



Educator guide: Run for your health game

Recommended for grades:

4th grade

Time:

5 minutes

Prerequisites:

In order for students to be successful in the game, they would benefit from participating in the following lessons:

- Nutrition lesson
- Physical activity lesson
- Healthy minds lesson

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.
- Standard 2: Analyze influences that affect 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.
2. List three valid sources of health information, such as a doctor, nurse, nutrition facts labels and choosemyplate.gov.
3. Explain why eating a variety of healthy foods is important to keep the body working properly.
4. List three things that can help them get a good night of sleep.
5. Explain two benefits of physical activity.
6. Describe at least two external factors, (such as family, peers, culture, media, technology, school environments and physical environments) that can influence health behaviors.
7. Describe at least two internal factors, (such as personal values, beliefs and emotions) that can influence health behaviors.

Activity description:

In this game students choose a character and race to the finish against other characters. Students will be asked questions about nutrition, physical activity and healthy minds and the more questions they answer correctly, the faster they will run. They will also come across healthy and unhealthy foods on the track. Healthy foods will give them a speed boost and unhealthy foods will slow them down. The questions change each time the game is played, so allow students to play more than once!

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Run for your health activity. You may choose to use this list in any way that fits your needs.

- Vocabulary word – definition
- Aerobic activities – physical activities where you move your whole body and increase your heart rate and breathing. Examples include soccer, swimming, skating and walking at a fast pace
- Calorie – a unit of energy
- Flexibility activities – physical activities that help increase the range of motion of your joints, which allows you to move more freely. Examples include yoga, martial arts and dancing.
- Mindfulness – a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations
- MyPlate – a tool created by the USDA that provides information about the food groups and how much should be eaten from each of them every day
- Nutrients – substances in food that give the body energy and help it grow and develop properly
- Nutrition facts label – an information label found on packaged foods that shows serving size, calories, the amount of fat, fiber, sugar and vitamins contained in the food, along with other important nutrition information about that particular food
- 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 games console
- Sedentary activities – things you do where you're pretty much just sitting still and being inactive. Examples include watching TV or playing video games.
- SMART goal – a goal that you want to achieve, that is specific, measurable, attainable, relevant to you and timely
- Strength activities – physical activities where you work to strengthen a specific muscle group. Examples include sit-ups, push-ups and lifting weights.
- Yoga – a mind and body practice that combines physical postures, breathing techniques and meditation or relaxation

Transcript

Instructions

Welcome to Run for your health. The more questions you answer correctly, the faster you will run. As you run, you will see some healthy and unhealthy foods on the track. Catch the healthy foods for a short burst of speed. Jump or tap the screen to jump over the unhealthy foods, or they will slow you down. Good luck and see you at the finish line!

Questions (Correct answers are in bold. Questions will appear in random order in the game.)

1. About how many hours of sleep does the average fourth grader need per night?
 - a. 7 (Not quite. Fourth graders generally need around 10 hours of sleep each night.)
 - b. 8 (Not quite. Fourth graders generally need around 10 hours of sleep each night.)
 - c. **10**

2. How much physical activity should you try to get each day?
 - a. 30 minutes (Not quite. You should try to get 60 minutes of physical activity each day.)
 - b. 45 minutes (Not quite. You should try to get 60 minutes of physical activity each day.)
 - c. **60 minutes**

3. Which of these is a physical activity?
 - a. Eating (Sorry. Swimming is a physical activity, but eating and reading are not.)
 - b. **Swimming**
 - c. Reading (Sorry. Swimming is a physical activity, but eating and reading are not.)

4. Which of the following is a valid source of information that can help you figure out what types of foods you should be eating every day?
 - a. MyFoods (That's incorrect. MyPlate is the tool that can help you figure out what types of foods you should eat every day.)
 - b. MyMeals (That's incorrect. MyPlate is the tool that can help you figure out what types of foods you should eat every day.)
 - c. **MyPlate**



5. What is the maximum amount of time you should spend on inactive, or sedentary, activities, per day, outside of school?
- 2 hours**
 - 3 hours (Sorry, but three hours would be too much. You should aim for 2 hours or less of inactivity each day.)
 - 4 hours (Sorry, but four hours is too much. You should aim for 2 hours or less of inactivity each day.)
6. Which of the following would be a good source of nutrition information?
- TV commercial (That's incorrect. A TV commercial is trying to sell you a specific product, which means it is not a valid source of information.)
 - Friends (That's incorrect. Friends can be helpful at times, but they're not necessarily a valid source of nutrition information.)
 - Nutrition Facts Labels**
7. Which of these is a reason why people eat?
- They're hungry. (Almost. Actually, all of these are reasons why people eat.)
 - The food smells good. (Almost. Actually, all of these are reasons why people eat.)
 - They're bored. (Almost. Actually, all of these are reasons why people eat.)
 - All of the above.**
8. About how long does it take for the nerves in the stomach to send a message to the brain saying you've eaten enough?
- 5 minutes (Nope. It actually takes about 20 minutes for that signal to reach the brain.)
 - 20 minutes**
 - 45 minutes (Nope. It actually takes about 20 minutes for that signal to reach the brain.)
9. What are the three main types of physical activity?
- Aerobic, strength, and stretching**
 - Weight management, jumping, and swimming (That's incorrect. The three main types of physical activity are aerobic, strength, and stretching.)
 - Aerobic, stretching, and sedentary (That's incorrect. The three main types of physical activity are aerobic, strength, and stretching.)
10. Which type of physical activity gets your whole body moving and your heart rate up?
- Aerobic**
 - Strength (Nope. Strength training is good for you, but aerobic activity gets your whole body moving and your heart rate up.)
 - Stretching (Nope. Stretching is good for you, but aerobic activity gets your whole body moving and your heart rate up.)



11. Sit-ups and push-ups are examples of what type of physical activity?
- Aerobic (Nope. These are examples of strength training.)
 - Strength**
 - Stretching (Nope. These are examples of strength training.)
12. Sedentary activities include:
- Gardening (Not quite. Watching TV is considered a sedentary activity.)
 - Walking (Not quite. Watching TV is considered a sedentary activity.)
 - Watching TV**
13. Having more energy, being able to focus better and sleeping better at night are all benefits of what?
- Sedentary activity (That's incorrect. These are all benefits of physical activity.)
 - Physical activity**
 - Playing video games (That's incorrect. These are all benefits of physical activity.)
14. What does being mindful mean?
- Following the decision making process (Actually, being mindful means noticing your thoughts, what your body feels like, what you are hearing and anything around you at that moment.)
 - Noticing your thoughts, what your body feels like, what you are hearing and anything around you at that moment.**
 - Explaining your feelings (Actually, being mindful means noticing your thoughts, what your body feels like, what you are hearing and anything around you at that moment.)
15. All electronics should be turned off at least how many minutes before bedtime?
- 10 minutes (Not quite. Electronics should be turned off at least 30 minutes before bedtime.)
 - 15 minutes (Not quite. Electronics should be turned off at least 30 minutes before bedtime.)
 - 30 minutes**

16. What are three healthy behaviors that can be done each day?
- Running a marathon, sleeping 7 hours a night and drinking soda for energy (Well, you can't run a marathon every day, you need more than 7 hours sleep each night and drinking soda is not a good way to give your body energy.)
 - Sleeping 10 hours a night, getting an hour of physical activity and eating healthy foods**
 - Sleeping 12 hours a night, playing video games and drinking sports drinks for energy (Well, most kids your age need around 10 hours of sleep, playing video games each day probably isn't very healthy and sports drinks aren't needed for energy. Food gives us energy.)
17. What are three sources of valid health information?
- Friends, websites, and food packages (Remember, friends don't know everything, not all websites are valid and food packages are mainly to sell you the product.)
 - Nurses, nutrition labels, and [choosemyplate.gov](https://www.choosemyplate.gov)**
 - Websites, TV commercials, and older siblings (Remember, not all websites are valid, TV commercials are trying to sell you the product and older siblings don't always know everything.)
18. Which of the following will help you get a good night's sleep?
- Keep the room you sleep in warm. (Sorry, but actually the opposite is true. Try to keep your room cool for sleeping.)
 - Only use your bed for sleeping and reading.**
 - Falling asleep with the TV on. (Nope. Watching TV, or using any electronic device, is likely to keep you awake longer.)
19. Why is it important to eat a variety of foods each day?
- It helps us get all of the nutrients our bodies need.**
 - It helps us stay up later. (Sorry, but it's important that we eat a variety of foods each day so that we get all of the nutrients our bodies need.)
 - It helps use up the groceries at home. (Sorry, but it's important to eat a variety of foods each day so that we get all the nutrients our bodies need.)
20. What are two external factors that can influence your nutrition or physical activity habits?
- Your emotions and your beliefs (Not quite. Those are actually internal factors.)
 - Your friends and the environment you're in**
 - The environment and your personal beliefs (Not quite. One of those is an internal factor, not an external factor.)



21. What are two internal factors that can influence your nutrition or physical activity habits?
- Your family and TV commercials (Sorry, but those are actually external factors.)
 - The media and your friends (Sorry, but those are actually external factors.)
 - Your emotions and your personal values**
22. What is a calorie?
- A nutrient (Nope, a calorie is a unit of energy.)
 - A unit of money (Nope, a calorie is a unit of energy.)
 - A unit of energy**
23. Which of the following is an example of a flexibility activity?
- Yoga**
 - Lifting weights (Lifting weights can be good for you, but it is not a flexibility activity.)
 - Soccer (Soccer is a great exercise, but it is not a flexibility exercise.)
24. What are sedentary activities?
- Activities you do outside (Sorry, but sedentary activities are activities where you are sitting still and not moving your body.)
 - Activities that don't involve moving your body**
 - Activities that stretch your muscles (Sorry, but sedentary activities are activities where you are sitting still and not moving your body.)
25. Which of the following can be a benefit of physical activity?
- You'll feel better about yourself.**
 - You won't need to sleep as much. (That's incorrect. Physical activity is great for you, but it does not mean you will need less sleep.)
 - You'll be able to skip breakfast. (That's incorrect. Physical activity is great for you, but it does not mean you should skip meals.)
26. Which of the following is a short-term risk of not getting enough physical activity?
- Less injuries (That's incorrect. You are actually more likely to get injured doing your regular everyday activities.)
 - More flexibility (That's incorrect. If you don't get enough physical activity, you will become less flexible.)
 - Less energy**

27. Which of the following is a physical activity you could do in cold weather?
- a. Shoveling (Not quite. All of these are physical activities you could do in cold weather.)
 - b. Sledding (Not quite. All of these are physical activities you could do in cold weather.)
 - c. Indoor dance party (Not quite. All of these are physical activities you could do in cold weather.)
 - d. **All of the above.**
28. Which of the following is a SMART goal?
- a. I want to run a marathon next year. (Not quite. This goal might not be very attainable for someone your age. Plus, next year is not very specific.)
 - b. **I will eat five servings of fruits and vegetables each day this week.**
 - c. I will get more sleep. (Not quite. This goal is not very specific, and it doesn't state when you would like to reach the goal.)

Acknowledgements

Children's Wisconsin gratefully acknowledges the contributions and support provided by the Wisconsin Department of Public Instruction for the research, development and delivery of Nutrition and physical activity lessons and activities.

Children's Wisconsin would also like to acknowledge the following individuals for serving as subject matter experts during the development of Nutrition and physical activity lessons and activities for 4th grade:

Brian Butler, PT, DPT, LAT, Children's Wisconsin

Jennifer Crouse, MS, RD, CD, CDE, Children's Wisconsin

Eileen Hare, MS - Wisconsin Department of Public Instruction

John Parkhurst, Ph.D. LP, Child & Adolescent Psychologist, Assistant Clinical Professor of Psychiatry Medical College of Wisconsin

A special thank you to the following schools and organizations for their help in making our videos possible:

Summit View INC Elementary School, Waukesha, WI

Wilson Elementary School, West Allis, WI

YMCA of Metropolitan Milwaukee (Parklawn YMCA)

Thank you to our funding partners for making





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