



Educator guide: Strike it fit game

Recommended for grades:

6th grade

Time:

7 minutes

Prerequisites:

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

- 3-2-1-0 lesson (6th grade)
- Nutrition lesson (6th grade)
- Physical activity lesson (6th grade)
- Healthy minds lesson (6th grade)
- Goal setting lesson (6th 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.

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 one that specifically helps keep the mind healthy) they can do each day.
2. Categorize foods from each food group into go, slow and whoa foods.
3. Describe two benefits of physical activity.



Activity description:

In this bowling game students will be asked questions about nutrition, physical activity, healthy minds and goal setting. Students will be given a question to answer in each frame and if they get it right, they will be awarded a strike. If they get it wrong, they will knock down 0-4 pins and be given another chance to answer the question correctly for a spare.

Vocabulary:

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

- Aerobic activities – physical activities where you move your whole body and increase your heart rate and breathing; examples include: soccer, swimming, skating, walking at a fast pace, etc.
- 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
- Go foods – foods that contain lots of nutrients and are good to eat at any meal or snack
- Melatonin – a hormone that controls the sleep/wake cycle
- Physical activity – any type of activity that gets the body working harder than normal
- Relaxation response – the body’s response when it is no longer in perceived danger, and the autonomic nervous system functioning returns to normal
- 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
- Slow foods – foods that shouldn’t be eaten every day, but aren’t totally off limits
- SMART goal – a goal that is specific, measurable, attainable, relevant and timely
- Strength training activities – physical activities where you work to strengthen a specific muscle group; examples include sit-ups, push-ups and lifting weights
- Stress – a response to pressure or a threat
- Stress response – a physiological reaction that occurs in response to a perceived harmful event, attack or threat to survival
- Sweetened drinks – drinks that contain added sugar, such as lemonade, flavored milks, sports drinks, soda, etc.
- Whoa foods – foods that contain very little vitamins and minerals and should be limited to no more than once per week, or as a special treat

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
- 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)
- 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



Transcript

Instructions

You will be asked a question in each bowling frame. Answer it correctly to knock all of the pins down and score a strike. Answer it incorrectly and you will be given a second chance to get it right and pick up the spare. Play ten frames and see how high you can score. Pick a ball to get started.

The questions below will appear in random order. Correct answers are in bold.

What does the zero stand for in 3-2-1-0?

- a. Zero hours of screen time
- b. Zero sweetened drinks**
- c. Zero snacks between meals
- d. Zero minutes of physical activity

The zero in 3-2-1-0 stands for drinking zero sweetened drinks.

Which of these is the United States Department of Agriculture's website that can help us make healthy food choices?

- a. choosemyfood.gov
- b. healthyfoods.gov
- c. choosemyplate.gov**
- d. choosehealthy.org

Choosemyplate.gov is the United States Department of Agriculture's website that can help us make healthy food choices.



What are “go foods”?

- a. **Foods that are ok to eat at any snack or meal**
- b. Foods that are ok to eat once in a while but not every day
- c. Foods that should be limited, and only eaten as a special treat
- d. Foods that go bad quickly

“Go foods” are foods that are ok to eat at any snack or meal.

What are “slow foods”?

- a. Foods that are ok to eat at any snack or meal
- b. **Foods that are ok to eat once in a while but not every day**
- c. Foods that should be limited, and only eaten as a special treat
- d. Foods that are slow to cook

“Slow foods” are foods that are ok to eat once in a while but not every day.

What are “whoa foods”?

- a. Foods that are ok to eat at any snack or meal
- b. Foods that are ok to eat once in a while but not every day
- c. **Foods that should be limited, and only eaten as a special treat**
- d. Foods that are slow to cook

“Whoa foods” are foods that should be limited.

Which of these is an example of a “whoa food”?

- a. Potatoes
- b. Celery
- c. Frozen green beans
- d. **French fries**

French fries are an example of a “whoa food”.



Which of these is an example of a “slow food”?

- a. Whole wheat bread
- b. Pancakes**
- c. Sweetened breakfast cereal
- d. Cinnamon rolls

Pancakes are an example of a “slow food”.

Which of the following is an example of a “go food”?

- a. Skim milk**
- b. 2% milk
- c. Whole milk
- d. Ice cream

Skim milk is an example of a “go food”.

Which type of exercise is really good for the heart?

- a. Aerobic activity**
- b. Strength training
- c. Plyometric training
- d. Flexibility training

Aerobic activity is really good for the heart.

Which of these is an example of aerobic activity?

- a. Swimming**
- b. Lifting weights
- c. Stretching
- d. Yoga

Swimming is an example of an aerobic activity.

Which of these is an example of strength training?

- a. Walking
- b. Push-ups**
- c. Martial arts
- d. Swimming

Push-ups are an example of strength training.

Which of these is an example of flexibility training?

- a. Running
- b. Pull-ups
- c. Biking
- d. Yoga**

Yoga is an example of flexibility training.

How much physical activity should you aim to get each day?

- a. 15 minutes
- b. 30 minutes
- c. 45 minutes
- d. 1 hour**

You should aim to get one hour of physical activity each day.

Which of these is a benefit of physical activity?

- a. Sleep better
- b. Learn better
- c. Stronger muscles and bones
- d. All of the above**

All of these are benefits of physical activity.



6th graders need about how many hours of sleep each night?

- a. 7 hours
- b. 8 hours
- c. 9 hours
- d. **10 hours**

The average 6th grader needs about 10 hours of sleep each night.

Which of the following is a healthy sleep habit?

- a. Sleep in a few extra hours on the weekends.
- b. Sleep with your phone under your pillow.
- c. **Go to bed and get up around the same time every day, including weekends.**
- d. Stay up later on the weekends because you don't have school.

Going to bed and getting up around the same time every day, including weekends is a healthy sleep habit.

Which of the following will help you sleep?

- a. Keep your room warm.
- b. **Keep your room cool.**
- c. Watch TV before going to sleep.
- d. Keep your lights on.

Keeping your room cool will help you sleep better.

All electronics should be turned off at least how many minutes before bedtime?

- a. 10 minutes
- b. 15 minutes
- c. 20 minutes
- d. **30 minutes**

All electronics should be turned off at least 30 minutes before bedtime.



What is the hormone called that controls your sleep/wake cycle?

- a. Adrenaline
- b. Melatonin**
- c. Dopamine
- d. Cortisol

Melatonin is the hormone that controls your sleep/wake cycle.

For the best sleep, where should electronics be kept?

- a. In another room**
- b. Across the room
- c. On your night stand
- d. Under your pillow

For the best sleep, all electronics should be kept outside the bedroom, in another room.

Which of the following statements about stress is true?

- a. Stress is a negative thing.
- b. There's nothing you can do about stress.
- c. Stress is a response to pressure or a threat.**
- d. Stress causes your heart to beat slower.

Stress is a response to pressure or a threat.

Which of these could cause long-term stress?

- a. A math test
- b. Moving to a new school**
- c. A cold
- d. A gymnastics meet

Moving to a new school could cause long-term stress.



What is the opposite of the body's stress response?

- a. **The body's relaxation response**
- b. The body's hunger response
- c. Sweating
- d. Increased heart rate

The body's relaxation response is the opposite of the stress response.

What is the last step of the decision-making process?

- a. List the positives and negatives of each option.
- b. **Evaluate the results.**
- c. Make your decision.
- d. Define the situation.

The last step of the decision-making process is to evaluate the results of your decision.

What is the first step of the decision-making process?

- a. Look at your options.
- b. Make your decision.
- c. Evaluate the results.
- d. **Define the situation.**

The first step of the decision-making process is to define the situation.

When setting a SMART goal, it should be:

- a. Smart, measurable, attainable, right, and treasured
- b. Simple, magical, acknowledged, realistic, and trendy
- c. Simple, measurable, approachable, realistic, and true
- d. **Specific, measurable, attainable, relevant, and timely**

When setting a SMART goal, it should be specific, measurable, attainable, relevant, and timely.



Which of the following is an example of a SMART goal.

- a. **I will be physically active for at least 30 minutes every day in March.**
- b. I will get more sleep.
- c. I will eat lots of fruits and vegetables.
- d. I will drink fewer sugary drinks.

I will be physically active for at least 30 minutes every day in March is an example of a SMART goal.

Which three things can help you meet your goal?

- a. Write it down, make it easy, and don't tell anyone.
- b. **Write it down, come up with a plan, and track your progress.**
- c. Keep it a secret, come up with a plan, and eat healthy.
- d. Delay it until you're less busy, keep it a secret, and track your progress.

Three things that can help you meet your goal is to write it down, come up with a plan, and track your progress.

Correct

Correct! (Students will then hear the one feedback line for the question.)

Incorrect (after getting the answer wrong twice)

Incorrect. (Students will then hear the one feedback line for the question.)

Incorrect (after getting the answer wrong once)/Try again

Incorrect. Try again to pick up the spare.

Recap low score

Keep practicing. You might want to review some of the lessons before trying again.

Recap medium score

Good game. A quick review of some of the lessons could help you get a better score.



Recap high score

Nice Job! You really know your stuff! Think you can beat your score? Click play again to find out.

Recap perfect score

A perfect game! Great job! Think you can do it again? Click play again to try.



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