

Fitness Tip

It's the REGULAR in regular activity that's important.

Make space for fitness!

Fitness Lesson

- Choosing a good time to be more active is up to you.
- Think about times during the day when you aren't doing anything and can trade that time for some physical activity. For example: stretching when you wake up in the morning; taking the stairs instead of the escalator or elevator at the mall; or being active after school instead of sitting in front of the TV.
- Think about the times when you can choose to be more active at school: for example, after you eat at lunch time or during PE.
- Sometimes making a plan with a friend can make doing an activity more fun.

How-To

1. Make one goal to be completed by all students in gym class today:

For example:

I will warm-up for 5 minutes before exercising, actively participate (break a sweat) in PE today, and spend five minutes cooling down at the end of class.

You may want to discuss the goal with students and come up with one together.

2. Write the goal on the board (or in large print on sheets of paper hung on the wall) so students can see it throughout class.
3. At the end of class leave time for students to respond to the following questions to evaluate whether they reached their goal:

Did I reach my goal?

All those who said yes raise their hands; ask a few how they know they reached their goal.

All those who said no; ask them what they could have done instead to reach their goal.

Note to PE Teacher: You may want to repeat this lesson in PE class until students are comfortable with goal setting and evaluation.

Questions for Students

1. What are some ways you can make time to stay fit?

Note to teachers: Planet Health's language arts curriculum also includes a goal setting lesson. You may want to coordinate timing with the language arts teachers at your school. If you do, be sure to tell the students they'll have another opportunity to work on this topic.