I Am Active Lesson Plan (IAA1) – Introduction

Focus: Today introduce the “I Am Active” LifeStar Healthy Habit and discuss the importance of physical activity.

Remind them that our goal today is to learn about why it is important to be active. We also want to be active today.

1. Engage/hook/activate (5 minutes):
   ✴ Ask the kids, “what does it mean to be active?”
   ✴ When you move your arms and legs enough to make your heart beat hard and fast.
     o You could demonstrate in a fun way by having the kids run to a spot and back, do jumping jacks, or put music and do a silly dance.
     o After you do this, ask them to put their hand on their chest and ask if they can feel their heart beating faster?
   ✴ Then ask the kids, why is it important to be active regularly? If they struggle coming up with answers, here are some ideas to get them going:
     ✴ Makes your heart and lungs strong and healthy.
     ✴ Strengthens and stretches your muscles.
     ✴ Gives our brains a break and helps us to concentrate more in school.
     ✴ Builds strong bones and muscles.
     ✴ Helps you keep a healthy weight.
     ✴ Makes you happy and feel good about yourself. Right? Don’t you feel happier and good after running around or playing hard?
   ✴ Review with the kids that 1 of the LifeStar Healthy Habits is “I Am Active!”
     ✴ How long should you be active?
       ✴ You can be active several times a day, as long as it adds up to 60 minutes.

2. Review (5 minutes):
   ✴ Ask the kids what their favorite physical activity is?
     ✴ If they need some prompting, see if they like soccer, jumping rope, running, playing tag, playing on the monkey bars, or riding a bike. Encourage kids to find a physical activity that is fun, and they enjoy. What about walking to the neighborhood park?
   ✴ Remind the kids to keep it fun:
     ✴ Pace Yourself – Learn to vary the intensity (how hard you are active) of your activities and mix it up – sometimes play hard, sometimes easy
     ✴ Grow your Strength – Gradually go beyond your comfort zone. Set new activity goals for yourself that will make you stronger. Don’t push so hard that you will hurt yourself.
     ✴ Exercise with a Friend – Some activities work better if you have a partner, like playing soccer or basketball or running
3. “I Am Active!” time (30 minutes):
   ✴ Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?
   ✴ Remember to stretch before and after being physically active.
   ✴ Choose an activity for the kids to play from the list in the Activity Section, or pick an activity of your own. Don’t forget to lead them in an “I Can Do It” cheer before starting.

4. Wrap-up (5 minutes):
   ✴ Gather the kids in a group. Remind them that you talked about the importance of being active. Invite them to set up a goal for themselves and write it down. Goal setting is important to maintain a healthy lifestyle. Ask:
     ✴ What does being active mean?
     ✴ Why is being physically active important?
     ✴ How does it help our body?
     ✴ What goal can you set for this week or weekend regarding exercise? (example: I will play hard every day at recess, I will do jumping jacks during commercials at home if I’m watching TV).
     ✴ Write down your goal (print the “Introductions - Goal Setting printable” and have them use it to keep track of their goals).

Finish the lesson with an “I Am Active! I Eat Right! I Can Do It!” cheer.

Healthy Habit of the Day

I am active at least one hour throughout the day, and work hard at being stronger, faster and healthier.

Lesson #IAA1
I Am Active Lesson Plan (IAA2) – Stretching

**Focus:** Today review the “I Am Active” LifeStar Healthy Habit and teach the kids about the importance of stretching. Today’s review will take place after the fitness portion to emphasize the importance of stretching after exercising. Please allow an extra 5-10 minutes after the fitness portion to do the review.

**Remind them** that our goal today is to learn about stretching. We also want to be active.

**Tell the kids** – We are going to do things a little different today. We are going to do our activity first and then learn a very important lesson.

1. “I Am Active!” time (30 minutes):
   ✴ Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?
   ✴ Remember to stretch before and after being physically active.
   ✴ Choose an activity for the kids to play from the list in the [Activity Section](#), or pick an activity of your own. Don’t forget to lead them in an “I Can Do It” cheer before starting.
   ✴ Lead the kids through some stretching exercises (There are examples below in #2). Ask the kids: “Do you know what this is called?” Tell them that you will talk more about stretching later.

2. Engage/hook/activate (5 minutes):
   ✴ Why is stretching important?
     ✴ Stretching makes us flexible, reduces stiffness and soreness, and helps to build strong muscles. **Stretching is important before and after being active.**
   ✴ Ask the kids if they know how to stretch. Here are some examples if they struggle with ideas:
     ✴ **Quadriceps Stretch** – Stand on your left leg while bending your right leg and grabbing your right foot behind you with your right hand. Hold for 10 seconds. Repeat with other leg. Be sure the kids grab a chair or wall to keep their balance.
     ✴ **Shoulder Stretch** – Place straight right arm across your chest and use your left hand to gently pull the right upper arm closer to your body. Hold for 5 to 10 seconds, relax, and repeat on the other side.
     ✴ **Knee Lunge** – Kneel down with left foot on the ground. Form 90-degree angle with left knee while keeping back straight. Gently press forward and hold for 10 seconds. Repeat with right leg.
     ✴ **Butterfly Stretch** – While sitting down, place soles of feet together. Bring your heels a close to your body as you can, lean forward. Hold the pose for 10-30 seconds. Relax and repeat. Gently press knees towards the ground and hold for 10 seconds.
Calf Stretch - Stand with your feet staggered. Bend your back knee and keep your front knee straight as you fold forward and grab onto your front foot underneath your toes. Pull up gently on your toes, feeling the stretch in your calf. Repeat on the other side.

3. Review (5 minutes):
   ✴ Review the stretches that you just taught the kids and do the stretches again together as a group.
   ✴ Ask a different kid to lead each of the different stretches and have them count to 10 while performing each one.

4. Wrap-up (5 minutes):
   ✴ Gather the kids in a group. Remind them that you talked about the importance of stretching and ask:
     ✴ Why is stretching important?
     ✴ How does it help your body?
     ✴ What short term stretching goal can each of them make for the next week?
       ✴ Example – Let’s set a goal of stretching after we exercise!

Finish the lesson with an “I Am Active! I Eat Right! I Can Do It!” cheer.

Healthy Habit of the Day

I limit my entertainment screen time (TV, videogames, movies) to one hour a day.

Lesson #IAA2
Session Plan (IAA3) – Different Types of Physical Activity

Focus: Today review the “I’m Active” LifeStar Healthy Habit and review different types of physical activity.

Remind them that our goal today is to learn about the different types of exercise. We also want to be active.

1. Engage/hook/activate (5 minutes):
   ✴ Remind the kids that one of the LifeStar Habits is “I’m Active”
   ✴ Ask “what does it mean to be active”?
     ✴ Moving your body enough to make your heart beat hard and fast (you may do a demo in a fun way by running on the spot or doing a silly dance)
   ✴ Ask, “what are different types of physical activities?” If they don’t know, it’s okay. When you introduce the 3 types, talk about how each one affects your body in different ways.
     ✴ Aerobic Activity – Gets your heart pumping and lungs working harder. It also makes you sweat. Great aerobic activities are running, dancing, biking or playing soccer.
     ✴ Bone Strengthening – Exercises help your bones grow and keep them strong with activities like jumping rope, gymnastics and running.
     ✴ Muscle Strengthening – Gives you more power (you can flex your arms to show them). Strengthen those muscles by climbing on a jungle gym, doing gymnastics or push-ups.

2. Review (5 to 10 minutes):
   ✴ Ask: How much physical activity should you do every day?
     ✴ 60 minutes per day
   ✴ You don’t have to do 60 minutes of activity in a row; you can do a bunch of activities throughout the day, as long as it adds up to 60 minutes.
   ✴ Ask: “How many minutes total of physical activity would you have each day?”:
     ✴ If you walk to school and it takes you 15 minutes.
     ✴ Play on the monkey bars before school start for 10 minutes.
     ✴ Play hard during recess for 20 minutes.
     ✴ Walk back home, that is another 15 minutes.

   ✴ Ask “what are different ways you can be active for 60 minutes?” If they need help coming up with the answers, suggest:
     ✴ Walking the dog
     ✴ Household chores like vacuuming or sweeping the floor
     ✴ Walking or biking to/from school
     ✴ Playing at recess
     ✴ Playing a sport (soccer, basketball, volleyball)
     ✴ Exercises during TV commercials – doing pushups or sit-ups. Just don’t forget to ask your parents first if it’s ok.
Dancing
And don’t forget what we said about water (if that has already been covered): you should drink water before, during and after you exercise!
Explain that some activities might work out different parts of your body, for example running/walking fast or gymnastics. Running/walking fast gets your heart pumping, strengthens bones and strengthens muscles!

3. “I Am Active! time (30 minutes):
Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?
Remember to stretch before and after being physically active.
Choose an activity for the kids to play from the list in the Activity Section or pick an activity of your own. Don’t forget to lead them in an “I Can Do It!” cheer before starting.

4. Wrap-up (5 minutes):
Gather the kids in a group. Remind them that you talked about the different types of physical activity and ask:
What does being active mean?
Why is being physically active important?
How does it help our body?
What short term goal can each of them make for the next week regarding exercise? (Example: I will play hard every day at recess, I will play hard for 60 minutes (1 hour) every day for the next week, I will do pushups during every commercial if I’m watching TV)

Finish the lesson with an “I Am Active, I Eat Right and I Can Do It” cheer.

Healthy Habit of the Day
I am active at least one hour throughout the day, and work hard at being stronger, faster and healthier.

Lesson #IAA3
Session Plan (IAA4) – Turn off that TV!

Focus: Today review the “I Can Do It!” LifeStar Healthy Habit and introduce the importance of limiting your screen time.

Remind them our goal as a group today is to learn about the importance of less screen time. We also want to be active.

1. Engage/hook/activate (5 minutes):
   ✴ Ask the kids if they know how many minutes most people spend in front of a screen every day? (Example: computer, TV, video games)
   ✴ Answer is 8 hours!
   ✴ Is that healthy for us?
     ✴ No, why not? It gets in the way of being active!
   ✴ To have time to be active and get homework and chores done, you will need to keep screen time to a small amount of time – what do you think is an ok amount of time? Ask how much screen time should you get?
     ✴ Answer is less than 2 hours (ages 5 – 18), less than 1 hour for ages 2 – 5 – and that includes any homework time that is needed in front of a computer/phone screen
   ✴ Ask what else they can do instead of watching TV, playing on a computer, using a cell phone or tablet? If they struggle with some ideas, suggest:
     ✴ Running
     ✴ Playing soccer
     ✴ Playing tag
     ✴ Walking the dog
     ✴ Taking a family walk
     ✴ Playing a board game
     ✴ Reading
   ✴ If they are going to watch some TV for those 2 hours, what are some great ideas to get some exercise while they watch? Remind them that you have on average over 3 minutes of TV commercials before your show starts again. So you’ve got lots of time to do some fun and healthy activities, like:
     ✴ Jumping jacks
     ✴ Push ups
     ✴ Sit ups
     ✴ Planks (Can you keep a plank for the whole duration of the commercials?)
     ✴ Lunges
     ✴ Different stretches (use examples from Stretching Lesson Plan)
     ✴ Dance during commercials
   ✴ What happens when you watch too much TV? Here are some things to suggest starting the conversation:
     ✴ You don’t sleep as well
     ✴ Your body doesn’t get the exercise it needs!
You tend to do less homework – so maybe your grades aren’t as good as they should be

2. **Review (5 minutes):**
   - Have each kid name alternatives to watching TV or playing computer games.

3. **“I Am Active!” time (30 minutes):**
   - Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?
   - Remember to stretch before and after being physically active.
   - Choose an activity for the kids to play from the list in the Activity Section or pick an activity of your own. Don’t forget to lead them in an “I Can Do It!” cheer before starting.

4. **Wrap-up (5 minutes):**
   - Gather the kids in a group. Remind them that you talked about the importance of not spending too much time watching TV or playing video games, or time on the computer/cell phone, and ask:
     - Why?
     - Who thinks they can spend less time watching TV or playing video games? How? Why? Let’s set up a personal goal.
     - Example – This week, I will spend less time in front of a screen by watching only one program a day. I will play every day before dinner for at least 30 minutes; And when I watch TV, I will work on a plank that lasts if the commercial break.

Finish the lesson with an “I Am Active! I Eat Right! I Can Do It!” cheer.

**Healthy Habit of the Day**

I limit my entertainment screen time (TV, videogames, movies) to one hour a day.

**Lesson #IAA4**
I Am Active Lesson Plan (IAA5) – How Much Physical Activity We Need?

**Focus:** Today review the “I Am Active” LifeStar Healthy Habit and introduce the importance of getting sixty minutes of physical activity every day.

**Remind them** our goal as a group today is to learn about how much physical activity we need. We also want to be active today!

1. **Engage/hook/activate (5 minutes):**
   - Ask the kids “do you know how many minutes you need to be physically active each day? Allow guesses before you give the answer.
   - Answer – 60 minutes of activity.
   - But it doesn't have to be all at once! You can break it up into smaller amounts of time throughout the day and do a bunch of different activities to meet the goal of 60 minutes every day.
   - Ask the kids “do you know what being physically active means?”
     - Listen to the answers and add “It means”:
       - Doing physical activity to become stronger and healthier
       - Moving your body fast enough that you breathe a little harder and your heart beats faster
   - How does physical activity help you stay healthy?
     - Reinforce their answers and mention the following if needed:
       - Helps build our muscles – so we can become strong
       - Helps us be more alert – so we can do better in school
       - We get sick less – because physical activity helps our body stay healthy
       - Gives us extra energy
       - Makes us feel happy
   - Can you name different types of physical activity? Help with examples
     - Running, walking fast
     - Jumping jacks
     - Playing soccer, football, basketball
     - Playing tag
   - Ask “what are other types of activities count as physical activity?” Every day stuff that you do, that you might not think is physical activity!
     - Doing household chores
     - Walking or biking to and from school
     - Mowing the yard
     - Walking the dog
     - Dancing
     - Working out while watching TV or during commercial breaks
   - But don’t forget what we said about water and exercising! Make sure to drink water before, during and after physical activity so you don’t turn into a limp plant
2. **Review (5 minutes):**
   Have each kid name 5 activities they can do at home to get 60 minutes of physical activity. Remember that you can do shorter amounts of activity at a time- it just needs to add up to 60 minutes a day!

3. **“I Am Active!” time (30 minutes):**
   - Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?
   - Remember to stretch before and after being physically active.
   - Choose an activity for the kids to play from the list in the *Activity Section* or pick an activity of your own. Don’t forget to lead them in an “I Can Do It” cheer before starting.

4. **Wrap-up (5 minutes):**
   - Gather the kids in a group. Remind them that you talked about the importance of getting sixty minutes of physical activity a day, and ask:
   - Why is physical activity important?
   - How does it help your body?
   - What short term physical activity goal can each of them make for tomorrow or next week?
     - Examples – I will walk the dog, help do chores, play games at recess and walk to school each day

Finish the lesson with an “I Am Active! I Eat Right! I Can Do It!” cheer.

**Healthy Habit of the Day**
I am active at least one hour throughout the day, and work hard at being stronger, faster and healthier.

**Lesson #IAA5**
I Am Active Lesson (IAA6) – Go Outside!

Focus: Today review the “I Am Active” LifeStar Healthy Habit and introduce the importance of being active in the outdoors.

Note for the teacher: There is quantifiable research suggesting that outdoor exercise is associated with greater feelings of revitalization, increased energy and positive engagement, together with decreases in tension, confusion, anger and depression.

Remind them our goal is to learn about being physically active outdoors. We also want to be active today!

1. **Engage/hook/activate (5 minutes):**
   ✴ Ask the kids: Why is being active outside important for our health?
   ✴ Reinforce their answers and mention the following if needed:
     ✴ Helps create vitamin D in our body – for strong bones.
     ✴ Helps us be more alert – so we can do better in school.
     ✴ Helps us to sleep better
     ✴ The sun helps us to feel happier – so we can be better friends for others.
     ✴ We get sick less – the sun helps our body stay healthy.
   ✴ Do we need to be careful about too much sun?
     ✴ Yes!
     ✴ Wear sunscreen (SPF 30 is the level recommended for most people and skin types).
   ✴ Can you name different types of physical activity we can do outside? Help with examples if necessary.
     ✴ Running or walking fast
     ✴ Jumping jacks
     ✴ Playing soccer, football or basketball
     ✴ Playing tag
     ✴ Swimming
     ✴ Hiking
     ✴ Playing frisbee
     ✴ Don’t forget seasonal sports, winter activities such as making snow angels or a snowman, sledding, snowboarding, and ice skating are great ways to stay active when there is snow on the ground.
     ✴ Don’t forget what we said about water and being active! Make sure to drink water before, during and after physical activity so you don’t turn into a limp plant

2. **Review (5 minutes):**
Have each kid name an activity they can do outside. Remember that you can do shorter amounts of activity at a time, it just needs to add up to 60 minutes a day!

3. “I Am Active!” time (30 minutes):
   ✴ Ask, can we make a group goal for our activity? Can our goal be to have everyone participate and play hard for the whole time? Who is going to play hard the whole time?
   ✴ Remember to stretch before and after being physically active.
   ✴ Choose an activity for the kids to play from the list in the Activity Section or pick an activity of your own. Don’t forget to lead them in an “I Can Do It” cheer before starting.

4. Wrap-up (5 minutes):
   ✴ Gather the kids in a group. Remind them that you talked about the importance of being physically active outside.
   ✴ Why is going outside important?
   ✴ How does it help your body?
   ✴ What short term goal of going outside can each of them make for tomorrow or next week?
      ✴ Examples – I will walk the dog, I will play on the neighborhood park’s playground, play games at recess, and walk or ride my bike to school each day.

Finish the lesson with an “I Am Active! I Eat Right! I Can Do It!” cheer.

Healthy Habit of the Day
I am active at least one hour throughout the day, and work hard at being stronger, faster and healthier.

Lesson #IAA6