



## Together Counts™ Activity Sheet School to Home Winter 2016

### ***Small Goals, Big Changes!***

This winter, take the “scary” out of goal-setting by creating approachable goals with your students that work towards a healthy, active lifestyle. As little goals are met and achieved, they add up—and before you know it, students will be more active every day without even thinking about it!

The following sheet outlines activity ideas to help students adopt healthy habits at school and at home.

### **At School Activity 1: Where do we stand?**

Just as pre-assessments measure students’ background knowledge about a particular subject, it is important for students to know their physical activity starting point before any kind of goals are set.

Explain to your class that in addition to working towards their academic goals, this year you will also be working together to move more, because physical activity promotes muscle and joint development, controls weight, strengthens bones, and helps you be the best “you” that you can be.

Explain to your class that they are going to measure how much they move by counting the number of active minutes in their day. The definition of an active minute is anything more strenuous than normal walking. Take your class on a one-minute quiet walk through the hallway. Then explain that an active minute is a minute of any kind of physical activity that requires more energy! Brainstorm a list of “active minute” activities to gauge their understanding. Some possible activities include biking, dancing, swimming, playing basketball, or even taking a walk around the block at a fast pace.

For one week’s time, ask students to record their number of daily active minutes. Work as a class to record the number of active minutes in your school day, being sure to include recess and PE class! Try to come up with a spot in your classroom where you can keep this tally posted. For homework, ask your students to record the number of active minutes they have before and after school. Younger students can work with their parents to track these minutes.

After a week of physical activity data has been collected, lead your class in reflecting on the number of active minutes they had the week prior. Was it more than they expected? Less? Were any patterns noticed? What factors led to more active days? How about less active days? Older students can even analyze the data by calculating the mean, median, and range.

### **At School Activity 2: Let’s get moving!**

Once students have an idea of how many active minutes they tend to average each day, introduce a new long-term goal of having each student eventually meet (or exceed!) the recommended 60 minutes of daily active play.



While 60 active minutes daily is the ultimate goal, stress the importance of starting small. Did you know that even five more minutes of physical activity each day results in over 30 more hours of active minutes each year? Explain that bigger goals can seem harder to achieve, so it's better to work your way up, rather than get discouraged! Tell your class that they will be coming up with two different physical activity goals: one class-wide goal for during the school day, and one personal goal for before and after school.

As a class, first come up with a physical activity goal for the coming week. Write the following on the board, and use it as a starting point for your discussion:

*Reflect: Last week, we were active for \_\_\_\_\_ minutes during school.*

*Goal-set: This week, we will try to be active for \_\_\_\_ minutes. Some ways we can be active are:*

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Try to be creative when coming up with ways to achieve these minutes. Could students run a lap at the very end of recess? Do 60 seconds of jumping jacks between subjects? Remind them that every minute counts! Once your class goal is decided, divide students into partners and have them work together to set a personal weekly physical activity goal *and* brainstorm ways to meet it. Circulate the room and make sure students are setting realistic goals that fill in the following:

*Reflect: Last week, I was active for \_\_\_\_\_ minutes outside of school.*

*Goal-set: This week, I will try to be active for \_\_\_\_ minutes. Some ways I can be active are:*

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A three-week physical activity tracker is included on the following page so that your students can record their goals, and then bring the sheet home to track their progress over the course of each week. Whether or not you use this tracker, it is important that your students continue tracking their in-school and after-school active minutes so they will know if their goals are met!

### **At School Activity 3: Reflect, celebrate and keep going!**

Each Monday, try to work a quick reflection and goal-setting session into the daily schedule. Morning meeting or snack-time could be the perfect time to do this! Reflect on your class-wide goal and have students work in pairs to calculate their personal active minutes for the past week. If their goals were achieved, what realistic new goals can be set? If their goals weren't met, what are some new ways that they could try to achieve them?

When your class and individual students reach their goals, don't forget to celebrate! Decide as a class on rewards for weekly achievements. An extra few minutes of recess, a special sticker, or certificates of achievement could all be used to recognize their hard work.



As time allows each month, try to work with your students to combine their in-school active minutes with their after-school active minutes. As students reach the milestone of 60 minutes per day, appoint them “Active Ambassadors” so they can help other students brainstorm ways to meet their goals.

After your class becomes more comfortable in their goal-setting routine, you could even try introducing the concept to the rest of the school—or at least the other classes in your grade! If other classrooms get on board, setting up a school activity tracker on a hall bulletin board could be a fun way to both create some friendly competition and keep track of your school’s active minutes!

Student’s signature \_\_\_\_\_

Parent’s signature \_\_\_\_\_

Coach’s signature \_\_\_\_\_

\_\_\_\_\_’s Activity Tracker

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**Reflect:** Last week, I was active for \_\_\_\_\_ minutes outside of school.

**Goal-set:** This week, I will try to be active for \_\_\_\_ minutes. Some ways I can be active are:

\_\_\_\_\_

**Now use this chart to keep track of your active minutes outside of school each day!**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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**Reflect:** Last week, I was active for \_\_\_\_\_ minutes outside of school.

**Goal-set:** This week, I will try to be active for \_\_\_\_ minutes. Some ways I can be active are:

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