Health Module 3: Healthy Kids!

(Adapted from AceFitness.org Youth Curriculum)



Objective:

- Define exercise
- Identify at least two activities kids should participate in sparingly
- Identify at least two activities kids should do two to three times a week
- Identify at least two activities kids should do three to five times a week
- Identify at least two activities kids should try to do everyday

Materials:

- Day 1:
 - One copy of the KID'S ACTIVITY PYRAMID HANDOUT for each student
- Day 2:
 - One copy of the KID'S ACTIVITY PYRAMID WORKSHEET for each student
 - One copy of the KID'S ACTIVITY PYRAMID HANDOUT for each student (from Day 1)

Day 1: Instructions:

Pass out the KID'S ACTIVITY PYRAMID HANDOUT. Tell the students that the Kid's Activity Pyramid is a visual reminder of the types of activities kids should cut down on and those they should be doing more frequently.

Day 1: Initiating Questions/Lesson Introduction:

- Who can define exercise? *Any activity that requires physical movement*
- Who can tell me what shape we are looking at? *Pyramid*
- What types of things do you see at the bottom of the pyramid? *Walking, playing, etc.*
- What types of things do you see at the top of the pyramid? *Watching TV, playing video games, etc.*
- Why do you think some activities are at the bottom and others are at the top? *The ones at the bottom should be done more frequently than the ones at the top.*

Day 1: Learn It!

- Let's take a look at the top of the pyramid. You will find the following activities at this level: Watching TV, playing video and computer games, as well as sitting more than 30 minutes at a time. At the next level, you'll find activities you should be doing two to three times a week. Who can look at that level and tell me what things are recommended? *Leisure and playtime as well as strength and flexibility.*
- Activities like rollerblading, swimming, running, volleyball, basketball, etc., are all listed in the three to five times a week category. These types of activities should be done for at least 20 minutes. Finally, look at the activities you should be doing daily. What kinds of things should you do as often as you can, every day? *Playing, picking up toys, going for a walk, helping around the house.*
- What would happen if all activities were from the "top" of the pyramid? *Increased risk of obesity, heart disease, diabetes, high blood pressure, etc.*
- Many of these diseases were previously only seen in adults, but due to the decreased fitness activities and over consumption of calories in today's youth, these diseases are showing up in kids.
- Next week, we will come back to the ACTIVITY PYRAMID and we will come up with ways you can be a FIT KID with things you like to do!
- When the students have completed all activities, ask them to fill out their ACTIVITY GOAL for the week. Encourage students to be realistic in their goals. Assess how successful they were with last week's goal.

Day 2: Check it!

- Who can define "exercise?" *Any activity that requires physical movement.*
- Who can give examples of two activities kids should limit? *Watching TV and playing video games.*

- Who can give examples of two activities kids should do two to three times a week? *Push-ups, martial arts, strength training, rope climbing, etc.*
- Who can give examples of two activities kids should do three to five times a week? *Rollerblading, swimming, running, volleyball, etc.*

Day 2: Activity:

- Pass out the KID'S ACTIVITY PYRAMID WORKSHEET. Instruct the students to use the handout to complete the worksheet with activities that they like to do. Try to make the discussion interactive so students can pick up activity ideas from their peers.
- When the students have completed all activities, ask them to fill out their ACTIVITY GOAL for the week. Encourage students to be realistic in their goals. Assess how successful they were with last week's goal.

Kid's Activity Pyramid Handout



Kid's Activity Pyramid Worksheet

Directions: Using the Kid's Activity Guide Pyramid Handout, complete each level of the pyramid below with activities from your life.

