

the  
**Super Crew**

# Try All Different Types of Physical Activity

with the Super Crew®!

**Grades: K-5**

## Designed by:

SuperKids Nutrition Inc. in partnership with the American Institute for Cancer Research.

## Time Allotted for the Lesson:

Approximately 45 minutes

## Physical Activity and Nutrition Information:

- ✓ Students will understand the importance of physical activity and staying hydrated.
- ✓ Students will understand the benefits of engaging in 60 minutes of physical activity every day.
- ✓ Students will identify the different varieties of physical activity and learn about different ways to get more physical activity each day.
- ✓ Students will be able to identify healthy hydration tactics.

## Self-assessment:

- ✓ Students will self-assess their physical activity levels.

## Health Behavior Change:

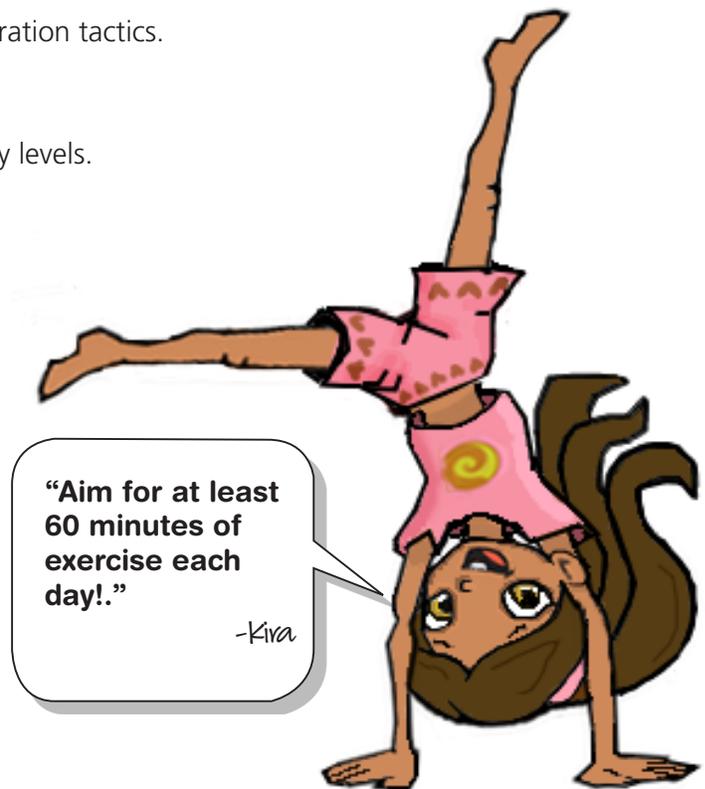
- ✓ Students will conceptualize what physical activity means for their overall health.
- ✓ Students will conceptualize what healthy hydration means for their overall health.

## Self-efficacy/Action plan

- ✓ Students will receive supplemental material on tracking their physical activity.

## Overview:

The lesson will focus on encouraging kids and families to run, move and play more while discussing practical tips on how to get moving along with some ideas for rethinking consumption of sugar-sweetened drinks in exchange for healthy, low-calorie or no-calorie beverage choices to stay hydrated.



## Preparation:

- ✓ Make copies of the handouts and supplemental materials for the students.
- ✓ Fill out form below for organization.

Students and Site	
Age Group of Kids	K-5
Number of Kids	15
Kitchen or Classroom	Classroom or Outdoors
One-time Class	✓
Duration of Class	45 min.

✓ Check all that apply			
Physical Fitness Activity	✓	"Cold" Cooking	
Cooking Demo		Minimal Equipment	✓
Tasting		Full Kitchen	
No Cooking	✓		

## Materials/Resources Needed

- ✓ Computer and projector, to project Internet images
- ✓ Internet access
- ✓ Handouts
- ✓ Super Crew Physical Activity Tracker and supplemental materials

## Review the role of daily Physical Activity:

### Run, move and play! Be active every day of the week!

- Being active as a family creates healthy practices for life. It's a great way to model healthy behaviors and spend time together as a family too!
- Watching too much TV, playing too many video games and spending too much time on the computer can cause weight gain and may lead to obesity.
- Too much sedentary "screen time" also prevents outdoor playtime and can stifle both imagination and creativity.
- TV, computer and video game time should be limited to no more than 2 hours a day.
- For children under 2 years of age, TV should be avoided altogether.
- Being active can help you feel healthier and happier.
- Aim to get at least 60 minutes of exercise a day.



## Instructional Procedures

### Engage your audience!

1. Begin the lesson by saying that we are going to learn about the importance of physical activity today.
  - Introduce the Super Crew using the website:  
<http://www.superkidsnutrition.com/sckids/index.php>
  - The Super Crew gets their super powers from their favorite healthy foods.
  - **Physical Activity** is just as important because it gives us the power to think clearer, play longer, jump higher, swim faster and feel better!
2. Review what each member of the Super Crew likes about being physically active:



### Strength:

Penny says strength is the quality or state of being strong both mentally and physically. Become a strong individual through playing sports and being active every day!



### Discover:

Jessie says to discover new activities. Discovering is the act of obtaining knowledge or making something known for the first time. Jessie loves to try new fitness activities, like jump rope, pogo sticks and wall ball. What are some new activities you have recently discovered?



### Challenge:

Andy says to challenge yourself in every activity you complete. Challenging yourself is the act of inviting competition. Set different challenges for yourself with each activity so you can be a fitness master. Does anyone have an example of a challenge they have set for themselves?



### Achieve:

Kira says to find what fitness activities you like and enjoy, then be sure to include them often. Being active is a great accomplishment. Achieving is to accomplish what you set out to do. She likes to dance and go to yoga and gymnastics!



### Victory:

Marcus says to shoot for victory in accomplishing your goals for all that you do both physically and mentally. Being victorious is the act of winning. Remember, you are always a winner when you practice good nutrition and maintain your physical activity. Marcus loves shooting hoops, scooting, gardening and landscaping with his mom and dad. What are some of the ways that you like to be victorious?

3. Briefly discuss some of the different types of physical activity that you can do:

- **Aerobic Activities** (also known as cardiovascular or endurance activities) include activities that work large muscles, especially our hearts.
  - **Examples include:** swimming, brisk walking, jogging, running, bicycling, jumping rope, hopping, skipping, dancing.
  - **Requirements:** Children and adolescents ages 6-17 years should participate in *at least* 60 minutes of physical activity each day.
    - › The majority of the 60 or more minutes per day should include aerobic activity.
    - › It can be broken up into various intervals (i.e., 15 mins + 15 mins + 30 mins = 60 mins) over the course of a day.
  - What's your favorite aerobic activity?
- **Muscle-Strengthening Activities** make our muscles work or hold against applied force or weight. When participating in muscle-strengthening activities, it is important to work all of the major muscle groups of the body: legs, hips, back, abdomen, chest, shoulders and arms.
  - **Examples:** climbing stairs, climbing trees, playing tug-of-war, gymnastics, hockey, soccer, volleyball, Pilates, lifting weights and resistance training. Also playing on playground equipment.
  - **Requirements:** Children and adolescents ages 6-17 years should participate in *muscle- and bone-strengthening activities* at least 3 days per week.
  - What's your favorite muscle-strengthening activity?
- **Bone-Strengthening Activities** (also known as weight-bearing or weight-loading activities) produce a force on the bones promoting bone growth and strength. The rate of bone development is highest in the early years of life, which makes it especially important for children to participate in bone-strengthening activities.
  - **Examples:** basketball, running, tennis, hopscotch, gymnastics and jumping rope
  - **Requirements:** Children and adolescents ages 6-17 years should participate in *muscle- and bone-strengthening activities* at least 3 days per week.
  - What's your favorite bone-strengthening activity?

4. Review why **Physical Activity** is important.

- **Physical activity** reduces the risk of:
  - **Cancer:** Participating in regular physical activity helps keep our hormone levels healthy. Physical activity may also enhance our immune system, help keep our digestive system functioning properly and help us keep our bodies at a healthy weight while we grow. At the same time, studies suggest that sitting for long periods of time throughout the day may *increase* cancer risk no matter our body weight or physical activity level.
  - **Heart disease:** Symptoms of adult heart disease, like high blood pressure, can start in childhood. But physical activity and eating healthy food can prevent this disease. So protect your children now and in the future by helping them establish a healthy lifestyle.
  - **Hypertension (i.e., high blood pressure), Obesity, Osteoporosis, Type 2 Diabetes, Depression**

### 5. Review the **Benefits of Physical Activity:**

- Think more clearly
- Have more energy
- Sleep better
- Feel more cheerful
- Perform better in school
- Have better coordination: jump higher, run faster, dance better
- Strengthen their heart, lungs, muscles, joints, bones and functioning of internal organs
- Protect themselves from chronic disease in the future
- Have fun with friends and family!



### 6. **Practical Tips to Get Moving:**

- Plan outdoor adventures for the weekend, like playing catch, shooting hoops, jump roping, throwing a Frisbee, or running with your dog.
- Take a nature walk or go for a hike. If your neighborhood lacks good outdoor areas try the local mall or a high school track.
- Go for a bike ride with your family; remember to wear your helmets.
- Play a game of basketball, kick-ball or soccer in the park.
- Enjoy winter activities like sledding and ice skating.
- Take the stairs instead of escalators or elevators.
- Plant some herbs, start a garden or join a community garden in your neighborhood.
- Indoor game ideas:
  - Try active games for the Wii, XBOX Kinect or PlayStation Move, like Wii Fit, Kinect Sports, Dance Dance Revolution or The Michael Jackson Experience!

### 7. **Super Crew Physical Activity Tracker** (Handout)

- Use the Super Crew Physical Activity Tracker activity to have students track the number of minutes of physical activity they do over the course of one day. Then encourage them to use the tracker regularly to keep track of their physical fitness activity levels!

### 8. Encourage drinking plenty of plain water during physical activity.

Did you know that the human body is mostly made of water? We can't live without staying hydrated. And water isn't only vital to our health in the summer when it's hot – we need it year-round. Instead of sports drinks or flavored waters (which often supply unnecessary excess calories), get your students to drink plenty of plain water to stay hydrated during physical activity and all the time. Try making the **Blueberry Blast Smoothie** recipe at home!

## Goal Activity

### Assessment:

Use the **Super Crew Physical Activity Tracker** to see how many minutes of physical activity you do over the course of a day.