Benefits of Exercise and Movement

The recommended amount of exercise for children is 60 minutes a day.

- Improves resistance to certain diseases
- Builds healthy lungs and heart
- Helps maintain a healthy weight
- Boosts energy levels and mood
- Enhances creativity and self-esteem
- Creates more positive attitude toward school
- Grows brain cells and increases oxygen to the brain
- Improves brain efficiency for learning and memory
- Improves concentration, focus and test scores
- Helps students sleep better

➢ Lack of exercise contributes to childhood obesity, difficulty focusing, memory problems

Family Tips
- Go for a family walk after dinner.
- Walk to school instead of driving. When driving, park far away and walk.
- Cut back on TV, video and computer games. Allow time for more physical activity.
- Invent fun, active games, and exercise together.
- Take walking tours of historic sites.
- Have a family dance party, or hula –hoop contest.
- Jump rope to music.
- Create an obstacle course - include the concepts over, under, around, and through.
- Learn a new sport, or reinvent a traditional sport.
- Keep an exercise log including: jogging, sit-ups, push-ups, and stretches.

Teacher Tips
- Incorporate physical activities and energizers into the school day. Visit http://www.emc.cmich.edu/BrainBreaks/default.htm for ideas.
- Play memory games in which students memorize movements for words.
Call out a math problem. If the answer is less than 20, ask the students to answer by doing that number of vertical jumps.

Take a two-minute fitness break between lessons. Stretch to music.

Ask the students to act out verbs such as jump, jog in place, skip in place, stretch. Use adverbs to modify the movement such as skip merrily.

Have students measure the distance covered while hopping, leaping, and jumping to help students practice measurements.

Ask students to write a report on the benefits of physical activity.

Have students journal the sports and activities that they enjoy the most, and explain why.

Have students graph the amount of time the class spends watching TV as compared to being active. Problem solve ways to be more active with family and friends.

Explore websites that give information about being active, and games that encourage physical activity. Two great websites are: http://www.kidnetic.com and http://www.verbnow.com.

Encourage students to participate in after school physical activities.

Post pictures of student being active and playing sports

Student Tips

✓ Set fitness goals, and keep a log to track your improvement.

✓ Do aerobics such as jogging, jumping rope, in line skating, swimming, cycling, or cross-country skiing.

✓ Perform the “TV Workout”. Jog in place during the first commercial, sit-up during the second, push-ups during the third, then stretch.

✓ Dance to your favorite tunes.

✓ Play a game of basketball, kickball, or spud with your friends.

✓ Go for a bike ride with friends or family. Wear a helmet!!!!

✓ Try a new sport or game with your family or friends.
✓ Take a Nature Walk. Identify our State tree, flower, bird, insect.

✓ Follow the steps in Dance Dance Revolution.

✓ Walk and talk with friends instead of standing in one place.

✓ Take dance, gymnastics, martial arts, ice skating, or swimming lessons.

✓ Ask your P.E. teacher to help you LEARN AND REMEMBER the following terms:
  MUSCULAR STRENGTH, MUSCULAR ENDURANCE,
  CARDIORESPIRATORY ENDURANCE, AGILITY, AND FLEXIBILITY.

Resources
Action for Healthy Kids: [www.actionforhealthykids.org](http://www.actionforhealthykids.org)
American Alliance for Health, PE, Recreation and Dance: [www.aahperd.org](http://www.aahperd.org)
Action for Healthy Kids: [www.actionforhealthykids.org](http://www.actionforhealthykids.org)
PE for Life: [www.pe4life.com](http://www.pe4life.com)
Model School Wellness Policies: [www.schoolwellnesspolicies.org](http://www.schoolwellnesspolicies.org)
National Association for Sport and Physical Education: NASPE.org