



## Educator guide: Get 60 game

### **Recommended for grades:**

8<sup>th</sup> grade

### **Time:**

5 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](http://shapeamerica.org).

### **Activity description:**

In this game tiles that represent minutes of physical activity or sedentary activities will drop from the top of the screen. Physical activity tiles can be moved left or right and the goal is to line up physical activity tiles that add up to 60 minutes or more, either vertically or horizontally. The game will end when the tiles build up to the top of the screen.

### **Vocabulary:**

Use the following list of vocabulary as a reference for yourself or your students as you complete the Get 60 game. 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
- Screen time – time spent using a device such as a computer, phone, tablet, television or game console



# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



# Nutrition and physical activity resources for parents, caregivers and educators

- American Heart Association, [heart.org](https://www.heart.org)
- Centers for Disease Control and Prevention (CDC), [cdc.gov](https://www.cdc.gov)
- Children's Wisconsin, [childrenswi.org](https://www.childrenswi.org)
- KidsHealth, [kidshealth.org](https://kidshealth.org)
- Mental Health America, [mhanational.org](https://mhanational.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://www.nimh.nih.gov)
- Society of Clinical Child & Adolescent Psychology, [effectivechildtherapy.org](https://www.effectivechildtherapy.org)
- U.S. Department of Agriculture (USDA), [myplate.gov](https://www.myplate.gov)
- Wisconsin Department of Public Instruction Student Services/Prevention and Wellness, [dpi.wi.gov/sspw](https://dpi.wi.gov/sspw)



# Transcript

## Instructions

Two types of tiles will drop from the top of the screen. Physical activity tiles, and screen time tiles.

You can move the physical activity tiles from left to right as they fall, by clicking anywhere to the left or right of them.

The screen time tiles fall straight down and cannot be moved.

Each physical activity tile has a time value. Your goal is to line up physical activity tiles whose values add up to 60 minutes or more.

Line them up horizontally to clear the entire row.

Line them up vertically to clear the entire column. Each time you clear a row or column you earn one day of physical activity.

When the tiles reach the line at the top, the game ends. See how many days of activity you can earn before this happens. Ready to begin?



# Acknowledgements

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