

growing up **HEALTHY**

Wellness Programs for Kids

Teachers Guide:

**Growing Up Active with
Sports and Games!**



healthy
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aramark 

Growing Up **Active** with **Sports & Games!**

Program Theme & Educational Focus

- Children learn the importance of physical activity and ways to be active throughout the day.
- Educational focus on national physical activity guidelines for children.
- Children play the “Simon Says, Let’s Be Active” Game and complete their own “Let’s Be Active” worksheet.
- Each program includes three mini-educational modules (1. A teacher led learning session; 2. A class engagement activity; and 3. A Healthy Bites – taste & talk session)

One leader can lead all three mini-modules. However, if possible, it works even better to have different people lead different mini modules ; if there are two teachers/leaders available - have one do the 1st and 3rd mini-modules and the other do the second; if there are 3 co-teachers available - have each do one of the mini-modules.

Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (~10 minutes)

Introductions (~2 minutes)

- **Do:** Introduce yourself (if new to the class); tell who you are and what you do.
Say (Example): Hi, my name is _____ (fill in the blank). I work as a _____ (chef/ food service manager/ job title) which means my job is to help people learn how to live healthier lives and to eat foods that will make them healthy. I work for ARAMARK at Children’s Hospital...
- **Do:** Share some personal information about yourself.
Say (Example): I’m a mom and I have two boys at home that LOVE to eat. One of them loves pizza and the other loves corn on the cob in the summer. My favorite foods are.....
- **Do:** Tell the class what they’re going to be doing today.
Say (Example): Today we’re going to be learning the importance of physical activity and how to be active throughout the day. Being physically active is one of the most important steps to being healthy. We want you all to be active so you can grow up healthy and strong!

Growing Up **Active** with **Sports & Games!**

Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (cont.)

Class Warm-Up/ Ice-Breaker

“Favorite Sports & Games” (~3 minutes)

- **Do:** Get 6-8 children to tell the group what their favorite sport or game is. As individual children share their favorites, ask all the children to participate by raising their hands if they also like the favorite activity mentioned. Then proceed to call on children with a different favorite activity.

Say (Example): *I'd like to get started by taking a few minutes to learn a little about you. OK...if any of you have a favorite sport, recess activity or active game please raise your hand. If I call on you, please tell me your name and your favorite way to be physically active.*

- **Do:** Each time you call on a child write their favorite activity down on the board.

Growing up Healthy Educational “Poster Session”

(side one
~5 minutes)

- **Do:** Transition to a teacher led educational session by uncovering the front of the main Poster (which should be positioned nearby on a ledge or easel).

Say: *You all have great favorites! It is important to be active by playing sports and participating in games as you grow. Does anyone know how many minutes of physical activity a child your age should get everyday? (call on 3-4 to respond unless the correct answer is given then uncover the poster)*

Children ages 6 to 17 need at least 60 minutes, or one hour, of physical activity a day! Being active for 60 minutes daily (circle 1 at top moving clockwise around the poster) builds strong bones and muscles, keeps you healthy and helps you focus better in school.

(side two
~5 minutes)

- **Do:** Turn the main poster over to side two. Introduce the children to they ways to be active throughout the day shown on side two of the main poster.

Say: *There are many ways to be active that are good for our bodies. It is important that we vary our physical activity throughout the week, so we can strengthen our heart, lungs, bones and muscles.*

Some good heart & lung strengthening activities include playing sports, tag, riding a bike, swimming, or hiking.

Growing Up **Active** with **Sports & Games!**

Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (cont.)

Growing up Healthy Educational “Poster Session”

(side two continued
~5 minutes)

Say: Some good muscle-strengthening activities include climbing on the jungle gym or playground, playing tug of war, or doing gymnastics

Some good bone-strengthening activities include jumping rope, hopscotch, skipping, or running. Remember even walking can be a good way to be physically active!

- **Do: (Continued)** Categorize the group’s list of favorite sports and games by the type of physical activity it is.

Say (Example): Now that we know the different types of physical activities that are important for our bodies, let’s go back and put all of your favorite sports and games into either the heart & lung-strengthening, muscle-strengthening or bone-strengthening categories. Some of these activities can go under more than just one category!

Do: Write next to each favorite sport & game on the board the best physical activity category the group places it within. Call on as many children necessary to complete the list.

Growing Up Active with Sports & Games!

Step-by-Step Leader Guide – TEACHER LED LEARNING SESSION (cont.)

Teacher Resource

(Material for teacher to read before class)

- **Do:** For your own personal background information, spend a few minutes reviewing the basics of the national physical activity guidelines for children ages 6-17 (below) from the CDC's web site <http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm>. *No need to go into detail with the class, but this information should help in answering basic questions that may come up.*

How Much Physical Activity Do Youth Need?

- **Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.²**
 - **Aerobic Activities:** Most of the 60 or more minutes per day should be either moderate- or vigorous-intensity aerobic physical activity. Vigorous-intensity physical activity should be included at least 3 days per week.
 - Examples of aerobic activities include bike riding, walking, running, dancing, and playing active games like tag, soccer, and basketball.
 - **Muscle-strengthening Activities:** Include muscle-strengthening physical activity on at least 3 days of the week as part of the 60 or more minutes.
 - Examples of muscle-strengthening activities for younger children include gymnastics, playing on a jungle gym, and climbing a tree.
 - Examples of muscle-strengthening activities for adolescents include push-ups, pull-ups, and weightlifting exercises.
 - **Bone-strengthening Activities:** Include bone-strengthening physical activity on at least 3 days of the week as part of the 60 or more minutes.
 - Examples of bone-strengthening activities include hopping, skipping, jumping, running, and sports like gymnastics, basketball, and tennis.
- Some activities may address more than one category at a time. For example, gymnastics is both muscle-strengthening and bone-strengthening while running is aerobic and bone-strengthening.
- Activities should be age-appropriate, enjoyable, and offer variety.²

Growing Up **Active** with Sports & Games!

CLASS ENGAGEMENT ACTIVITY (~10 minutes)

Activity Overview:

“LET’S BE ACTIVE” ACTIVITIES

- A class engagement activity to give children the opportunity to think about ways to be physically active.

Material Needed:

- “Let’s Be Active” activity page (1-blank for each child)
- New package of crayons for each child (provided by ARAMARK program leader)
- “Simon Says, Let’s Be Active” flashcards/pages ****if facility space and physical activity supervision guidelines permit****

Step-by-Step Leader Guide – CLASS ENGAGEMENT ACTIVITY (~10 minutes)

“LET’S BE ACTIVE” GAME (~5 minutes)

- **Do:** Tell children about the activity they are going to participate in.

Say: O.K., now we’re going to have a little fun together and play the “Simon Says, Let’s Be Active” game. And after the game you’re each going to have the chance to complete your own “Let’s Be Active” worksheet.

- **Do:** Describe how the “Simon Says, Let’s Be Active” game works.

Say: Here’s how it works: I want you all to spread out so you have enough room around you to move. I’m going to draw cards that have either a heart and lung, muscle, or bone strengthening activity on it, and you’re all going to get to be physically active. Only when I say “Simon Says” should you do the activity that I read from the card. If I don’t say “Simon Says” but you still do the activity, you sit down. The last person standing (or last group of children depending on the time constraints) is/are the winner(s) of “Simon Says, Let’s Be Active” game!

(game instructions
continued on next page)

Growing Up **Active** with **Sports & Games!**

Step-by-Step Leader Guide – CLASS ENGAGEMENT ACTIVITY (continued)

“LET’S BE ACTIVE” GAME continued (~5 minutes)

- **Do:** Draw one card at a time and insert “Simon Says” before reading each whenever you feel suited. Vary your speed and pattern of “Simon Says” to make the game more challenging. Place cards back in the pile to be drawn more than once during the game.

Highlight what physical activity category each card represents as you go along, reinforcing that some activities can fall within more than one category. When you’re finished, congratulate all the children for participating and being physically active!

“Let’s Be Active” Activity Sheet (~5 minutes)

- **Do:** Give each child an opportunity to complete their own “Let’s Be Active” worksheet.

Say: O.K. Now we’re all going to have the chance to complete your own “Let’s Be Active” worksheet.

Option 1: (ages 6-8)

We’re going to pass around blank worksheets and you all get to (**OPTION 1:** draw your favorite heart and lung, muscle, and bone-strengthening sports, games and activities OR **OPTION 2:** write all of the sports, games and activities you can think of within each category on the worksheet then go back and circle your favorite heart and lung, muscle, and bone-strengthening activities).

Option 2: (ages 9-11)

We’ll have about 5-10 minutes, but don’t worry if you need more time you can take your crayons and your worksheet with you.

Just remember that some sports, games and activities can fall under more than one physical activity category so pick a different favorite for each!

Growing Up Active with Sports & Games!

HEALTHY BITES – TASTE AND TALK SESSION (~10 minutes)

Activity Overview:

HEALTHY BITES - Sports and Games (Taste & Talk)

- An interactive healthy food experience.
- Children get an opportunity to taste healthy foods and talk about what they like or dislike.
- Chef's or Dietitians serve different types of healthy snacks; Children get to try samples and see which ones they like best.
- Two options to execute for the Taste & Talk portion depending on the operational abilities of the facility. Each option can be used in it's entirety or simplified to only sample some of the included foods.

Option 1: Fruit & Yogurt Parfait (Material Needed):

- **1 type of low or non-fat yogurt**
- **1 type of low fat granola** (Look for granola that lists whole grain as number one or two on the ingredients list and contain no more than around 10-12 grams of sugar per serving.) * Can either serve as individually packaged or portion into soufflé cups
- **1-2 types of easily sliced/peeled fruit** (apple, banana, strawberries, blueberries) or individually packaged fruit
* Wash and slice all fruits prior to serving
- 3 serving trays
- Serving gloves
- Small serving cups & spoons
- Display container such as a large punch bowl filled with ice to hold the yogurt

Option 2: Meat & Cheese Crackers (Material Needed):

- **1 kind of low fat cheese, cheese cubes or string cheese**
- **1-2 kinds of deli meats (turkey, ham, chicken)** *sliced into sample portions prior to serving
- **1 type of whole grain crackers.** (Look for crackers that list whole grain as number one or two on the ingredients list and contain no more than around 10-12 grams of sugar per serving.) * Can either serve individually packaged crackers or portion onto napkins
- Display containers such as a large punch bowl filled with ice for placing the cheese & meat samples
- Serving gloves, tray and small napkins

Growing Up **Active** with **Sports & Games!**

Step-by-Step Leader Guide – **HEALTHY BITES** – Sports and Games (~10 minutes)

Healthy Bites Taste & Talk (~10 minutes)

Option 1: Fruit & Yogurt Parfait:

- **Do:**
 - Place the yogurt, fruit & granola on separate serving trays to make different tasting stations. (or simplified options depending on operational abilities of the facility)

Say: *O.K., now you get to try some healthy foods that give you the right amount of energy for being physically active. You each will have the chance to combine the fruit and granola into the yogurt or eat them separately to make a great energy snack for sports, games and activities.*

Do: Ask the children which part of the parfait they like best while they taste, encourage them to talk amongst themselves and say what they think.

Option 2: Meat & Cheese Crackers:

- **Do:**
 - Place the cheese & meat in separate ice containers and the crackers on a serving tray to make different tasting stations. (or simplified options depending on operational abilities of the facility)

Say: *O.K., now you get to try some healthy foods that give you the right amount of energy for being physically active. You each will have the chance to combine the cheese and meats on the cracker or eat them separately to make a great energy snack for sports, games and activities.*

Do: Ask the children what they like best while they taste, encourage them to talk amongst themselves and say what they think.

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Program Wrap-up – AWARDING GROWING UP HEALTHY CERTIFICATES

Summary

- Provide each child with a Growing Up Healthy Program Certificate

Material Needed:

- Printed program certificate for each child

Step-by-Step Leader Guide – AWARDING “GRADUATION” CERTIFICATES

- **Do:** Award certificates to all the children

Say: *You’ve all done such a great job. If you can all line up on your way out the door, I’d like to award you all with a certificate that says that you’ve successfully completed your first GROWING UP HEALTHY Program.*

- **Do:** If the individual location decides to provide an appropriate take home gift or prize it would be distributed with the certificates.

Say: *Thank you all so much; I really enjoyed our time together and I hope you include in your days fun ways to be active!*