

# Move More!

## Learner Objectives

Participants will be able to:

- identify the benefits of physical activity;
- identify the health risks of inactivity;
- discuss ideas on how to stay physically active; and
- identify one action to increase physical activity.

## Materials

- Cheap paper plates
- Cones
- Basketballs
- Jump ropes

## Discussion

### 1. Ask youth why it is important to be physically active.

Do they enjoy it? Is it important to their health? Do they feel better when they are physically active? Does someone force them to be physically active? How physically active are they right now?

### 2. Discuss the relationship between physical inactivity and poor health.

- High blood pressure: Regular aerobic physical activity can lower blood pressure and can assist in preventing high blood pressure from ever occurring.
- Diabetes: Exercise can help regulate blood sugars in diabetics, and it can be a factor in preventing the onset of Type 2 diabetes.
- Obesity: Physical activity helps burn additional calories you consume from food.

### 3. Physical activity:

- improves aerobic capacity, flexibility, muscular strength, and endurance;
- lowers lipid and cholesterol levels;
- decreases blood pressure in adolescents with borderline hypertension (high blood pressure);
- controls weight;
- increases self-esteem and lowers levels of anxiety and stress; and
- builds bone mass.

### 4. Talk about self-care.

Exercise is one of the most effective strategies for mental health and self-care. It helps with:

- Improving mood
- Reducing stress
- Enhancing sleep quality
- Boosting self-esteem and confidence
- Providing a healthy outlet for emotions
- Increasing longevity
- Increasing energy.

### 5. Discuss reasons why physical activity has decreased in recent years.

- Examples include modern conveniences such as cordless phones, remote controls, video games, Internet, and TV.

### 6. Have youth set individual physical activity goals.

Explain that a goal:

- is something you plan to accomplish,
- is a challenge you set for yourself, and
- can be short-term or long-term.

Explain the three characteristics of a good goal:

- Challenging: more than you are doing now.
- Realistic: something you know you can do.
- Specific: exactly what you plan to do.

## Activities

### Obstacle Course

1. Use cones, basketballs, jump ropes, and other equipment to set up an obstacle course with physical activity stations (e.g., dribbling, shuffling, jumping rope, etc.).
2. Have youth try to improve personal times and challenge themselves by making the course more difficult.



### Tag

Tag is an excellent way to get kids moving and there are tons of variations. If youth get tired, let them rest until they are ready to get back in the game.

1. Basic tag
2. TV tag: To avoid being tagged, child has to sit down and name a TV show.
3. Freeze tag: To get unfrozen, someone must crawl through the frozen child's legs.
4. Elbow tag: In this version pairs who are joined are "home" or "safe." Players pair up and lock elbows. One person remains free as "It," and then choose several pairs to become unattached. "It" can only chase those who are unattached. To be safe, those who are unattached must lock elbows with one side of a pair. The person on the other side of the pair must break off and find another pair to join.
5. Be creative and make your own versions!



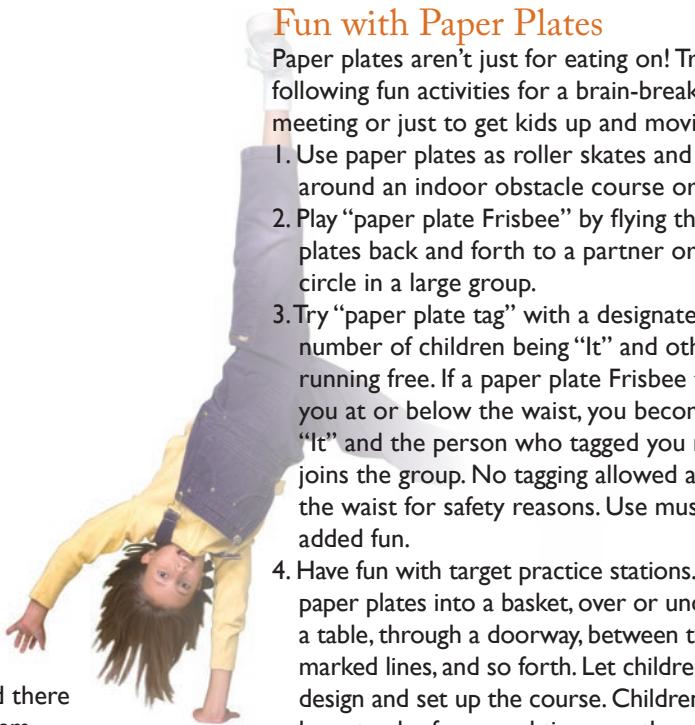
### Things to Do Instead of Watching TV

- Go outside to play with friends.
- Ride your bike, roller blade, or skate board.
- Take your dog or the neighbor's dog for a walk.
- Jump rope, hula hoop, or play hopscotch.
- Have a dance contest with family and friends.
- Go for a walk or run.
- Play in the snow!
- If you insist on playing video games, play games that require lots of body movement (bowling, tennis, dancing, etc.).

### Fun with Paper Plates

Paper plates aren't just for eating on! Try the following fun activities for a brain-break at a meeting or just to get kids up and moving.

1. Use paper plates as roller skates and skate around an indoor obstacle course or path.
2. Play "paper plate Frisbee" by flying the plates back and forth to a partner or in a circle in a large group.
3. Try "paper plate tag" with a designated number of children being "It" and others running free. If a paper plate Frisbee tags you at or below the waist, you become "It" and the person who tagged you now joins the group. No tagging allowed above the waist for safety reasons. Use music for added fun.
4. Have fun with target practice stations. Toss paper plates into a basket, over or under a table, through a doorway, between two marked lines, and so forth. Let children design and set up the course. Children can keep track of personal times on the course and try to improve their personal best.



## Resources

- Sixteen percent of children agee 12 to 19 are overweight.
- Being overweight as a child or adolescent increases the risk for being overweight or obese as an adult.
- Obesity increases the risk for developing heart disease, diabetes, some types of cancers, and other serious health conditions.
- Studies have shown watching too much television may be directly related to being overweight.
- Physical activity may improve your ability to learn, give you more energy, and prevent you from getting sick.

## CDC physical activity recommendations:

- Children and adolescents should be physically active 60 minutes on most, preferably all, days of the week.
- Moderate activity includes playing basketball, soccer, swimming, or running.
- Activities part of everyday life are such things as household chores, walking to and from school, or taking the stairs instead of the elevator.
- In 2017, around one in four (24%) children aged 6 to 17 participate in 60 minutes of physical activity every day.

## Worksheet

Do you think you get enough physical activity in your day? If not, how can you increase your physical activity?

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If you play basketball during recess for 15 minutes and ride your bike for 20 minutes after school, how many more minutes do you need to exercise to reach the CDC physical activity recommendations?

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How can exercise help with mental health and self care?

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What are some benefits of physical activity?

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What are some reasons physical activity has decreased among children and adolescents in recent years?

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What are some risks associated with obesity?

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Kansas School Wellness Policy Model Guideline — Physical Activity			
Physical Activity Throughout the Day			
Requirements achieved in this lesson:	Implementing	Transitioning	Modeling
	<p>Elementary school students have at least 15 minutes a day of supervised recess (not including time spent getting to and from the playground), preferably outdoors. Supervisory staff encourage moderate to vigorous physical activity.</p>	<p>Elementary school students have two supervised recess periods per day (not including time spent getting to and from the playground), totaling at least 20 minutes. Supervisory staff encourage moderate to vigorous physical activity.</p>	<p>Elementary school students have two supervised recess periods per day, totaling at least 30 minutes (not including time spent getting to and from the playground), with one being offered in the morning. Supervisory staff encourage moderate to vigorous physical activity.</p>

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## Answer Key

1. Playing outdoors with friends, biking, swimming, playing soccer, playing basketball
2.  $25 \text{ minutes, } 60-15-20 = 25$
3. Improving mood, reducing stress, enhancing sleep quality, boosting self-esteem and confidence, providing a healthy outlet for emotions, increasing longevity, increasing energy
4. Improve aerobic capacity and flexibility; lower lipid and cholesterol levels, etc.
5. Cordless phones, remote controls, video games, Internet, and TV
6. Developing heart disease, diabetes, some types of cancers, and other serious health conditions.

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