



ELEMENTARY CLASSROOM ACTIVITY

Move It!

OBJECTIVE

After brainstorming activities that increase their breathing and heart rate, students will illustrate how their classroom could be redesigned to create space for physical activity.

OVERARCHING QUESTION

How can students be more physically active throughout the school day?

WHAT'S THE PROBLEM?

- Doctors recommend that youths between the ages of **6 and 17** participate in at least **one hour of physical activity** every day.
- In reality, only about **1 in 4** children are this active.
- **Less than 2 percent** of elementary schools have regular physical activity breaks during the school day, beyond recess and P.E. class.¹

Regular physical activity helps children develop into healthy adults. It improves heart and lung health, builds strong muscles and bones, controls weight, and reduces the risk of developing more serious health conditions like diabetes, obesity, and heart disease. Physical *in*activity increases the risk of these conditions.

COLLABORATE AND BRAINSTORM

One hour of physical activity may seem like a lot, but it doesn't have to be done all at once! The easiest way to get the physical activity you need is to include it throughout your day in small bursts.

Work with a partner to brainstorm and discuss:

- What kinds of physical activity get your heart, lungs, and/or other muscles working harder than usual?
- What kinds of physical activity do YOU like to do?
- Is there space in your classroom to complete these activities?

When you exercise, your muscles need extra oxygen. This is why your heart beats more quickly and you breathe harder. Brainstorm exercises that you can't do while you sing. This is a sign that you are working hard enough! Ideas include jumping jacks, dancing, jogging, hopping, grapevine, lunges, pushups, squats, and power walking.

DESIGN AND CREATE

Apply your brainstorming and take action:

1. Examine your class's daily schedule and figure out good times to take physical activity breaks. Be creative! For instance, could you jog in place every half-hour during ELA or do jumping jacks to start your Morning Meeting? Rewrite your class schedule with these activities included.
2. Then consider: How could you redesign your classroom to make these physical activity breaks possible or more fun? Think about furniture and other things in your classroom and how they could be rearranged to make more room for movement.
3. Once you have an idea in mind, use the Classroom Redesign handout to create a map that shows this redesigned space. Measure the perimeter of your classroom and some of the furniture to make sure your design is realistic.

MAKE IT BETTER

Present your physical activity plan and classroom redesign to at least two other pairs. As you learn about your peers' ideas, think about which parts of their design are most likely to help students become more active. Then work with your partner to revise your own design and be ready to explain why you made these changes!

KEEP IT GOING

How could you extend your physical activity beyond the school day? Create a personal plan for being active before and/or after school and redesign an area of your home to make this possible.

K-2 CONSIDERATIONS

Work as a full class to rewrite your classroom schedule. Then create a list of your classroom's key features (include symbols or shapes that students can use to represent these items on their own maps), so students have a starting point when they begin their redesign.

STANDARDS

Next Generation Science Standards

ETS1.B: Developing Possible Solutions

- Research on a problem should be carried out before beginning to design a solution. Testing a solution involves investigating how well it performs under a range of likely conditions.

Sources

1. "The 2018 United States Report Card on Physical Activity for Youth and Children." National Physical Activity Plan Alliance. physicalactivityplan.org/projects/PA/2018/2018%20US%20Report%20Card%20Full%20Version_WEB.PDF?pdf=page-link.
2. "Physical Activity Facts." CDC Healthy Schools. cdc.gov/healthyschools/physicalactivity/facts.htm.

CLASSROOM REDESIGN

STUDENT HANDOUT

Redesign your classroom in the space below. The grid is included to help you draw your new classroom map *to scale*. *To scale* means that your drawing would look like your classroom if it was blown up to its actual size. For instance, if a bookcase is about the same size as one desk in your classroom, the bookcase and desk should also be about the same size in your design.


