



Educator guide: 3-2-1-0 lesson

Recommended for grades:

4th grade

Time:

2 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. Describe at least three healthy behaviors (including at least one that specifically helps keep the mind healthy) they can do each day.

Lesson description:

In this lesson students will learn about the concept of 3-2-1-0. This helps students remember to eat three meals, have 2 hours or less of sedentary activity, get 1 hour of physical activity and have zero sugary beverages each day.



Pre and post-test questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. Outside of school, you should get no more than how many hours of sedentary activity each day?
 - a. **2 hours**
 - b. 3 hours
 - c. 4 hours
2. How much physical activity should you get each day?
 - a. 30 minutes
 - b. 45 minutes
 - c. **60 minutes**

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the 3-2-1-0 lesson. You may choose to use this list in any way that fits your needs.

- Physical activity – any type of activity that gets the body working harder than normal
- Sedentary activities – things you do where you are sitting still and being inactive. Examples include watching TV or playing video games.
- Sugar – a sweet substance commonly used to sweeten foods and beverages

Supplemental activity: Factors that influence health behaviors

Objectives:

After completing this activity students will be able to:

- Describe at least two external factors such as family, peers, culture, media, technology and environment that can influence health behaviors.
- Describe at least two internal factors such as personal values, beliefs and emotions that can influence health behaviors.

Materials needed:

- Chalkboard or whiteboard

Time required:

20 minutes

Instructions:

Have a discussion with students about things that can influence, or impact, their health behaviors. Write the influences on the board.

Here is a list of some factors that can have an influence on health behaviors:

- Friends
- Family
- Family income
- School environment
- Home environment
- Personal values and beliefs
- Cultural background
- Media
- Technology
- Emotions

Internal factors include your own personal beliefs, values and emotions. External factors include where you live, where you go to school, your family's situation, etc. Have students categorize each influence they came up with as either an internal or external factor.

Discuss with students how much control of these factors they think they have. Here are some questions to start the discussion:

- How have friends and family influenced your health behaviors?
- How has your home or school environment influenced your health behaviors?
- Can you change any of the internal factors? If so, how?
- How do your personal values and beliefs affect your health behaviors?
- Can personal values and beliefs change?

Encourage students to pay attention to both internal and external factors over the next week, and think about how these factors can affect their health behaviors.

Transcript

Slide 1

Ian: Hi. I'm Ian!

Carly: And, I'm Carly. Thanks for hanging out with us today.

Ian: This month at school we're learning about different ways to keep our bodies healthy.

Carly: Yeah, our class has already done some really cool stuff. We even had a competition to see which class could walk enough steps to get all the way across the country!

Slide 2

Ian: Our teacher, Miss Olson, taught us a really easy way to remember some of the ways to stay healthy. 3-2-1-0 blast off! Click on each number to learn what it stands for.

Carly: 3 stands for eating three meals a day. Each day is an adventure and we need to give our bodies fuel throughout the day!

Ian: 2 stands for 2 hours or less of sedentary activities each day. Those are things we do where we're pretty much just sitting still. So, like playing video games or watching TV. Because we sit most of the day at school, it's important to be active after school and on the weekends.

Carly: 1 stands for getting one hour of physical activity each day. That may sound like a lot, but it's really not. I like to walk my dog, play softball and I'd dance all day long if I could!

Ian: And 0 stands for drinking zero sugary beverages. Soda and sports drinks really aren't great for our bodies. Water is so much better!

Slide 3

Ian: Great job, you've completed this lesson!



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