Excite Engage Exercise

By Kristen Knoche
Agenda

● HEPA Health
● Motivation
● Engagement and Activities
● Creating Habits
Balloon Game
It's not so much about how you exercise, it's that you do exercise!
“...Physically active youth have higher levels of cardiorespiratory fitness and stronger muscles. They also typically have lower body fat and stronger bones.”

US Department of Health and Human Services
Health Benefits of Exercise

- Boost Energy
- Improve quality of sleep
- Lower anxiety
- Decrease stress
- Improve lung capacity
- Lower blood pressure
- Improve neuropsychological performance
- Lower risk of type 2 diabetes, dementia, hypertension, heart disease, stroke, some types of cancer, osteoporosis.
- And much more!
HEPA Standard

CQ14. Ensure that daily physical activities include a variety of physical activity options aimed at engaging children and youth in fun aerobic and cardio-respiratory (e.g., swimming, jogging, dancing, bicycling, skiing) and age-appropriate bone- and muscle-strengthening (eg. jump rope, pushups, situps) fitness activities.
Aerobic and Cardio-Respiratory

Aerobic activities are those in which young people rhythmically move their large muscles for a sustained period of time. Running, hopping, skipping, jumping rope, swimming, dancing, and bicycling are all examples of aerobic activities. Aerobic activities increase cardiorespiratory fitness. Children often do activities in short bursts, which may not technically be aerobic. However, the Guidelines uses the term aerobic to refer to these types of activities, even if they are done only briefly.

US Department of Health and Human Services
Aerobic: Most of the 60 minutes or more per day should be either moderate or vigorous-intensity aerobic physical activity and should include vigorous intensity physical activity on at least 3 days a week.

US Department of Health and Human Services
Muscle

Muscle-strengthening activities make muscles do more work than usual during activities of daily life. This is called overload, and strengthens the muscles. Muscle-strengthening activities can be unstructured and part of play, such as playing on playground equipment, climbing trees, and playing tug-of-war. Or they can be structured, such as lifting weights or working with resistance bands.
Muscle-strengthening: As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days a week.
“...bone-strengthening activities remain especially important for children and young adolescents because the greatest gains in bone mass occur during the years just before and during puberty. In addition, the majority of peak bone mass is obtained by the end of adolescence.”

US Department of Health and Human Services
Bone

Bone-strengthening activities produce a force on the bones of the body that promotes bone growth and strength. This force is commonly produced by impact with the ground. Running, jumping rope, basketball, tennis, and hopscotch are all examples of bone-strengthening activities. As these examples illustrate, bone strengthening activities can also be aerobic and muscle strengthening.

US Department of Health and Human Services
Bone-strengthening: As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days a week.

US Department of Health and Human Services
Motivation
Why Not?
Reasons

- Dislike or disinterested
- Not important
- Tired
- Too hard
- Social discomfort
- Fear
- Expectations
Provide variety and Choices within activities
HEPA Standard

CQ15. Offer free play with space available for unstructured physical activity or organized physical activities that involve opportunities for all the program’s children and youth.
Which would you rather pick a ball from?
Tag

- Infection
- Toilet
- Freeze
- Partner
- Hide and Seek Tag
- Popsicle Stick
- Pac-man
Make it Interest Based
Find Your Yoshi!
Allow them to Express their Creativity
Create a Game!

- You have 3 minutes to figure out a game that you can play in the gym

- Materials you can use: Yoga Ball, chalk, 5 pieces of paper, a red, green, and blue marker, and your creativity

- The game needs to include some cardio, bone strengthening, and muscle strengthening.

- The game cannot involve hurting others and/or continuous cardio for over a minute

- All must have a chance to play
Team and Unity

- Create a sense of unity and Team, be supportive
- Work towards a group goal
- Everyone has a role and a purpose
- Leadership opportunities
- Teach team teamwork, Growth mindset, self-worth concepts, and attitude
CQ16. Offer non-competitive physical activities (e.g., walking, yoga, swimming, dancing).
Relationship and Feedback

- Create a safe space to have open communication with youth
- Talk with youth that aren’t comfortable with the activity or participating
- Allow them to give you feedback at the end of the activity
- Have them rate what they liked about the activity and what they didn’t
Activities
Ways to Adapt Activities to Fit Individual Needs

- Have a variety of activities that youth can choose from
- Have alternative choices within activities
- Modify or adapt activities to be more inclusive
Dance King/ Queen
Zumba
1. Foot drag
2. Side Step
3. Lunge
HEPA Standard

CQ13: Offer Daily Outdoor Physical Activity.
Questival
Education and Activities

Physical activity also has brain health benefits for school-aged children, including improved cognition and reduced symptoms of depression. Evidence indicates that both acute bouts and regular moderate-to-vigorous physical activity improve the cognitive functions of memory, executive function, processing speed, attention, and academic performance for these children.”

US Department of Health and Human Services
Tips for Incorporating Exercise into Education
HEPA Standard

CQ18. Conduct physical activities that are integrated with enrichment, academic, or recreation content; goal driven, planned, sequentially designed and delivered: and available to all children and youth, directed by trained staff, grouped by age and skill level.
- Have youth walk around the room to different stations
- Have them do physical activity in between stations
- Have wiggle breaks
- Have youth model learning
- Make a dance to remember concepts
Use physical movement to teach concepts
Math Game
How to Play

1. Get into groups of three
2. Pick a role: Solver, Jumper, Scribe
3. The solver will solve the multiplication problem and show it to the Jumper, the Jumper sees the answer and then jumps that many times. The scribe writes the answer.
4. Everyone rotates roles after every problem
Yes No Game
Can Cheetahs run 80 mph?

Yes: Jump to the Right
No: Jump to the Left
Was the Declaration of Independence signed in 1776?

Yes: Jump to the Right
No: Jump to the Left
The Declaration of Independence was officially signed on August 2, 1776.
Is Jupiter bigger than Saturn?

Yes: Jump to the Right
No: Jump to the Left
Jupiter is 43,441 miles around and Saturn is 36,184 miles around.
Can Cheetahs run 80 mph?

Yes: Jump to the Right
No: Jump to the Left
The Cheetah’s top speed is 75 mph
Art
Exercise as a Habit

“Childhood and adolescence are critical periods for developing movement skills, learning healthy habits, and establishing a firm foundation for lifelong health and well-being. Regular physical activity in children and adolescents promotes health and fitness.”

US Department of Health and Human Services
Chores and Daily Tasks
Service
“Adults need to encourage active play in children and encourage sustained and structured activity as children grow older. As children become adolescents, they typically reduce their physical activity, making it all the more important for adults to provide age-appropriate, enjoyable opportunities for physical activity and to encourage youth to participate.”

US Department of Health and Human Services
Personal Records

- Focus on Personal Records and Team Records

- Give credit for teamwork and participation, not based on winning

- Start kids at their own level
Excite, Engage, Exercise
More Ideas
Outdoor

Tag: Regular, Infection, Toilet, Freeze, Partner, Hide and Seek Tag, Pac-man
Soccer: Crab, Chair, King of the Field, Soccer golf
Basketball: Lightning, Around the World, Poison, Horse
Kickball: Pool, Big Ball, Backwards
Football: Flag football, Distance Football
Frisbee: Frisbee golf, Ultimate Frisbee, 500, Chain Frisbee
Night Games: Capture the Flag, Kick the Can, Ghost in the Graveyard, Rambow, Court Jester
Dodgeball: Medic, Revenge, Basket Dodgeball
Four Square: Big Cherry Bomb, Captive
Real Life Tic Tac Toe
Indoor or Outdoor

- Questival
- Drama: 4 in a car, Ready/Action/Scene, Act Out, Charades, Rowboat/Man Overboard/Sailboat
- Dance: Dance off, Dance King/Queen, Zumba, Limbo Like...
- Jumprope: 21 Run, Teddy Bear Teddy Bear, Double Dutch, Snake
- Rock Paper Scissors: hula hoops, Egg/Chicken/Dinosaur,
- Bowling: Freeze bowling
- Balloons: Volleyball, Don’t touch the ground (teams),
- Classroom: Freeze and Find, 4 corners
Sources Cited

