



## Books

- “Yoga Kids: Educating the Whole Child Through Yoga,” Wenig, M. Stewart, Tabon and Chang, 2003.
- “The Magic School Bus Inside the Human Body,” Cole, Joanna, Scholastic Press, 1990.

## Video

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

## Web sites

- PBS Teacher Source, [www.pbs.org/teacher\\_source](http://www.pbs.org/teacher_source)
- KidsHealth, [www.kidshealth.org](http://www.kidshealth.org)
- Kids Fitness Central, [www.kidsfitnesscentral.com](http://www.kidsfitnesscentral.com)
- National Association for Sport & Physical Education, [www.aahperd.org/naspe/](http://www.aahperd.org/naspe/)
- PE Central, [www.pecentral.com](http://www.pecentral.com)
- American Academy of Pediatrics, [www.aap.org/health\\_topics/physact.cfm](http://www.aap.org/health_topics/physact.cfm)

# Get Movin' I

## Suggested CHEC-out activities

### 1 Stair-climbing stars

Students learn the importance of building healthy muscles and bones by participating in a daily routine of climbing stairs at school. Each day for one week, have students add to the number of stairs climbed. Chart students' progress, leading up to the final day in which students reach their peak. On this day, students will earn a healthy snack. If your school does not have an ample number of stairs, this exercise can be substituted with jumping rope.

### 2 Copycat

Arrange students in a circle on the floor and have all face the center. Stand in the center of the circle and start a chain of movement, each activity lasting about 20 seconds. Begin with an easy movement, like jogging, jumping or hopping. Choose a student and have him or her stand in the center, in your place, and choose the next activity while the rest of the class copies the movement. When 20 seconds is up, have the student in the center choose another classmate to take his or her place. Continue the chain of movement until all have had a turn.

### 3 Create your own activity pyramid

Have students create their own activity pyramids, which highlight their favorite activities. The base layer should include everyday activities. The second layer should include aerobic activities. The third layer should include strength and flexibility activities, and the top layer should include sedentary activities, which we should try to cut down on.

### 4 Hand prints for health

Invite students to spend a month leading an exercise for the morning. After each student conducts the one-to-five minute session, ask him or her to dip his or her hands into finger paint and place his or her hand print on a butcher-paper mural in the classroom or hallway. Below their hand prints, students may write their names and chosen exercises.