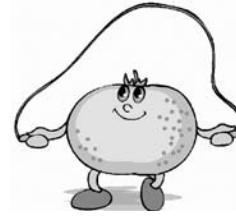


Active Play EVERY Day!



Use the ideas and resources in this booklet to take action for wellness.

Content	Pages
Active play promotion ideas.....	Pages 2 - 3
Cafeteria connection and menu ideas.....	Page 4
Active play facts and teaching points.....	Pages 5 - 6
Classroom activities.....	Pages 7 - 14
Pre K-2	
Grades 3-5	
Grades 6-8	
Family active play handout.....	Page 15
Staff wellness ideas and handout.....	Pages 16 -17
Ideas to link with the community.....	Page 18
Wellness success measures.....	Page 19
Additional resource web links.....	Page 20
Wellness action planning form.....	Inside back cover

For your convenience, copy ready handouts are included!

Great for parent nights, health fairs, and more!

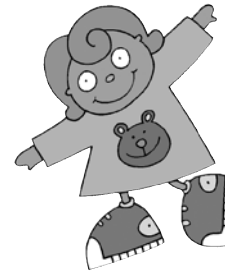
Active Play Challenge	Page 14
Family Tips: <i>Active Play EVERY Day</i>	Page 15



**Classroom:
Multiple
Grades**

Activity Idea: SpellerCise

Active Play EVERY Day!



Description: While in motion, kids will practice spelling.

National Health Education Standards: 1, 3, 6

Things you need:

Note, for greater effectiveness: In advance, coordinate the activity with a PE teacher who can explain and demonstrate the difference between aerobic activities and ways to increase flexibility in PE.

- Index cards with a spelling word on one side and a physical movement on the other side. Make enough so there is 1 card per player. Ideas:
 - Slide, arm circles forward, climbing rocks (pretend), walk in place, skip, arm circles backward, jumping jacks, run in place, stretch up to the sky, touch your toes, hop on one foot, swim, gallop, march
- For Pre-K and K: Alphabet flash cards with animal pictures

Activity:

1. Distribute index cards with a spelling word on one side and a physical movement on the other side.
2. Have each player look on their card at the spelling word and the movement.
3. Give a signal for players to begin doing the physical movement listed on their card while practicing the spelling word listed on the other side of their card.
4. After 30 seconds or less, instruct players to switch cards with another player and to spell the word being traded while acting out the motion. *Suggestion:* Do this in a circle and switch cards by passing them to the right.
5. When spelling is completed, signal again for players to practice their new spelling word and physical movement and repeat the index card trade-off.
6. Talk with the group about how kids who are more active every day do better in school. Ask the group if they can tell you the difference between aerobic play (keep your heart healthy) and movement to keep you flexible. Ask them to set a goal for active play every day.

Lower Level Revision (Pre K, K):

- Perform as a group rather than as individuals.
- Use alphabet cards with animal pictures.
- Check the player's letter and sound recognition while they move like the animal on their card.