

## I'm Energized!

### The Big Idea

To complement good nutrition and help keep students' bodies healthy (see **Building the Breakfast Habit**), students learn that getting up and moving gives them energy and helps them feel great as they work to incorporate simple activities into each day.

Education Standards: (NHES) Health: 1.5.1, 1.5.2, 7.2.1, 7.2.2, 7.5.1, 7.5.2, 7.5.3; (CCSS) English Language Arts: SL.2.1.A

### GOALS AND SKILLS

#### Students will...

- Understand how everyday physical activity contributes to overall health
- Brainstorm ways that they can participate in physical activity throughout the day
- Create their own physical activity

#### Supplies and Preparation:

- Whiteboard or chart paper
- Make copies of the **Instant Energy Superhero Activity Card** handout for each student
- Create a sample **Instant Energy Superhero Activity Card** to share with students as a model of excellence

**Background for Teacher:** Learn more about physical activity as it relates to an overall healthy lifestyle at <http://www.choosemyplate.gov/physical-activity.html>. Also check out the Family Health Series website at <http://www.familyhealthseries.org> for more information about exercise and staying healthy.

### INSTRUCTION STEPS

**1. Energy is a “Super Power”!** Explain to students that being active is one of the best things they can do to keep their bodies strong and healthy. Remind students that at least 60 minutes of physical activity is needed every day. Physical activity makes your heart beat fast, pump fresh blood to your legs, fingers, toes, keeps your body healthy, and helps give you the energy to do the things you love to do – but do them better. In fact, energy is very much like a “super power”! Use the following guiding questions to discuss physical activity as a class:

- *What does “physical activity” mean?*
- *Are there activities you like to do that make you feel energized and happy?*
- *Why is it important to get up out of your chair and move?*

**2. “Energy” Superheroes.** Tell students that getting up and moving is a sure way to beat the “blahs” – those moments when they need a boost of “super power” energy. What actions can they think of to get up and get moving to make their hearts beat faster and get a good midday stretch? Invite students to come up with cool moves by envisioning their favorite superheroes!



Record ideas on the blackboard, whiteboard or a computer document. Use the idea starters below to get students thinking creatively.

### Super Power “Blah Busters” Idea Starters:

- *Hero Hatch*: Start in a relaxed seated or standing position – and slowly “hatch like a bird,” little by little until stretched high and tall
- *Start Your Engines*: Jump or jog in place for a specific amount of time, moving progressively faster as time continues (teachers should time students)
- *Use Your Power*: Circle arms overhead and toss an imaginary “lasso” or “web”
- *Fly Away*: Flap arms slowly, then quickly – and see how wide you can stretch your “wing span”

**3. Instant Energy Superhero Activity Cards.** Using the brainstorming ideas, invite students to create their own instant energy superhero activity cards using the *Instant Energy Superhero Activity Card* handout. On one side, have students create a name for their movement and draw a picture of their superhero doing the stretch. Challenge students to come up with “action hero key words” to help give their moves clever names! On the back, have students write out instructions and list one of the benefits of their activity for personal health. Share with students your model of excellence.

**4. Superhero Share Out.** After students have finished their superhero activity card, have them present their activity by leading the class in doing their superhero stretch.

### Modifications:

- Students who must remain seated can participate via arm movements
- Play background music during the stretches

**5. Instant Energy Grab Bag Wall.** Create an “Instant Energy Grab Bag Wall” to display each student’s superhero activity card. As the class takes breaks between lessons, or if they need a quick boost, students can choose one “energy” action from the Grab Bag Wall to reinvigorate themselves during the day.

**6. Extend the Lesson.** Challenge students to use their superhero activity cards to create jingles or rhymes that encourage physical activity.

**7. Home Connection.** Let parents know that you’re incorporating small but energetic moves into your classroom routine. Ask students and families to brainstorm “Energy At-Home” idea starters and record their top ten favorites. Have students bring the lists back to class and choose which ideas to add to the “Instant Energy Grab Bag Wall.”

JUMP

DANCE

RUN

HOP

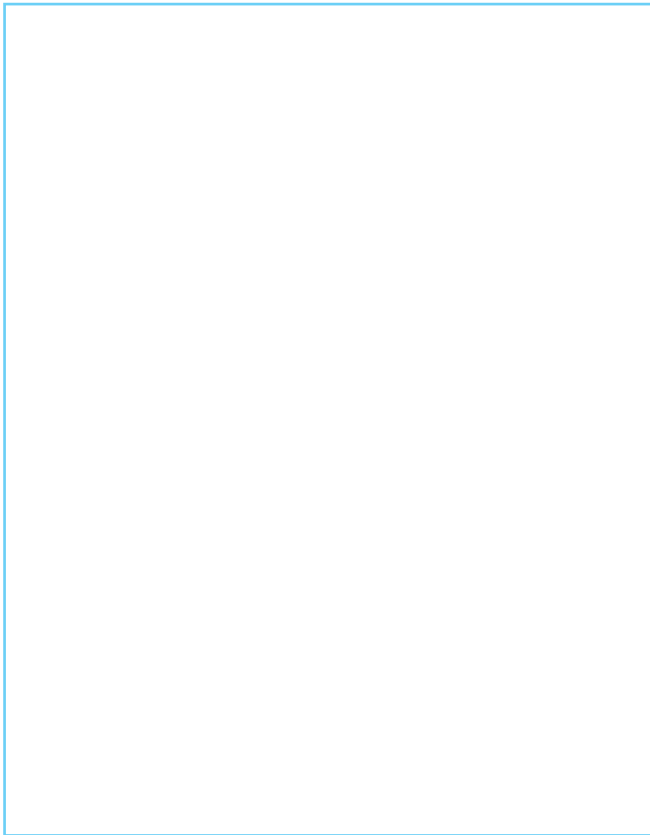
### STUDENT HANDOUT: Instant Energy Superhero Activity Card

Name: \_\_\_\_\_

Create your own instant energy superhero activity card! On the front, write a clever name for your movement and draw a picture of your superhero doing the stretch. On the back, write out instructions and list one health benefit of your exercise.

## Instant Energy Superhero Activity Card

\_\_\_\_\_  
**Superhero Movement Name**



**Superhero Sketch**

**Instructions:**

**Health Benefit:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_