



Educator Guide: Skee Ball Game

Recommended for Grades:

7th grade

Time:

5 minutes

Prerequisites:

For students to be successful in the Skee Ball Game, students would benefit from participating in the following lessons:

- 3-2-1-0 Lesson (7th grade)
- Nutrition Lesson (7th grade)
- Physical Activity Lesson (7th grade)
- Healthy Minds Lesson (7th grade)
- Goal-Setting Lesson (7th grade)

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 3: Access valid and reliable resources to support health and well-being of self and others.
- Standard 6: Use a goal-setting process 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 activity students will be able to:

1. Describe at least three healthy behaviors (including one that specifically helps keep the mind healthy) they can do each day.
2. Determine if a source of health information is a valid source or not.
3. Explain what a SMART goal is.
4. Distinguish between light, moderate and vigorous physical activity.
5. Define body image.
6. List at least two factors that can affect a person's body image.

Activity Description:

In this game, students will be asked questions about nutrition, physical activity, sleep, goal setting, body image and more. Before each question, they will choose how many points they would like to try for. The more points they go for, the more difficult the question will be. The more questions they answer correctly, the higher their score will be. The game ends after eight questions. Game play takes approximately 5 minutes, but students may wish to play the game more than once.

Vocabulary:

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

- Aerobic activities – physical activities that require you to move your whole body and increase your heart rate and breathing; examples include soccer, swimming, skating, walking at a fast pace, etc.
- Attainable – able to be reached or achieved
- Body image – how you see yourself when you look in the mirror or picture yourself in your mind
- Brain – the organ inside the head that controls thought, memory, feelings and activity
- Down time – time spent where a person is not focused on anything in particular and just lets the mind wander, or simply relaxes, helping the brain recharge
- Exercise – activity requiring physical effort, done to sustain or improve health and fitness
- Fiber – a nutrient that helps food move through the digestive system and helps you feel full
- Flexibility training 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



- Goal – something you decide to work towards achieving
- Heart – muscle that pumps blood throughout the body
- Measurable – able to be described in specific terms, such as size, amount, duration or mass
- Media – communication channels through which news, entertainment, education, data or promotional messages are disseminated, including newspapers, magazines, TV, radio, billboards, direct mail, telephone and internet
- Melatonin – a hormone that controls the sleep/wake cycle
- Muscles – fibrous tissues that help move our bodies
- Nutrition Facts label – a label required on most packaged foods that provides detailed information about a food's nutrient content, such as the amount of fat, sugar, sodium and fiber it contains
- Physical activity – any type of activity that gets the body working harder than normal
- Puberty – the period of time where the body begins to develop and change from that of a child to that of an adult
- Relevant – important or significant and connected with what is happening or being discussed
- Saturated fat – fat that usually comes from animal products (meat and dairy products) that are typically solid at room temperature
- Screen time – time spent using a device such as a computer, phone, tablet, television or game console
- Sleep – the natural state of rest in which the eyes are closed and the body is inactive, allowing the body and brain to rest and recover
- SMART goal – a goal that is specific, measurable, attainable, relevant, and timely
- Specific – clearly defined or identified
- Strength training activities – physical activities that strengthen a specific muscle group; examples include sit-ups, push-ups and lifting weights
- Sweetened drinks – drinks that contain added sugar, such as lemonade, flavored milks, sports drinks, soda, etc.
- Timely – having a timeframe or target date
- Trans fat – a type of fat found in foods such as fried foods, doughnuts and baked goods (cakes, pie crusts, cookies, and biscuits), frozen pizza, crackers, stick margarines and other spreads
- Whole grains – grains that contain 100% of the original kernel (all of the bran, germ and endosperm)
- Yoga – a mind and body practice that combines physical postures, breathing techniques and meditation or relaxation

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 Academy of Pediatrics, [healthychildren.org](https://www.healthychildren.org)
- 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://www.kidshealth.org)
- Mental Health America, [mhanational.org](https://www.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)
- Wisconsin Department of Public Instruction Student Services/Prevention and Wellness, dpi.wi.gov/sspw



Transcript

Instructions

In this game you'll be asked questions about what you've learned in this course and earn points for correct answers. You get to choose the point total for each question. The higher the point total, the more difficult the question. Good luck!

Questions within each point value category will appear in random order. Correct answers are in bold.

Choose

Choose the point value for this question.

For 1000

For 1000 points...

It's OK to skip breakfast as long as you eat lunch and dinner.

- a. True (Nope. Skipping meals can make you tired and cranky.)
- b. False (That's right. Skipping meals can make you tired and cranky.)**

How much physical activity should you get each day?

- a. None (No way! It's recommended that you get 1 hour of physical activity each day.)
- b. 30 minutes (Sorry, but that's not enough. It's recommended that you get 1 hour of physical activity each day.)
- c. 1 hour (Correct! One hour of physical activity is best.)**

Which of the following is a valid source of health information?

- a. Nutrition Facts labels (You're right. You can get a lot of valid information from Nutrition Facts labels.)**
- b. TV commercials (Sorry, but the purpose of TV commercials is to sell products, not to give you valid information.)
- c. Friends (Sorry. Friends are great, but they don't always know everything.)

Which of the following is a light intensity physical activity?

- a. Shoveling snow (Not quite. Shoveling snow usually requires a moderate amount of effort.)
- b. Stretching (Correct! Stretching is a light intensity physical activity.)**
- c. Playing soccer (That's incorrect. Soccer is usually a vigorous intensity activity.)



Which of the following provides the most valid nutrition information?

- a. Front of food packages (That's incorrect. Companies can say just about anything on the front of their packages.)
- b. Nutrition Facts labels (That's right. Nutrition Facts labels can provide lots of valid information.)**
- c. TV commercials (That's incorrect. TV commercials are made to sell products, not to provide valid information.)

Which type of exercise is best for the heart and lungs?

- a. Aerobic exercise (You're right! Aerobic exercise is best for your heart and lungs.)**
- b. Strength training (Not quite. Aerobic exercise is best for the heart and lungs, while strength training is great for the other muscles in your body.)
- c. Flexibility training (Not quite. Aerobic exercise is best for the heart and lungs.)

Which of these is an example of aerobic exercise?

- a. Weight lifting (Sorry, but weight lifting is considered strength training.)
- b. Yoga (Not quite. Yoga is considered flexibility training.)
- c. Swimming (That's right! Swimming is a great aerobic exercise.)**

Which of these is a benefit of getting regular physical activity?

- a. Reduces your risk for certain diseases (Not quite. All of these are benefits of getting regular physical activity.)
- b. Helps you maintain a healthy weight (Not quite. All of these are benefits of getting regular physical activity.)
- c. Helps you sleep and learn better (Not quite. All of these are benefits of getting regular physical activity.)
- d. All of the above (That's correct! These are all benefits of getting regular physical activity.)**

Down time helps your brain recharge.

- a. True (You're right! Down time does help your brain recharge.)**
- b. False (Sorry, but down time definitely helps your brain recharge.)



What is the most amount of time per day you should spend watching TV, playing video games or using your phone, tablet or computer, outside of school?

- a. **2 hours (You're right! This will give you more time to do other, more active things each day.)**
- b. 4 hours (Nope. We should limit screen time to less than two hours per day, outside of school.)
- c. There is no limit. (Nope. We should limit screen time to less than two hours per day, outside of school.)

For 2000

For 2000 points...

How many sugary, or sweetened, drinks should we drink each day?

- a. **0 drinks (That's correct. Zero sweetened drinks per day is best.)**
- b. 1 drink (Not quite. Zero sweetened drinks per day is best.)
- c. 2 drinks (Not quite. Zero sweetened drinks per day is best.)

Which of these is a potential outcome of not getting regular physical activity?

- a. Weight loss (That's incorrect. The opposite can occur if you're not getting regular physical activity.)
- b. Decreased risk of developing certain diseases (That's incorrect. The opposite can occur if you're not getting regular physical activity.)
- c. **Poor sleep (That's right. Poor sleep is one of the many outcomes of not getting regular physical activity.)**

What is body image?

- a. How others see you (That's incorrect. Body image is how you see yourself.)
- b. **How you see yourself (That's right! Body image is how you see yourself.)**

Which of the following can affect a person's body image?

- a. Puberty (Not quite. All of these things can affect a person's body image.)
- b. Media (Not quite. All of these things can affect a person's body image.)
- c. Friends (Not quite. All of these things can affect a person's body image.)
- d. **All of the above (You're right! All of these things can affect a person's body image.)**

Which of these is an example of flexibility training?

- a. **Gymnastics (Correct! Gymnastics is an example of flexibility training.)**
- b. Weight lifting (Sorry, but weight lifting is considered strength training.)
- c. Biking (Sorry, but biking is considered an aerobic exercise.)



Teens your age need about how many hours of sleep each night?

- a. 8 hours (Not quite. Teens your age need about 10 hours of sleep each night.)
- b. 9 hours (Not quite. Teens your age need about 10 hours of sleep each night.)
- c. **10 hours (That's right! 10 hours of sleep is best for someone your age.)**

Less melatonin makes it:

- a. Easier to fall asleep (Nope. Less melatonin makes it harder to fall asleep, not easier.)
- b. **Harder to fall asleep (Correct! Less melatonin makes it harder to fall asleep.)**

For the best sleep, electronics should be kept across the room from your bed.

- a. True (Nope. For the best sleep, electronics should be kept in a different room.)
- b. **False (That's right. For the best sleep, electronics should be kept in a different room.)**

"I will get more sleep next week" is a SMART goal.

- a. True (Sorry, but this isn't a very SMART goal. It's not specific.)
- b. **False (You got it! This goal isn't very specific so it's not a SMART goal.)**

Why is "I will get more physical activity every day this month" not a SMART goal?

- a. **It's not specific. (That's right! More physical activity isn't very specific.)**
- b. It's not attainable. (Sorry, but the reason it's not a SMART goal is that saying you'll get more physical activity isn't very specific.)
- c. It's not realistic. (Sorry, but the reason it's not a SMART goal is that saying you'll get more physical activity isn't very specific.)

For 3000

For 3000 points...

Which of the following is a moderate intensity physical activity?

- a. Playing catch (That's incorrect. Playing catch is considered a light intensity activity.)
- b. Running (Not quite. Running is usually a vigorous activity.)
- c. **Brisk walking (Correct! Brisk walking is a moderate intensity physical activity.)**



Which of the following is a vigorous intensity physical activity?

- a. Walking (Not quite. Brisk walking would be a moderate physical activity.)
- b. Jumping rope (That's right. Jumping rope is a vigorous intensity activity.)**
- c. Hiking (Not quite. Hiking is usually considered a moderate physical activity.)

Which of the following will help you get better sleep?

- a. Sleep in a few extra hours on the weekends. (Nope. It's best to keep a regular schedule and go to bed and wake up around the same time every day, including on weekends.)
- b. Keep your phone next to your bed. (Nope. Keeping your phone anywhere in your bedroom can keep you awake.)
- c. Turn off electronics at least 30 minutes before bed. (Yes! This gives your brain time to relax and prepare for sleep.)**
- d. Keep your room warm. (That's incorrect. Keep your room cool for the best sleep.)

Which of the following helps keep the digestive system healthy?

- a. Trans fat (Nope. Fiber is what helps keep the digestive system healthy.)
- b. Sugar (Nope. Fiber is what helps keep the digestive system healthy.)
- c. Fiber (That's correct! Fiber keeps food moving through the digestive system.)**
- d. Saturated fat (Nope. Fiber is what helps keep the digestive system healthy.)

Aim for each of your meals to include:

- a. 1 fruit or vegetable, 1 refined grain and 1 protein (Not quite. You should aim for 1 fruit or vegetable, 1 whole grain, and 1 dairy or protein in each meal.)
- b. 1 fruit or vegetable, 1 whole grain, and 1 dairy or protein (You're right! This will ensure a balanced meal.)**
- c. 1 fruit or vegetable, 1 dairy and 1 protein (Not quite. You should aim for 1 fruit or vegetable, 1 whole grain, and 1 dairy or protein in each meal.)

Which of the following is true about the blue light emitted by screens?

- a. It helps you fall asleep. (Nope. It does the opposite.)
- b. It increases the body's production of melatonin. (Nope it does the opposite.)
- c. It keeps your brain alert. (That's correct! Blue light keeps your brain alert and makes it harder to fall asleep.)**
- d. All of the above. (Nope. Blue light keeps your brain alert, but it doesn't help you fall asleep or increase the body's production of melatonin.)



What is melatonin?

- a. The hormone that controls puberty. (That's incorrect. Melatonin is the hormone that controls the sleep/wake cycle)
- b. The hormone that controls the sleep/wake cycle. (That's correct! Melatonin is the hormone that regulates your sleep/wake cycle.)**
- c. The hormone that responds to stress. (That's incorrect. Melatonin is the hormone that controls the sleep/wake cycle.)

A SMART goal is:

- a. Smart, manageable, attainable, relevant, and timely (Not quite. A SMART goal is specific, measurable, achievable, relevant, and timely.)
- b. Smart, measurable, achievable, relevant, and timely (Not quite. A SMART goal is specific, measurable, achievable, relevant, and timely.)
- c. Specific, measurable, attainable, relevant, and timely (You're right! For a goal to be SMART it should be all these things.)**
- d. Specific, manageable, achievable, relative, and true (Not quite. A SMART goal is specific, measurable, achievable, relevant, and timely.)

What does it mean for a goal to be relevant?

- a. It should have something to do with what's going on in the news. (Not quite. For a goal to be relevant it should be important to you.)
- b. It should be important to you. (That's right! Your goal must be important to you!)**
- c. It should be important to your family and friends. (Not quite. For a goal to be relevant it should be important to you, not your family and friends.)
- d. It should be about something you're learning in school. (Not quite. For a goal to be relevant it should be important to you.)



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