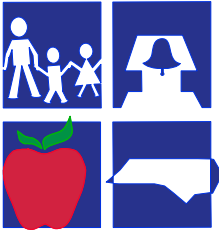


NCDPI



In partnership with:

beactive



NORTH CAROLINA
Health  **Wellness**
TRUST FUND



North Carolina
Alliance for Athletics,
Health, Physical Education,
Recreation and Dance

Energizers were developed by:



**Activity
Promotion
Laboratory**

**College of Health
and Human
Performance**

Healthful Living Middle-School Energizers

Classroom-based Physical Activities

The way teachers integrate
physical activity with academic concepts



Acknowledgements

The "Energizers" were
developed by the

EAST CAROLINA UNIVERSITY
Activity Promotion Laboratory
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The goal of the Activity Promotion Laboratory is to promote active lifestyles. We are indebted to the North Carolina Department of Public Instruction (NCDPI), Be Active North Carolina, Inc., NC Healthy Schools, the NC Alliance for Athletics, Health, Physical Education, Recreation, and Dance (NCAAHPERD), and the Physical Activity and Nutrition Branch for providing funding for this project. In particular, we wish to thank Kymm Ballard at NCDPI for her non-stop support of the efforts to help teachers integrate physical activity into the school day.

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About the Cover: We would like to acknowledge and thank C.W. Stanford Middle School in Hillsborough, NC for their work with the Energizers and allowing us to use the picture on the cover.

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NC Health and Wellness Trust Fund Commission

Established in May 2001, the NC Health and Wellness Trust Fund Commission (HWTF) invests in programs and establishes partnerships to address the health needs of vulnerable and underserved populations in North Carolina. Recommendations from HWTF's Study Committee on Childhood Obesity led to the amendment of the Healthy Active Children Policy requiring 30 minutes of daily physical activity for each child in grades K-8.



Fit Kids

Fit Kids, an initiative of HWTF, will provide curriculum-support materials to assist teachers with implementation of this mandate through a resource rich web site, www.FitKidsNC.com. HWTF will also provide trainings on physical activity integration into the school day using these web site resources to all K-8 teachers in the state. These trainings will be conducted through a grant to Be Active North Carolina and the Department of Public Instruction.



Energizer Partners

Be Active North Carolina

Be Active North Carolina, Inc. is a 501 (c)(3) non-profit organization dedicated to improving the health of all North Carolinians. Our mission is to increase the physical activity levels and healthy lifestyles of all North Carolinians through people, programs and policies.

The NC Department of Public Instruction

The North Carolina Department of Public Instruction is the agency charged with implementing the State's public school laws and the State Board of Education's policies and procedures governing pre-kindergarten through 12th grade public education. The elected State Superintendent of Public Instruction heads the Department and functions under the policy direction of the State Board of Education.

The agency has approximately 530 positions providing leadership and service to local public school districts and schools in the areas of curriculum and instruction, accountability, finance, teacher and administrator preparation and licensing, professional development, and school business support and operations.

The Healthful Living Section is responsible primarily for curriculum and staff development in the areas of health and physical education. In addition, we oversee the athletics, sports medicine, and drivers education programs for the K-12 public schools.

North Carolina Healthy Schools

The North Carolina Healthy Schools is funded by the Centers for Disease Control and Prevention. It is designed to create a working infrastructure between education and health to enable schools and communities to create a Coordinated School Health Program. The Department of Public Instruction and the Department of Public Health house the Senior Advisors who establish relationships and build capacity. A model school health program includes these eight components:

- Comprehensive School Health Education
- School Health Services
- A Safe Physical Environment
- School Counseling, Psychological and Social Services
- Physical Education
- Nutrition Services
- School-Site Health Promotion for Staff
- Family and Community Involvement in Schools

NC Healthy Schools focuses on improving the health of students and staff by providing coordination and resources. With all of these components in place and working together, students will be healthier in school, in class, and ready to learn.

Continued on next page

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North Carolina Physical Activity and Nutrition (PAN) Branch

The Physical Activity and Nutrition Branch is housed within the NC Division of Public Health, NC Department of Health and Human Services. The PAN Branch is the lead state agency for developing and implementing healthy eating and physical activity interventions with state and local health agencies, as well as with community partners throughout the state.

The PAN Branch's mission is to stem the rising tide of obesity and chronic disease among North Carolinians by helping them to eat smart, move more and achieve a healthy weight. This mission is accomplished through the administration of successful statewide programs such as the NC Statewide Health Promotion Program and the NC Arthritis Program.

The PAN Branch staffs the Eat Smart, Move More...North Carolina movement, guided by the Eat Smart, Move More Leadership Team. The movement encourages healthy eating and physical activity wherever people live, learn, earn, play and pray. Eat Smart, Move More...NC exists because statewide partners collaborate to increase opportunities for healthy eating and physical activity through changes in policies, practices and environments. The shared vision among the many partner organizations is a North Carolina where healthy eating and active living are the norm, rather than the exception.

For more information on Eat Smart, Move More...NC visit www.EatSmartMoveMoreNC.com

The North Carolina Alliance for Athletics, Health, Physical Education, Recreation and Dance (NCAAHPERD) is an alliance of six associations:

- Dance Education Association of North Carolina (DANCE)
- North Carolina Association for Athletic Education (NCAAE)
- North Carolina Association for the Advancement of Health Education (NCAAHE)
- North Carolina Sports Management Association (NCSMA)
- Physical Education Association (PEA)
- Student Majors Association (SMA)

NCAAHPERD's mission is to provide advocacy, professional development, and unity for health, physical education, recreation, dance, and athletics professionals and students in order to enhance and promote the health of North Carolinians. Our vision is to be the leading organization promoting and supporting a healthier, more creative, and active North Carolina.

NCAAHPERD is one of North Carolina's oldest professional associations dedicated to the advancement of research and education within the fields of Athletics, Health, Physical Education, Recreation and Dance. NCAAHPERD is involved in advocacy initiatives locally and nationally.

Energizers Background

In January of 2003, the State Board of Education passed the Healthy Active Children Policy (HSP-S-000). This policy provides schools with guidance for local school districts to promote coordinated school health programs, and emphasizes physical education and physical activity components. In April 2005, the State Board of Education revised the policy to mandate that schools provide a minimum of 30 minutes of physical activity for all K-8 students daily. It further states, "the physical activity required by this section must involve physical exertion of at least a moderate to intense level and for a duration sufficient to provide a significant health benefit to students". [A moderate level is described by most as a "brisk walk".] Finally, the revised policy states, "structured/unstructured recess and other physical activity (such as, but not limited to, physical activity time, physical education or intramurals) shall not be taken away from students as a form of punishment. In addition, severe and/or inappropriate exercise may not be used as a form of punishment for students." In order for this to happen in NC classroom teachers must take a small, but important role to assure children are provided with the mandated amount of physical activity.

It is through the support of NC Health and Wellness Trust Fund, NC Healthy Schools, Be Active North Carolina, Inc., NC Alliance for Athletics, Health, Physical Education, Recreation, and Dance (NCAAHPERD), NC Department of Public Instruction and the Physical Activity & Nutrition Branch who allowed East Carolina University (ECU) to write, pilot, and develop the Energizers for daily use by classroom teachers.

This was a much more difficult task because of the "cool" factor associated with middle school students. That is, middle school students are reluctant to do anything that makes them feel uncomfortable. Due to this barrier, ECU has tried to design activities and movements that middle school students will feel comfortable performing. A Movement Bank is provided at the end of this booklet that can help teachers choose activities that work in their classrooms.

Most of the activities are associated with North Carolina Standard Course of Study Objectives. Some activities do not have associated Standard Course of Study Objectives, but can still be useful as a review of previously covered concepts. In addition, although a specific activity may be identified with a specific grade level because of the Standard Course of Study Objective, teachers of other grade levels may be able to use these activities by modifying the content. Along those lines, we encourage teachers to review the Middle School Energizers in other content areas, as they may be able to easily modify those activities to fit within their own content area.

To help develop age-and content-appropriate activities, ECU's team of physical activity specialists collaborated with a group of middle school teachers from the following content areas: math, language arts, science, music, health and physical

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education, and social studies. After the Middle School Energizers were developed, they were sent to middle school teachers throughout the state for pilot testing. The feedback from middle school teachers was then used to revise the Middle School Energizers to their final form.

The following middle school teachers significantly contributed to development of the Middle School Energizers:

Barnanne Creech (Zebulon GT Magnet Middle School, health and physical education)

William Fuller (CM Eppes Middle School, social studies)

Jeff Gibson (Ayden Middle School, music)

Christine Hodges (Pitt County Schools, language arts)

Madeleine Mahar (St. Peter's Catholic School, math)

Vivian Smith (EB Aycock Middle School, science)

We recognize that some teachers will be reluctant to try Middle School Energizers in the classroom because of the concern that students will be "out of control." However, evidence is mounting that students learn better when they move (e.g., use of classroom-based physical activities has produced improvements in on-task behavior). Also, we intuitively know that many students find it hard to sit at a desk for an extended period. These activities may be what is needed to help students look forward to school and to learn better.

Directions

Teachers should align the Energizer activities with the curriculum content they will teach for the year. Middle School Energizers are provided by subject, so that Middle School Teams can discuss how to implement them. This way, content specific teachers can rotate who will provide activity allowing the responsibility to be shared when students are not in physical education, intramurals, or other designated physical activity time. We suggest using these Middle School Energizers two to three times per day, when possible. Most activities are easily adapted for special needs students, rainy days, and other areas of study by changing the focus.

Availability

The "Energizers" will be available on the following web sites free in PDF format for easy download:

NC Healthy Schools: www.nchealthyschools.org

Be Active North Carolina, Inc: www.beactivenc.org

NC Physical Education for Me: www.ncpe4me.com

Eat Smart Move More NC: www.eatsmartmovemorenc.org

NC Health and Wellness Trust Fund: www.fitkidsnc.com

NCAAHPERD: www.ncaahperd.org

ECU Activity Promotion Lab: www.ecu.edu/cs-hhp/exss/apl.cfm

We are proud of the work from all of the partners that made this document a reality.

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What Teachers Say About Middle School Energizers

"Middle School Energizers are easier to do than I first thought."

"The Crazy Coordinates activity is good for ADHD kids who need to move!"

"The students were impressed with the way we combined social studies, math, and PE, all in one lesson. Most students will want to do the Miles Apart activity longer."

"The Mapercise activity worked great, just as instructed. Kids really liked the racing and movement aspect."

"Students love this activity [Bring It On]! It holds their attention and offers a chance to move and 'get the wiggles out'."

"The 'wiggly' kids loved this [Race to Grammar]. They were helping each other and cheered each other on. What a stress reliever for all."

"In the Name That Shape activity, having students draw polygons on paper after performing the activity reinforces learning and helps the student to be accountable and involved."

"Operation Computation was quick and easy to do."

"Hot Tamale is a good activity to use after the mock EOG."

"Crazy Questions is good for sequencing, listening skills, auditory processing, and multiple intelligences."

"Ups and Downs was an excellent activity. The students were eager to participate and it became more fun as the activity progressed."

"Students loved Stop, Clap, and Rap. It was a lot of fun."

"I used Stop and Scribble as a review game in social studies and for a spelling test. Surprisingly, it worked to focus students more than distract. The in-place activities could be used as memory joggers for anything from grammar to geography. Great, super easy, and fun!"

"Size It Up is an excellent way to review and reinforce formulae."

"I used Show Me the Mean, Median, Mode with pre-algebra. It was a great change of pace."

Continued on next page

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"Have a Ball was fun and easy to incorporate in my class."

"Middle School Energizers can be independent practice and application of the content taught."

"Many Middle School Energizers are excellent for reviewing content previously covered."

What Students Say About Middle School Energizers

"It gets your brain going."

"It [Chapter Review Charades] gives me a new way of identifying words."

"It [Name That Shape] helped me remember the number of sides on the shapes."

"True or False was a fun activity and it kept us active."

"It gets your mind working."

Creating A Physically Active Classroom Atmosphere

Below are some helpful hints for classroom teachers to use to create a physically active environment:

1. Create a positive atmosphere that enhances the self-esteem for all students. Each student should feel respected and valued. We do not all move alike or at the same speed. Value each child based on individual abilities. Modify activities when needed.
2. Have a signal or sign that can refocus students quickly so that they can "freeze" and listen to you when you need to speak or end the activity.
3. Share appropriate personal information with your students. Students respond favorably to the instructor who shares personal anecdotes or participates with them actively.
4. Be Fair. Make certain each student understands the teacher's expectations prior to the start of the activity.
5. Expect Success! Assume all students can, and want, to be active-including those with special needs.
6. Model enthusiasm for physical activity. Be aware that students (at first) may seem apathetic or silly. These are common expressions of being self conscious about trying something new in front of their peers. With practice, this discomfort can be minimized and students will be more relaxed and willing to participate.
7. Give instructions before and after arranging the room to get ready for participation. Remind students of the rules for the activity and the "freeze" signals.
8. Take time to make sure that objects are out of the way for safe movement.
9. Set a time limit for the activity before beginning movement. Be sure to share with students.
10. Compliment groups or individuals so that all groups or individuals feel as though their participation was valued.

Ideas for Signals:

1. "Give me a hand" - Tell the kids, "give me a hand" and students raise one hand in the air. "Give me a clap" and students clap. "Give me a stomp" and students stomp one foot. You can then ask any combination such as "Give me three claps and a stomp" and the attention is focused on you.
2. Have a "laughing scarf". When the kids see the scarf - students may laugh. However, when you put it away, that means "silence" and all attention is on the teacher. This keeps students from laughing at others.
3. Have live music you can play and stop when you want students to freeze.
4. Begin to clap 3 times, then repeat as often as needed to refocus students. You can also clap at different levels of loud to soft or change the tempo of the clap to gain their attention.
5. Put your hand in the air. Tell students that when our hands go up, our mouths go closed.

HEALTHY ACTIVE CHILDREN RESOURCE SHEET

Resources for Principals (www.ncpublicschools.org/curriculum/health)

- Healthy Active Children Policy HSP-S-000
- *Appropriate and Inappropriate Practices*
- *Move More: North Carolina's Recommended Standards for Physical Activity in School*
- Teacher evaluation review form
- Physical education program evaluation as a demonstration school

The Balanced Curriculum documents can be a great resource in transitioning schools. These documents are located at www.ncpublicschools.org/curriculum.

- *A Balanced Curriculum: A Guiding Document for Scheduling and Implementation of the NC Standard Course of Study at the Elementary Level and*
- *A Balanced Curriculum: A Guiding Document for Scheduling and Implementation of the NC Standard Course of Study in the Middle Grades*

Resources for Teachers (www.ncpublicschools.org/curriculum/health)

- www.FitKidsNC.com Web site: A new resource-based website that will provide information and hands-on support materials for teachers, parents and community leaders.
- Elementary and Middle School Energizers: www.ncpe4me.com
- Classroom Management Techniques
<http://www.theteachersguide.com/ClassManagement.htm>
<http://www.teachervision.fen.com/>
<http://drwilliampmartin.tripod.com/classm.html>
- Creating a Physically Active Classroom Atmosphere
- National Association of Sport and Physical Education (NASPE) Teacher Toolbox for teachers
- *Inclusive Physical Education*
- LEP students in Physical Education
- *Appropriate and Inappropriate Practices*
- *“North Carolina Intramural Handbook: Active Living Through Sport and Activity -*
www.ncpublicschools.org/curriculum/health/resources
- Physical education program evaluation as a demonstration school
- www.d2f.org
- www.pecentral.org

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Name of Activity: **At the Drive Thru**

Grade Level: 7th - 8th

Subject Area: Healthful Living

North Carolina Standard Course of Study Objective Number(s):

7th grade: 5.01 Plan, select, and prepare healthful meals that emphasize the principles of the Dietary Guidelines for Americans;

8th grade: 5.02 Analyze barriers to own healthful eating patterns and describe strategies for overcoming these barriers.

Formation: Class divided into 5 groups moving at desks

Equipment: 1 pencil per group, board, chalk or dry erase markers (5), a nutritional brochure from 5 fast-food restaurants

Rules/Directions:

1. Each group is assigned an activity, a fast-food restaurant and a nutritional brochure from the restaurant. (Activities could include jumping, jogging in place, grapevine, crisscross or jumping jacks.)
2. Choose 1 person to be the spokesperson.
3. Write the name of each fast-food restaurant on the board.
4. As a group, they must perform the activity while deciding which items at the restaurant would be healthiest.
5. One at a time, they run to the board and write down one item. The group continues this activity.
6. Continue taking turns until time is called.
7. One at a time the spokesperson from each group will take the pencil and use it as a microphone to place the group's order. The order should be all items listed on the board.
8. Teacher provides feedback on their choices.

Variations:

1. Teacher can make microphones out of paper.
2. Have the class decide which restaurant provided the healthiest meal.
3. Have students research different types of meals (e.g., Mexican, Japanese, Italian).
4. Make copies of the brochures for the next time this activity is used.

Name of Activity: **Cholesterol Pop**

Grade Level: 6th

Subject Area: Healthful Living

North Carolina Standard Course of Study Objective Number(s):

5.05 Explain that obesity is a disease as well as a risk factor for other diseases such as diabetes and cardiovascular disease.

Formation: Students stand by their desk

Equipment: Three small pieces (quarter size) of yellow paper and three small pieces (quarter size) of white paper for each student.
One paper plate for each student

Rules/Directions:

1. The object of the game is to get rid of the bad cholesterol and pick up the good cholesterol.
2. Students have a paper plate on their desk with three white and three yellow pieces of paper on it. The white paper represents "Good cholesterol" - HDLs and the yellow represents "Bad cholesterol" - LDLs.
3. The paper plate must stay on the desk.
4. On the signal, students take 1 bad cholesterol off his or her plate and place it on someone else's plate while picking up 1 good cholesterol.
5. Students take the good cholesterol and place it on his or her own plate, taking 1 piece of paper at a time. They cannot guard their plate or visit the same plate twice.
6. Students must move continuously.
7. Continue for 10 second rounds.
8. Teacher signals end of 10 second round by calling out "Heart Attack!"
9. Students return to their desk and assess whether they have more good or bad cholesterol.
10. Repeat round.

Variation:

1. Extension: At end of round, have students draw or write on their paper plate foods that represent good cholesterol and bad cholesterol.

Name of Activity: **Don't Throw Your Food, Just the Ball**

Grade Level: 8th

Subject Area: Healthful Living: Food Guide Pyramid

North Carolina Standard Course of Study Objective Number(s):

5.01 Provide examples of the role of the Dietary Guidelines for Americans in promoting health.

Formation: Groups of 6 standing in a circle

Equipment: A paper ball or a regular ball for each group

Rules/Directions:

1. Class is divided into groups of 6 standing in a circle.
2. Each group has a ball.
3. Students begin throwing the ball in a pattern. They will always throw to the same person. At the same time, have students march or jog.
4. Once they have established a pattern, the teacher will call out a food group.
5. Students must name a food in that food group before throwing to the next person. (Set a time limit, i.e., student may only hold the ball for 5 seconds.)
6. They must call out a new food each round.
7. After teacher has called out all food groups, have students repeat activity naming the healthiest foods they can think of for each group.
8. Continue for 10 minutes.

Variation:

1. At end of activity, discuss each food group and healthy choices in each group. Teacher may also discuss serving sizes for each food discussed.

Name of Activity: **The Dukes of Health Hazards**

Grade Level: 7th

Subject Area: Healthful Living

North Carolina Standard Course of Study Objective Number(s):
Review of any content area (e.g., 6.01-6.05)

Formation: Create stations and divide the class into competition groups of no more than 4 members

Equipment: Various: jump ropes, cones, balls, hula hoops, stop watch

Rules/Directions:

1. At each station have a question and/or a skill activity for students to perform.
2. The students must perform a physical activity as a group.
3. Upon completion of that action, the students are to complete the academic task.

Station One: Physical Activity: Teams are to perform "Over and Under" twice with a ball, science book, or balled up piece of paper (Over and Under: Students stand in single file line and pass a ball over head to the student behind them. The next student passes the ball through his/her legs to the student behind him/her.)
Academic Task: Hazards of alcohol use.

Station Two: Physical Activity: Teams are to jump rope (imaginary) 15 times each.
Academic Task: Hazards of inject-able substances.

Station Three: Physical Activity: Teams are to run through a twisting course of cones or chairs.
Academic Task: Hazards of tobacco use.

Station Four: Physical Activity: Each member swings a hula hoop (imaginary) around his/her waist 15 turns
Academic Task: Refusal skills.

Variations:

1. Have the students create physical tasks that can be done by teams.
2. Do only one station per day to shorten the length of the activity.
3. Create as many stations as needed for the size of the class.
4. This can be done as a race. The team that completes the course the fastest with the most correct answers wins.

Continued on next page

Name of Activity: Shop 'til You Drop

Grade Level: 7th

Subject Area: Health: Nutrition

North Carolina Standard Course of Study Objective Number(s):

5.01 Plan, select, and prepare healthful meals that emphasize the principles of the Dietary Guidelines for Americans.

Formation: Partners

Equipment: Scrap piece of paper for every 2 students, 6 pieces of paper with the following information (*indicates healthy options and is for teacher use only, do not put * on paper posted around the room):

- Bread/cereal/grains - *whole wheat bread, white bread, *Cheerios, *whole wheat spaghetti, *brown rice, cocoa puffs, *whole wheat tortillas, *popcorn, cinnamon rolls, *bagels.
- Meat/poultry - *grilled fish, fried chicken, hot dogs, *meatloaf, *baked chicken, chicken fried steak, *lean hamburgers, sausage, *eggs, *nuts.
- Dairy = *cheese, *skim milk, *yogurt, ice cream, whole milk, *cottage cheese, *frozen yogurt
- Fruit - *apples, *bananas, *orange juice, *grapes, Fruitopia, Hi-C, *100% apple juice, canned pears in heavy syrup, *dried apricots.
- Vegetable - *broccoli, iceberg lettuce, *spinach, *dark green lettuce, *corn, *squash, *carrots, *baked French fries, pickles, *collard greens, French fries.
- Fats/oils/sweets - twinkies, pop tarts, butter, candy bars, chips, cookies, brownies, cake, soda, *olive oil.

Rules/Directions:

1. Teacher labels 6 areas of the room with each food group listed above, including the food choices.
2. Students may only pick 1 item at a time and move to the next food group, planning a healthy breakfast, lunch, and dinner from the options listed.
3. Students do not necessarily have to pick an item from each food group, but they must visit each station. (e.g., students should not pick a fat, oil, or sweet for every meal).
4. Partners circulate and plan a healthy breakfast, lunch, and dinner.
5. Partners write down their menu for each meal.
6. After sufficient time, have partners return to desks and discuss meals as a class.
7. Review Food Guide Pyramid.
8. Make sure students move quickly from one area to another.
9. Have students travel from one area to the next using different movements (march, gallop, jump, skip, hop, etc.).

Variation:

1. Have students choose the most unhealthy food choices from the lists.

Name of Activity: **Steppin' for Snacks**

Grade Level: 7th

Subject Area: Health: Nutrition

North Carolina Standard Course of Study Objective Number(s):

5.05 Consume healthful breakfast;

5.06 Choose snacks rich in nutrients and low in sugar and carbohydrates.

Formation: Students stand towards the back of the room, or spaced as needed

Equipment: None

Rules/Directions:

1. Teacher calls out a breakfast item or snack.
2. If the food could be consumed anytime, hop for 15 seconds.
3. If the food should be consumed in moderation, move forward 2 spot, move for 15 seconds.
4. If the food should be consumed only occasionally, move forward 1 spot, slide left to right.
5. As students reach the front of the room, have them write their favorite breakfast or snack items on the board, then move to the back of the room and continue the activity.
6. When teacher calls time, discuss food choices written on the board.

Variation:

1. The teacher can use green, yellow, and red; anytime, moderation, and occasionally; slow, go, and whoa or other terms students may want to share.

Name of Activity: **Stop and Scribble**

Grade Level: 8th

Subject Area: Health

North Carolina Standard Course of Study Objective Number(s):

8.03 Express the value and importance of regular physical activity.

Formation: Partners standing at desks

Equipment: Piece of paper and pencil for every 2 students

Rules/Directions:

1. Teacher discusses the physical, mental/emotional benefits, and social benefits of physical activity.
2. Teacher calls out physical activity (refer to movement bank).
3. Students begin that activity and continue until the teacher calls out a category (physical, mental/emotional, and social).
4. Students freeze and partners work together to write one benefit from the category.
5. After 10 to 15 seconds, teacher calls out a new activity.
6. Continue until students have written 3 or more benefits for each category.
7. As students cool down, teacher will call on students to give the examples they wrote down from each category.

Variation:

1. Use the above activity with vocabulary words from a different topic such as the digestive system (e.g., esophagus, liver, gallbladder, stomach, and pancreas).

Name of Activity: Strong, Stretchy, or Speedy?

Grade Level: 6th

Subject Area: Health/Physical Education

North Carolina Standard Course of Study Objective Number(s):

7.02 Demonstrate an understanding of proper stretching exercises and muscle strength/endurance exercises.

Formation: Students at desks

Equipment: Index cards with activities on them, signs

Rules/Directions:

1. Teacher places three signs labeled as strength (strong), flexibility (stretchy), and endurance (speedy) around the room.
2. Hand each student an index card with an activity on it and a piece of tape. Students stand at desks.
3. Each student individually calls out an exercise and students begin doing exercise. Students perform the activity for 30 seconds.
4. Students must call out whether the exercise can be categorized as strength, endurance, or flexibility and then go tape it on the wall under the correct category.

Strength

Push-ups

Sit-ups

Lunges

Bicep curls with textbook

Endurance

Jogging

Jumping rope

Skipping

Jumping Jacks

Flexibility

Quadriceps stretch

Shoulder stretch

Calf stretch

Side bends

5. Students will write the list after each student has placed their card in the correct category.

Variations:

1. Use the food groups for each column and call out different foods. Students must identify the corresponding food group.
2. Students perform this activity as groups. Students work together to determine whether the activity should be categorized as strength, endurance, or flexibility. Each group will write its answer on a piece of paper.

Name of Activity: **There's Fungus Among Us**

Grade Level: 7th

Subject Area: Health

North Carolina Standard Course of Study Objective Number(s):

1.04 Explain the concept of cumulative risk in regard to disease and injury.

Formation: Create stations and divide the class into competition groups of no more than 4 members

Equipment: Task cards, 1 piece of paper and pencil for each group; (optional) ball, textbook

Rules/Directions:

1. Set up various stations. At each station have a question and a physical activity for students to perform.
2. The students must perform a physical activity as a group.
3. Upon completion of that action, the students are to complete the academic task and write down their answers (team that completes the stations the fastest with the most correct answers wins).

Station One: Physical Activity: Teams are to perform "Over and Under" twice with a balled up piece of paper or a textbook.

Academic Task: List 3 types of pathogens.

Answer: Viruses, bacteria, fungi, and protozoa.

Station Two: Physical Activity: Teams are to jump rope (imaginary) 15 times each.

Academic Task: List 3 major barriers against pathogens

Answer: Skin, mucous membranes, saliva, tears, and stomach acid.

Station Three: Physical Activity: Teams are to run through a twisting course of cones or chairs.

Academic Task: List 4 communicable diseases.

Answers: Strep throat, pneumonia, common cold, influenza, chicken pox, measles, mumps, mononucleosis, hepatitis.

Station Four: Physical Activity: Each member swings a hula hoop (imaginary) around his or her waist 15 turns.

Academic Task: List 4 common sexually transmitted infections.

Answers: Genital warts, genital herpes, syphilis, gonorrhea, Chlamydia, hepatitis B, HIV/AIDS.

Variations:

1. Have the students create physical tasks that can be done by teams.
2. To make the game more time efficient do only one station per day.
3. Create as many stations as needed for the size of the class.

Name of Activity: Tic and Tac, but No Smelly Toes

Grade Level: 6th

Subject Area: Health

North Carolina Standard Course of Study Objective Number(s):

1.03 Appraise own health behaviors

Formation: Teams of 4

Equipment: Board, chalk or dry erase markers, statements of health habits, 6 note cards labeled with an "H" and the word "Jump" for healthy, 6 note cards labeled with a "U" and the word "Sit" for unhealthy

Rules/Directions:

1. The class is divided into groups of four.
2. The teacher draws a tic tac toe grid on the board for every group of four.
3. Teacher identifies two students in each group as X's and two students in each group as O's and gives one H and one U card to each group of four.
4. The object is to win a game of tic-tac-toe on the board.
5. The teacher makes a statement about health habits (healthy or unhealthy) directed towards the X's or the O's in each group.
Sample health habits:
Brush teeth daily. (Healthy)
Avoid using sunscreen. (Unhealthy)
Sleep on clean linens. (Healthy)
If your eyes hurt or itch, rub them vigorously. (Unhealthy)
Keep skin clean by washing after you sweat. (Healthy)
Play your stereo on high volume. (Unhealthy)
Read in a well-lit room. (Healthy)
Use dental floss to reduce plaque. (Healthy)
Wear the same socks for two weeks. (Unhealthy)
7. Students respond by showing either the H or the U note card and performing the activities on the card to signify if the statement was healthy or unhealthy.
8. The teacher identifies groups who answered correctly and allows them to put their symbol (X or O) into the grid.
9. The teacher then makes a new statement about health habits directed towards the other two players (X's or O's) in each group.
10. Continue for 10 minutes until teams complete games of tic tac toe.
11. Students who are not running up to the board are performing an activity from the movement bank (e.g., march in place, dance).
12. Continue for 10 minutes.

Variation:

1. Make a list of true-false statements.

Name of Activity: True or False

Grade Level: 6th - 8th

Subject Area: Health

North Carolina Standard Course of Study Objective Number(s):

6th grade: 8.04 Identify the critical aspects of a healthy lifestyle;

7th grade: 8.04 Demonstrate the importance and value of regular physical activity;

8th grade: 5.01 Provide examples of the role of the Dietary Guidelines for Americans in promoting health;

8.01 Monitor and evaluate the benefits of various physical activities.

Formation: Standing at desk

Equipment: None

Rules/Directions:

1. Teacher calls out a series of statements such as:
 - a. Your heart is a muscle. (True)
 - b. White bread is more nutritious than whole wheat bread. (False)
 - c. Exercise makes your heart stronger. (True)
 - d. The main function of the heart is to supply oxygen to your body. (True)
 - e. Milk really does not give you strong bones. (False)
 - f. You should be eating 5 cups of fruit and vegetables every day. (True)
 - g. Blood does not transport the oxygen from the heart to other parts of the body. (False)
 - h. The main sources of protein are meat, fish, and beans. (True)
 - i. You have muscles that move even when you don't think to tell them to. (True)
 - j. Beans are good for your heart. (Ha ha)
2. Students respond to each of these statements by sitting at their desk if the answer is false and standing and running in place if the answer is true for at least 15 seconds.
3. Teacher can have student make larger movements for true or false statements such as jog in place for true statements and squatting low for false statements.

Variations:

1. Can be adapted for all subject areas.
2. Teacher can choose different movements from the movement bank.
3. Have a brief discussion as to why each statement was true or false.

Name of Activity: **What's for Dinner?**

Grade Level: 7th

Subject Area: Health: Nutrition

North Carolina Standard Course of Study Objective Number(s):

5.01 Plan, select, and prepare healthful meals that emphasize the principles of the Dietary Guidelines for Americans.

Formation: Sitting at desk

Equipment: 1 paper plate and 1 pencil per student

Rules/Directions:

1. Teacher passes out 1 plate per student.
2. Students will draw a nutritious meal on their plates.
3. Students will then choose a partner close to them and stand up at their desks.
4. One partner will hold both plates.
5. On teacher signal, all students with plates will create their own aerobic movement at their desks using both plates.
6. Teacher will identify a student performing an appropriate aerobic movement and have the entire class follow the activity (e.g., waving plates up and down in front of body while jogging, swimming underwater using plates for fins, jumping jacks while holding plates).
7. Continue activity for 10 seconds and switch by giving plates to other partner, and repeat as many times as desired.
8. Have students return to desks with their own plates and discuss a nutrition concept such as healthy food choices and portion sizes using the Food Guide Pyramid.

Name of Activity: **Alphabet Soup**

Grade Level: 6th

Subject Area: Miscellaneous

North Carolina Standard Course of Study Objective Number(s):

Formation: Teams of 4

Equipment: Alphabet blocks or scrabble tiles (2 sets) divided into 4 stations around the room, additional sets may be needed for vowels

Rules/Directions:

1. The object is for students to correctly spell the vocabulary word.
2. Teacher calls out a vocabulary word related to subject area.
3. One student from each team will go get one letter from a station and return to the group. All students remain moving (see Movement Bank) for the entire activity.
4. Students take turns getting letters until a team has spelled the word correctly.
5. The first team to spell the word correctly will earn a point.
6. Continue until all words have been spelled.

Variations:

1. Perform the activity as above and have teams make a sentence with the vocabulary words.
2. Make your own laminated alphabet cards.

Name of Activity: Crazy Questions
Grade Level: 6th - 8th
Subject Area: Miscellaneous
North Carolina Standard Course of Study Objective Number(s):
Formation: Four teams
Equipment: None

Rules/Directions:

1. Students group together into 4 teams (easiest way may be to have them group together by rows).
2. The teacher selects a list of vocabulary words or a set of questions from the end of a chapter.
3. The students must complete a series of movements to receive each question.
4. When each student in a group has completed the assigned movement they must sit down and raise their hands to receive each question.
5. The teacher will then approach the group to give them the next question.
 - a. To receive the first question, each student in the group must jump to the sky and slap the floor with their hand. Repeat 5 times.
 - b. To receive the second question, the students must hop on one foot while turning in a circle 10 times.
 - c. To receive the third question, students must run in place for 30 seconds.
 - d. To receive the fourth question, students must do imaginary jump rope as fast as possible for 10 seconds.
 - e. To receive the fifth question, students must complete all previous movements.

Variation:

1. This activity can be used for sequencing, listening skills, auditory procession, and multiple intelligences.

Name of Activity: **Everybody is a Star**
Grade Level: 6th
Subject Area: Miscellaneous
North Carolina Standard Course of Study Objective Number(s):
Formation: Walking around the classroom
Equipment: Pen and paper for the Journalist group

Rules/Directions:

1. Each student writes 3-5 questions a journalist would ask a Celebrity/ Super Star and identifies one Super Star.
2. The class is divided into two groups: Journalists and Super Stars.
3. The journalists have 5 minutes to interview as many Super Stars as they possibly can, asking only the three questions they wrote down.
4. The Super Stars can never directly say their name or exactly what it is that they do. The Super Star group must constantly be walking because celebrities are very busy.
5. The journalists try to guess who the Super Stars are based on the answers to their question.
6. After 5 minutes has lapsed the Super Stars reveal who they are and the journalists check to see if their guesses were correct.
7. Switch roles.

Variation:

1. Journalists write an article about Super Stars. Super Stars write a reflective entry about their interviews. Incorporate writing techniques like persuasive writing and inferences. Share writing with the entire class.

Name of Activity: **Have a ball**

Grade Level: 6th - 8th

Subject Area: Miscellaneous

North Carolina Standard Course of Study Objective Number(s):

Formation: Students sitting at desks

Equipment: Each student should have a scrap piece of paper and make a ball

Rules/Directions:

1. Each student should wad up a piece of paper to make a ball. Use the piece of paper for the following exercises:
 - Place the ball on the feet (feet together) while seated, repeatedly toss up and catch the ball with the top of the feet (like hackey sack).
 - Set the ball on elbow. Flip the ball into the air and catch it with the hand on the same side.
 - Lift the feet off the floor (feet together) and rotate the ball over and under the legs using your hands.
 - Toss the ball overhead and catch behind back.
 - Lift the feet (feet slightly apart) and weave the ball between the left and right leg (such as a figure eight).
 - Toss the ball from behind the back and catch in the front.
 - Circle waist while standing.
2. This activity will strengthen the abdominal muscles and quadriceps.

Variation:

1. Allow each student to shoot the ball into the trashcan at the end.

Name of Activity: **Hot Tamale**

Grade Level: 6th - 8th

Subject Area: Miscellaneous

North Carolina Standard Course of Study Objective Number(s):

Formation: Beside desks

Equipment: None

Rules/Directions:

1. Write each direction and corresponding activity on the board or overhead to make it easier for the students to follow.
 - Move backwards - back stroke (swimming motion)
 - Move forward - march in place
 - Move to either side - side stretch in the direction of the hot tamale
 - Up higher - climbing ladder motion
 - Down lower - squats
 - Within one foot of the tamale - students pretend they are stepping on hot coals (in place).
2. One student exits the classroom.
3. The rest of the class watches the teacher hide the "hot tamale" (can be any object) somewhere in the classroom.
4. The student who exited the classroom re-enters.
5. The rest of the class tries to guide him/her to the hidden tamale by performing various physical activities, with each activity corresponding to a different direction. Students are not allowed to talk.
6. Once the student locates the hidden "hot tamale", another student is selected to exit the classroom and the "hot tamale" is hidden in another location so that the game can be repeated.

Name of Activity: **I'm A Student and You're a Student Too!**
Grade Level: 6th - 8th
Subject Area: Miscellaneous
North Carolina Standard Course of Study Objective Number(s):
Formation: Standing at desks or in a circle
Equipment: None (teacher may decide to use a small ball or bean bag)

Rules/Directions:

1. Students stand in a circle or at desks and march in place.
2. Teacher selects a student to begin the game by either pointing to or tossing a small ball to the student.
3. The student begins with the line "I'm a student and you're a student too if...."
4. The student fills in the end of this statement with something characteristic of them that other students may have in common.
Example: "I'm a student and you're a student too if you have on tennis shoes" or "I'm a student and you're a student too if you like to play basketball."
5. All students who share this trait perform an activity such as jumping into the air 3 times or walk to the front of the classroom and switch places with another student that shares the specified characteristic, while all other students continue to march in place.
6. The teacher then selects another student to continue the game.

Variation:

1. Instead of using the word student in the working phrase, insert the name of the school's mascot.
e.g., I'm a Pirate and you're a Pirate too if..."

Name of Activity: **Sports on the Move**
Grade Level: 6th- 8th
Subject Area: Miscellaneous
North Carolina Standard Course of Study Objective Number(s):
Formation: Standing at desk
Equipment: None

Rules/Directions:

1. Teacher will say a sport and movement and students will repeat that movement for about 30 seconds until a new movement is stated.

Examples:

- Basketball: dribble with fingertips; dribble through legs; dribble around back; jump shot and follow through; bounce pass; chest pass; overhead pass; defensive slide to front and back to start position
- Soccer: shot on goal (practice with both feet); inside of foot pass; outside of foot pass; long banana kick; juggle imaginary soccer ball; trap ball with thigh; trap ball with feet
- Baseball or softball: swing a bat; windup and pitch; field a ground ball; catch a fly ball; play imaginary catch
- Tennis: forehand; backhand; serve; volley
- Volleyball: serve, set, dig, spike
- Football: quarterback long pass; short pass; catch imaginary ball; kick field goal; punt; catch a punt; block
- Golf swing
- Drive a NASCAR
- Lacrosse
- Tae Kwon Do

Variations:

1. Ask students to name the sport and movement.
2. Tell students that mental practice and making correct fundamental movements without the equipment can improve performance.

Name of Activity: **What's My Job?**
Grade Level: 6th - 8th
Subject Area: Miscellaneous
North Carolina Standard Course of Study Objective Number(s):
Formation: Partners standing at desk
Equipment: Pencil and paper

Rules/Directions:

1. Students group into pairs at their desks.
2. Partners face each other (one facing the board and the other facing the back of the room).
3. The teacher writes a series of professions on the board which could include:
 - Teacher
 - Basketball Player
 - Hockey Player
 - Airplane Pilot
 - Doctor
 - Fireman
 - Chef
 - Truck Driver
4. The student facing the board must act out the entire list in 2 minutes while the student facing the back of the classroom attempts to write down which profession his/her partner is acting out.
5. After the 2 minutes has ended, the students facing the back of the classroom turn around and see if their lists match that on the chalkboard.
6. Students in each group switch places (the writer becomes the actor and visa versa).

Note: entire game could be played silently

Variation:

1. Create a different list of professions for each group.

Name of Activity: **World's Strongest Student**
Grade Level: 6th - 8th
Subject Area: Miscellaneous
North Carolina Standard Course of Study Objective Number(s):
Formation: Standing at desks
Equipment: None

Rules/Directions:

1. Have students imitate activities that competitors in the "Worlds Strongest Man" competition undertake. Perform each activity for 30 seconds.
 - Chain Drag (walking backwards and pulling)
 - Car Lift
 - Train Push (walking forward and pushing)
 - Anchor Carry (walking forward and pulling)
 - Pole Flip (pretend to toss a small tree trunk as far as you can)
 - Iron Cross (hold arms out to sides holding great weights)
 - Stone Wall (picking up heavy stones from the ground and stacking them on top of a wall)
 - Dead Lift (competitors squat and lift a barrel of rocks with increasing weight).
2. Repeat the entire sequence.

Variation:

1. Teacher may need to explain the activities to the students before the activity starts.

Energizers Movement Bank

1. **Loco motor (traveling forward, back, right, left)**
 - a. Walk
 - b. March
 - c. Jog
 - d. Step touch
 - e. Walking lunge
 - f. Skip
 - g. Grapevines
 - h. Slide
 - i. Gallop
 - j. Hop/jump

2. **Lifts (stationary or traveling)**
 - a. Knee lifts - hands gently touching opposite knee
 - b. Kicks- front, cross and side
 - c. Soccer kick
 - d. Hamstring curl
 - e. Heels- front and side, back
 - f. Kick backs

3. **Hops (stationary or traveling)**
 - a. Bunny hop
 - b. Basketball shoot
 - c. Jump rope
 - d. Boxing
 - e. Ski-stride
 - f. Twist- single/double
 - g. Dance steps- mamba, cha cha, chug, pivot turns

4. **Power (stationary)**
 - a. Jumping jacks
 - b. Lunges
 - c. Squats