

## Infusing Physical Activity

Register at: [www.healthiergeneration.org/](http://www.healthiergeneration.org/) to access all these resources and much more!  
<https://www.healthiergeneration.org/resources/resources-for-out-of-school-time>

### 1. Alliance for a Healthier Generation Task Cards

Pass out task cards to involve students in physical activity as they enter the gym or classroom. You can color code the cards, use stickers or numbers to use the cards to organize students into groups for the main part of the lesson. Other movements can be substituted for walking lunges. Students could perform hops, squats, seat walks, knee to chest curls, dips, etc.

[https://www.healthiergeneration.org/sites/default/files/documents/20180924/06a21c2c/09-877\\_FitnessTrailStations.pdf](https://www.healthiergeneration.org/sites/default/files/documents/20180924/06a21c2c/09-877_FitnessTrailStations.pdf) and

Teacher Fitness Break Cards

<https://www.healthiergeneration.org/sites/default/files/documents/20180929/b1781870/tt5-staff-cards-generic.pdf>

### 2. Alliance for a Healthier Generation Student Fitness Cards

Create groups with 3-5 students and give each student a card. Allow the groups 2-3 minutes to create a movement routine using the cards. Add music and have each group lead the class in the activities.

[https://www.healthiergeneration.org/sites/default/files/documents/20180804/2bd61d57/14-6346\\_PATaskCards.pdf](https://www.healthiergeneration.org/sites/default/files/documents/20180804/2bd61d57/14-6346_PATaskCards.pdf)

### 3. Fit for a Healthier Generation Videos

Our fitness experts have used their years of training to create videos that are exciting and engaging for youth to move to. Use these videos to get your students, family, or team, up and moving for a quick and effective physical activity break

<https://www.healthiergeneration.org/resources/physical-activity/fit-for-a-healthier-generation>

### 4. Physical Activity During Afterschool Time

School-based before or after-school physical activity programs include clubs, one-time classes, intramural sports teams, and interscholastic sport programs. They can be highly structured or flexible enough to let students decide what types of activity they prefer.

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/physical-activity/physical-activity-during-out-of-school-time>

### 5. GoNoodle

A suite of web-based games designed to bring physical activity breaks into elementary classrooms. The games were built on research showing that short bursts of physical activity can positively impact academic achievement, cognitive skills and behavior as well as overall health. [www.gonoodle.com/](http://www.gonoodle.com/)

### 6. SPARK

<https://sparkpe.org/abc/abcs-instructional-materials/classroom-activity-recess-sample-lessons/>

[http://sparkpe.wpengine.com/wp-content/uploads/abcs\\_STEM\\_FitnessTraining.pdf](http://sparkpe.wpengine.com/wp-content/uploads/abcs_STEM_FitnessTraining.pdf)

<http://sparkpe.wpengine.com/wp-content/uploads/SAMPLE-abcsSTEMFitTrainingCards.pdf>

### 7. SHAPE America Monthly Physical Activity Calendars

Shape America offers monthly calendars that are great resources for OST leaders and as handouts for families.

[https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/Teachers\\_Toolbox.aspx](https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/Teachers_Toolbox.aspx)

### 8. *Eat Smart Move More NC Afterschool Energizers*

[https://www.eatsmartmovemorenc.com/Energizers/Texts/After\\_School\\_Energizers.pdf](https://www.eatsmartmovemorenc.com/Energizers/Texts/After_School_Energizers.pdf)

### 9. Frozen Vocabulary

#### Procedure:

a. Begin by having students do an activity standing at their desks:

- ✓ Jumping
- ✓ Twisting
- ✓ Jogging
- ✓ Jumping jacks
- ✓ Playing air guitar

b. Students continue activity for 30 seconds or until teacher calls out a vocabulary word at which point the students freeze.

a. Teacher calls on volunteer to use the vocabulary word properly in a sentence.

b. Resume activity or begin a new activity when a student uses the vocabulary word properly in a sentence.

#### Variations:

- ✓ Students can define vocabulary word.
- ✓ Students can spell the word.
- ✓ Students can name a synonym or antonym.

For math, students can give the sum, difference or quotient of 2 numbers.

*Source: Eat Smart Move More NC Secondary Ed Energizers*

### 10. Shake, Bake, Twist, & Mist - Science

#### Formation: Beside desks Equipment: None

a. The teacher writes the following 4 phenomena and corresponding physical activities on the board:

- earthquake (“shake”) – shakes or wiggle.
- volcano (“bake”) – squat down and jump toward the ceiling.
- tornado (“twist”) – twist.
- hurricane (“mist”) – imitate jogging through a strong wind.

a. The teacher reads a statement from below that describes one of the 4 phenomena.

b. The students must allow the teacher to finish reading each statement. They then determine which phenomenon the teacher is describing and perform the corresponding activity for 30 seconds.

#### Phenomena Descriptors:

- One of these is felt approximately every 30 seconds (earthquake).
- Ocean water must be warmer than 81 degrees F for this to occur (hurricane).
- This is called a “funnel” until it comes in contact with the ground (tornado).
- This generates vibrations called seismic waves (earthquake).
- This phenomenon occurs when rock from the earth’s mantle melts and moves up to the surface (volcano).
- Winds must be at least 74 mph (hurricane).
- The molten rock from the Earth’s mantle, or “magma” that escapes during one of these is called “lava” once it reaches the Earth’s surface (volcano).
- A “hotbed” for these in the U.S. extends from Texas up through Oklahoma, Kansas, Nebraska, and the Dakotas (tornado).
- These occur along faults, or fractures in the Earth’s crust (earthquake).

*Source: Eat Smart Move More NC Secondary Ed Energizers*

<http://www.eatsmartmovemorenc.com/Energizers/Middle.html>