



# Oliver's team talk

A Monthly Publication for Education Professionals & Families from The Oliver Foundation Vol. 3, Issue 1, January 2007

## Teach! TEACHERS' CORNER

### What counts as physical activity?

Physical activity doesn't have to be the same boring exercises. Anything that gets your body moving counts as physical activity. Teach your kids the difference between exercise, physical activity and physical fitness.

**Exercise** is planned, structured and provides repetitive movements.

**Physical activity** is any body movement produced by the muscles that results in energy expenditure.

**Physical fitness** is a set of attributes that people have or achieve relating to their ability to perform physical activity. The health-related components of physical fitness include the following: body composition, cardiovascular endurance, flexibility, muscular endurance, and muscular strength.

## Excite! READY, SET, GO!

Try this activity to get kids thinking about different kinds of physical activity.

1. In small groups, have your class brainstorm different types of physical activity and exercises. Come up with your own list too, and try to include ideas the class wouldn't think of.
2. Have the groups share their lists and write all ideas on the board.
3. Have the class vote to decide if each idea is exercise or physical activity (skip this with younger kids).
4. Add any ideas from your list which weren't included on the students' list.
5. Have each student discuss if there were any ideas on the board that they hadn't thought of.

## Activate! MAKE YOUR MOVE

Have your kids try a new activity they might not have thought of as physical activity. If your class completed the Excite! Activity, do one of the activities that most of the class hadn't thought of as physical activity. Or, try these suggestions:

- Frisbee
- Jump rope
- Tag
- Tennis
- Yoga
- Playing catch

## Motivate! SPREAD THE WORD

Have your students try a new activity at home. Have each child come up with a new physical activity or exercise that they would like to try.

When they go home, students should do the activity that they chose. Have the kids write a brief story about their activity. What did they do? What did they like about it? Will they try it again?

Once every student in the class has completed their activity and brought back their story, give the class a special physical activity related reward, such as extra recess time or playing a game outside.

Make **HEALTHY CHOICES** for Life!<sup>SM</sup>

The Oliver Foundation 5535 Memorial Dr., Suite F., #256 Houston, TX 77007 713-862-7899 fax 713-862-7911