



Book

- “Yoga Kids: Educating the Whole Child Through Yoga,” Wenig, M. Stewart, Tabon and Chang, 2003.

Video

- “65 Energy Blasts for Kids Fitness,” Bayview Entertainment/Widowmaker, 2008.

Web sites

- PBS Teacher Source, www.pbs.org/teachersource
- KidsHealth, www.kidshealth.org
- Kids Fitness Central, www.kidsfitnesscentral.com
- National Association for Sport & Physical Education, www.aahperd.org/naspe/
- PE Central, www.pecentral.com
- CDC's Body and Mind, www.bam.gov

Get Movin' II

Suggested CHEC-out activities

1 Relay races

Create your own relay race in the gym or outside. Remind students to check their pulse before and after the relay.

2 Get movin' Olympics

Have students participate in a week-long activity based on the Olympics. Divide students into teams and have them participate in one event per day. Use each event as an opportunity to introduce and discuss a different aerobic activity. To help determine events that qualify as aerobic activity, define aerobic as any activity that moves the entire body (sack races, 3-legged races, jump rope relays, etc.) and gets the heart beating faster.

3 Pulse log

Have students take their pulse and record it. Have students take it again when they return from recess. Encourage students to do this for a predetermined amount of time (one week, one month, etc.). Analyze the logs in class and use the results to introduce a discussion about the benefits of aerobic activity.

4 Rubber band game

Divide the class into several teams. Have each team make a rubber band ball the size of a tennis ball. Have one person from each team throw the ball up in the air and then kick it. Other members of the team should kick the ball before it hits the ground. Have the teams count how many times they can kick the ball without letting it touch the ground. Teams can compete for a healthy prize.