FOCUSED FITNESS
Sensible Fitness and Health Programs for Today's Kids

Building Teamwork Between the Body & Mind

Handouts

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Key Concept:
Recommended Daily Amounts

Objective:
Students will demonstrate through activity the recommended daily amounts for each food group.

Equipment:
- InfoCube
- Food Group Cards
- 4 Cones

CCSS:
RI. 7
Gr K-6
RST. 4, 7
Gr 6-12
SL. 1
Gr K-8
SL. 2
Gr K-2
SL. 6
Gr K-3
L. 1, 6
Gr K-12

Food Group InfoCube Warm-Up

Explanation:

There are five food groups represented on the USDA's MyPlate. Each food group has a recommended amount that should be eaten daily for good health. Although oils should be used sparingly, we do need some to maintain health. The term **Recommended Daily Amount** is sometimes shortened to just **RDA.**

Directions:

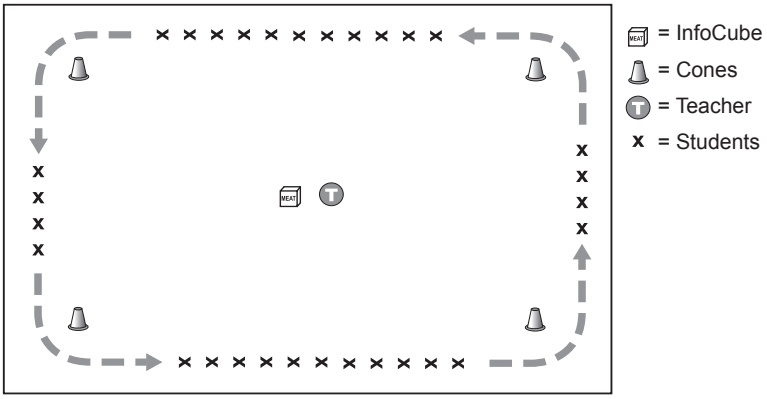
1. Put five Food Group cards in the InfoCube pockets. Each pocket will hold a different Food Group. The sixth pocket is for oils or empty calories card.
2. Students jog around the play area at a comfortable pace.
3. Every 15-30 seconds, roll the InfoCube.
4. Students stop their jog and perform specified exercises according to the face-up side of the InfoCube and the chart below. For example, if the InfoCube shows Dairy, the students perform a certain number of push-ups (based on age group). This is to demonstrate their recommended daily amount.
5. Use the Recommended Daily Amounts chart on page 2 for amounts for males and females and use the chart below for exercises for each food group including oils.

5-8 Years Old			9-11 Years Old		
Food Group	**RDA (est.)**	**Exercise**	**Food Group**	**RDA (est.)**	**Exercise**
Grains	4-6 oz.	4-6 mt. climbers	Grains	5-7 oz.	5-7 mt. climbers
Vegetables	1.5-2.5 cups	1-3 crunches	Vegetables	2-3 cups	2-3 crunches
Fruits	1-2 cups	1-2 coffee grinders	Fruits	1.5-2 cups	1-2 coffee grinders
Dairy	2.5-3 cups	2-3 push-ups	Dairy	3 cups	3 push-ups
Protein Foods	3-5.5 oz.	3-6 squat thrusts	Protein Foods	5-6 oz.	5-6 squat thrusts
Oils	4-6 tsp.	4-6 second rest	Oils	5-6 tsp.	5-6 second rest

12-13 Years Old			14-18 Years Old		
Food Group	**RDA (est.)**	**Exercise**	**Food Group**	**RDA (est.)**	**Exercise**
Grains	5-9 oz.	5-9 mt. climbers	Grains	6-10 oz.	6-10 mt. climbers
Vegetables	2-4 cups	2-4 crunches	Vegetables	2.5-4 cups	2-4 crunches
Fruits	1.5-2 cups	1-2 coffee grinders	Fruits	1.5-2.5 cups	1-3 coffee grinders
Dairy	3 cups	3 push-ups	Dairy	3 cups	3 push-ups
Protein Foods	5-6.5 oz.	5-7 squat thrusts	Protein Foods	5-7 oz.	5-7 squat thrusts
Oils	5-6 tsp.	5-6 second rest	Oils	5-11 tsp.	5-11 second rest

Variation: Use other InfoCube cards to teach nutrition concepts.

Assessment:
At the conclusion of the game ask students the recommended daily amounts for each of the food groups.



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RIDE THE WAVE

Objective(s):
1. Perform all exercise movements.
2. Identify sports and/or functional movements that require core strength.

Equipment:
- Circuit Training Cards
- Cones
- Step Boxes
- Medicine Balls
- Dumbbells

Key Safety & Management Tip(s):
1. This circuit is a great activity for large classes.
2. Ensure proper spacing between activities, especially medicine ball wall toss.

Station/Exercise	Fitness Component(s)
1. Step Box Shoot Through	Upper Body MS/ME
2. Jumping Jack Variations	CRE
3. Medicine Ball Twister	Core ME
4. Dumbbell Shoulder Press	Upper Body MS/ME
5. Step Box Split Jumps	CRE
6. Medicine Ball Oblique Wall Pass	Core ME

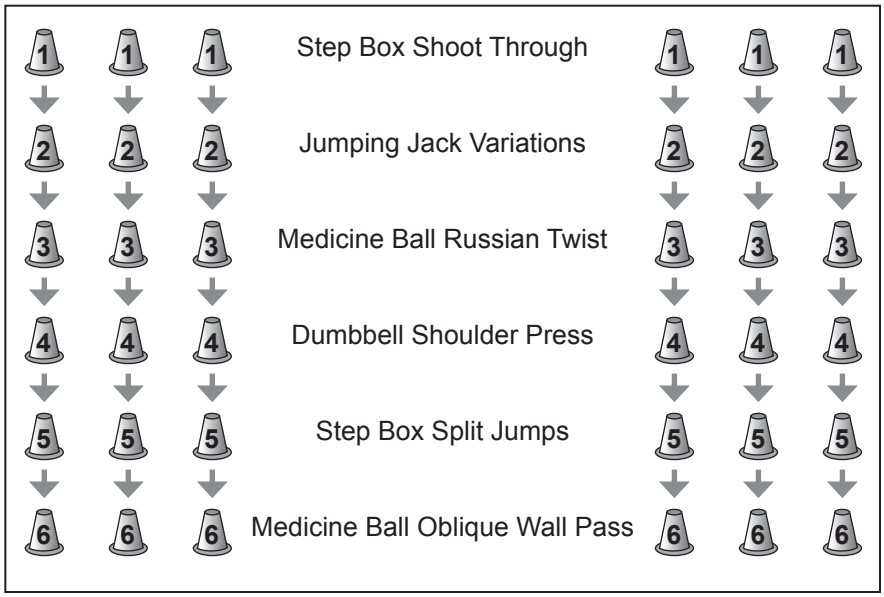
Student Explanation:

Ride the Wave is a circuit training activity that will focus on upper body muscular strength and muscular endurance, cardiorespiratory endurance, and core strength. We will rotate from station to station in a wave pattern. Circle around the outside of the circuit to station one after finishing medicine ball wall toss (station six). As you complete the circuit, consider why core strength is important and be prepared discuss at least two exercises and/or activities that require core strength.

Direction(s):
1. Explain the circuit objectives using the student explanation from above.
2. Model the circuit rotation, proper exercise techniques and safety considerations.

Assessment(s):
1. Ask students to name two sports that require core strength.
2. Ask students to name two functional movements that require core strength.

Modification(s): Please refer to page 5 for exercise modifications.



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Key Concept:
Energy Content of Macronutrients

Objective:
Students will recognize that carbohydrates, fat and protein supply different amounts and types of energy to the body.

Students will identify various foods that contain carbohydrates,fat, and protein.

Equipment:
- Small Foam Balls
- Large Foam Balls
- Foam Footballs
- Plastic Bowling Pins
- Nutrition Cards
- 4 Containers for Nutrition Cards

Ultimate Energy Pin-Down

Explanation:

Our bodies receive energy from the food we eat every day (Energy In, Energy Out). Energy in food is measured by the number of calories it contains. Energy in food is found in carbohydrates, fat, and protein.

Carbohydrates provide 4 calories in each gram. Exercises that are higher in intensity will use carbohydrates as their energy source.

Fat provides 9 calories in each gram. Exercises that are low in intensity will use fat as their energy source.

Protein provides 4 calories in each gram and is used primarily to build and repair body muscle.

Directions:

1. Place 15 bowling pins and balls throughout the playing area.
2. Place two containers with Nutrition Cards in them in diagonal corners of the playing area outside of the boundaries.
3. Send one student to each pin and the remaining students spread out on the outside of the boundary lines.
4. On the signal to start, students on the inside guard their pin while attempting to throw or roll balls at the other pins.
5. The students standing on the outside retrieve balls that leave the play area.
6. If a student's pin is knocked down by a ball, he/she goes to the outside of the play area and picks any Nutrition Card from a container.
7. The student then performs an exercise that corresponds to the type of ball that knocked down his/her pin AND that corresponds to the number of grams for that nutrient on his/her Nutrition Card.

   For example:
   - **Small Foam Balls** represent carbohydrates and receive quick energy. To burn off carbohydrates, the student does 4 rocket blasters for each gram of carbohydrates in the food chosen – up to 3 grams.
   - **Large Foam Balls** represent fat and receive a lot of energy. To burn off fat, the student does 9 jumping jacks for each gram of fat in the food chosen—up to 3 grams.
   - **Foam Footballs** represent protein and receive energy and also the ability to repair muscle. To burn off protein, the student does 4 push-ups for each gram of protein in the food chosen—up to 3 grams.
8. When a student completes his/her exercise, he/she stands on the outside of the play area to retrieve balls and waits for a pin to open up.

(continued)

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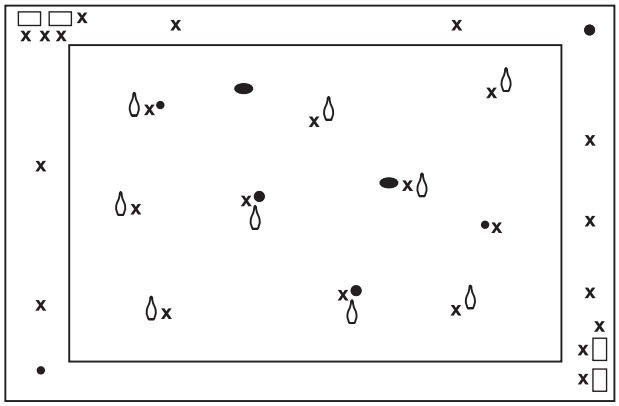
Ultimate Energy Pin-Down – Continued

Assessment:

Throughout the activity, periodically stop and ask students to name foods that are high or low in fats, proteins and carbohydrates.



x = Students
= Bowling Pins
• = Small Foam Balls (carbohydrates)
● = Large Foam Balls (fat)
= Foam Footballs (protein)
▭ = Containers with Nutrition Cards

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Activity

Grade: Basic/K-5

Objectives:
Students will identify the names and location of muscles.

Equipment:
- None

CCSS:
SL. 2, 3
Gr K-2
L. 6
Gr K-5

The Notion Of Muscle Motion

Explanation:

Muscles are used to produce movement. The Notion of Muscle Motion will help students learn nine major muscles by name and location.

Directions:

1. Students are in scatter formation with the teacher in front so that all students can see the teacher.
2. The teacher recites the poem while pointing slowly to the different muscles.
3. Repeat several times.
4. This activity can be used as the beginning of a warm-up or when students line up to leave.

Assessment:

At the end of class teacher calls out a name of a muscle while students point to it.

- **Biceps**, biceps bend the arm,
- **Triceps**, triceps straighten the arm,
- **Pectorals** Yes! I can push away harm!
- **Deltoids**, deltoids push to the sky,
- **Latissimus dorsi** can help me climb high,
- **Hamstrings**, **gluteals**, stand me up tall,
- **Quadriceps**, quadriceps kick the ball,
- **Abdominals** protect the intestinal wall!

Fun and easy!

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