

GROW YOUR PALS PROGRAM GUIDE



THE NATIONAL FFA MENTORING PROGRAM

Sponsored by



LESSON 3.21

Healthzee and Family Fitness

Unit:
MAKING GOOD CHOICES

PRECEPTS

- G. Physical Growth
 - G1. Practice healthy eating habits



Lesson Type:
Small Group

NATIONAL STANDARDS

- CS.02.01.02.a. Describe the benefits, risks and opportunities associated with being physically fit.
- NL-ENG.K-12.4 – Communication Skills
- NL-ENG.K-12.1 – Applying Language Skills

STUDENT LEARNING OBJECTIVES

As a result of this lesson, the student will ...

- Demonstrate the ability to use interpersonal communication skills to enhance **health** while playing the game Healthzee.
- Gain an understanding of and appreciation for his or her family's fitness level.





TIME

Instruction time for this lesson: **30 minutes**.



RESOURCES

Fit 4 Fun Fitness. Teacher Web, Inc. 2010.

<http://www.worknotes.com/il/chicago/fit4funkidsfitness/newsflash4.stm>



TOOLS, EQUIPMENT AND SUPPLIES

- ✓ **Yahtzee Game** – one per group of four students
- ✓ **Listing of health related statements** – one per group
- ✓ **Pencils**
- ✓ **PALS3.21.SG.AS.A** – one set per group
- ✓ **PALS3.21.SG.AS.B**
- ✓ **PALS3.21.SG.ASSESS.A**



KEY TERMS

The following term is presented in this lesson and appears in ***bold italics***:

Health



CONTENT OUTLINE

- I. Identify healthy eating and fitness habits
 - A. Play the game Healthzee
- II. Understand impacts of family health on students
 - A. Family ***health*** survey

INTEREST APPROACH

On the writing surface, make two categories titled “Fitness Activities” and “Healthy Eating.” Ask each student in the class to come up and write one idea that fits underneath each heading.



Thanks for being here today. Let’s start off today by getting out of our seats. On the board you’ll see two blank lists, one entitled Fitness Activities and the other Healthy Eating. When I say THINK, come up with one comment, idea or statement that relates to each category. When you have your thought, get out of your seat, walk to the board and write your ideas for each list, then return to your seat. You have three minutes. What questions do you have?

THINK!

Great job. Today we will find out exactly what habits in life are healthy and why we should do them. Let’s get started.

OBJECTIVE 1. | Demonstrate the ability to use interpersonal communication skills to enhance health while playing the game Healthzee.



*Students will identify and review various **health** habits by playing Healthzee in small groups. Index cards will need to be prepared ahead of time using your state’s curriculum framework. PALS3.21.SG.AS.A offers a list of ideas you might use. Each activity will correspond to one of the categories on the Yahtzee score card.*



Raise your hand if you like to play games? *Wait for student response.*

Me too! Today let’s review good **health** habits by playing the fun game Healthzee. Good **health** is the condition of the body and mind. To get started, you must listen carefully.

At your desk you will find a set of index cards with a selection of **health**-related activities printed on them. The cards vary to stating simple statements to more complex actions that you should discuss. Healthzee is played closely to the same rules as Yahtzee but slightly different. The additional rule to Healthzee is that rolls of the dice cannot be scored until the player reads the corresponding statement aloud and completes the statement with a descriptive answer or engages in a discussion about the topic. For example, “eat grain cereal and milk for breakfast,” or “I will eat four or five servings of fruit and vegetables each day,” would be statements that would be discussed by the student. If he or she can discuss it

correctly, the student receives the score. If a player cannot answer a question, solicit help from peers and then record the sum of the dice roll. The first player to accurately complete all entries on the scorecard wins the game.



When I say PLAY, you will work in teams of four playing Healthzee. Use a single scorecard to keep track of the game. You will have 10 minutes to play the game. What questions do you have?

PLAY!

Walk amongst the teams as they engage in Healthzee to answer any lingering questions or assist in scoring.



Nice job! I heard many great discussions and answers to the **health** safety statements.

OBJECTIVE 2 | Understanding of and appreciation for his or her family's fitness level.



Now that you know important **healthy** habits, who else can you share them with?

Student responses should include family, friends, etc.



Yes, why is it important to share your knowledge about good **health** with your family?

Student responses may include to help others, to keep your family safe, to help yourself with a support system, etc.



Members of your family and the overall family routine that you live by impacts your **health** and fitness level. How do you think your family impacts you? Does what your parents eat influence what you eat? To identify what role your family plays in your fitness and overall **health** level, let's complete a brief survey on questions related to fitness and **health** at your home.

Pass out PALS3.21.SG.AS.B for students to complete this activity.



When I say TALK, discuss the survey questions with your PALS. Score yourself a number of 1 to 15, a higher number when you can strongly answer the question yes. You will have 10 minutes to complete this task. What questions do you have?

TALK!



Let's compare notes. If your score adds up between 105 and 115, congratulations! You have a high family fitness I.Q. Keep your healthy lifestyle going!

If your score adds up between 90 and 105, you're on the right track to a healthy lifestyle, but you have several important points on which to work.

If your score adds up between 60 and 90, you have a little work to do. You know what you need to do, so put your mind to it today!



REVIEW / SUMMARY

Students will work in pairs and establish one of two roles, either the expert or interviewer. This activity is to aid in understanding and rehearsing today's topic. It is a timed event and the student pairs will switch roles midway through the event.



Great work today! Let's review by engaging in an Eye Witness News e-Moment®. When I say REPORT, we will either take on the role of a **health** and fitness expert or an interviewer. In pairs, you will choose a role. The expert will stand tall and take on the air of a know-it-all personality. The interviewer will have a fake microphone in hand and address the expert with questions about the content just learned in class. This is a timed event and you will switch roles with your partner midway through. You will have five minutes to complete your interviews. What questions do you have?

REPORT!

Randomly select individuals to tell what their expert said as a way to check for understanding and increasing individual accountability to the content.



Great job. Class, please acknowledge your teammate and tell them thank you!

Let's find three volunteers to tell us one thing they learned today in class.

Elicit student responses either by calling on individuals or picking them.

APPLICATION



Large Group Suggestion

Engage students in the Healthy Lifestyle game. Directions:

Discuss ways children can keep themselves healthy. Make a list of healthy habits. Line children at one end of the play area. Each time a child performs one of the healthy habits on the list, they get to take a step forward. For each unhealthy habit or omission of healthy habits, they take one step back.



One-on-One Suggestion

Students keep an individual log/diary of what foods they eat and how much activity they engage in for one week. At the end of the week, evaluate if the amount of activity is comparable to the food eaten to make a healthy lifestyle.

EVALUATION

PALS3.21.SG.ASSESS.A

True or False.

- _____ 1. Health is the condition of the body and mind.
- _____ 2. Eating four to five servings of sweets per day is a healthy habit.
- _____ 3. Daily exercise is a positive healthy habit.

Short Answer.

- 4. Explain how a family can reach a high family fitness I.Q.

ANSWERS TO EVALUATION:

- 1. True
- 2. False
- 3. True
- 4. Answers may include having a drug-free home, exercising, moderating your weight, not smoking, etc.

PALS3.21.SG.AS.A

Idea Statements for *Healthzee* Index Cards

Examples adapted from the Alabama State Content Standards:

- Eat grain cereal and milk for breakfast.
(Aces)
- When should you brush and floss your teeth?
(Answer: After meals) (Twos)
- Is it best to wash your hands with soap and water before or after eating meals and snacks?
(Answer: Before) (Threes)
- Should you wash your hands with soap and water before or after using the toilet?
(Answer: After) (Fours)
- How many servings of fruits and vegetables should you eat each day?
(Answer: 4-5) (Fives)
- Identify foods high in fat, sugar and sodium.
(Sixes)
- Plan daily health-enhancing physical activity.
(3 of a kind)
- Select positive ways to respond to conflict.
(4 of a kind)
- Analyze the effects of sleep, nutrition and exercise on the human body system.
(Full House)
- Identify risk factors that could lead to substance abuse.
(Small Straight)
- Discuss the importance of positive personal health habits related to puberty.
(Large Straight)
- Describe the importance of asking for help during a health-related crisis.
(YAHTZEE)
- Demonstrate refusal skills to promote healthful behaviors.
(Chance)

PALS3.21.SG.AS.B

Name _____

Answer the following questions. Points are awarded for “yes” answers.

True Answers

1. You don't use tobacco and no one in your household uses tobacco. 15 _____
2. You have a drug-free household. 15 _____
3. You exercise regularly for at least 20 minutes at least three times a week (can include running, jogging, bicycling, brisk walking, aerobics, swimming and other active sports). 15 _____
4. You have some form of daily physical activity (can include an exercise routine, brisk walking, using stairs rather than elevators for one to three flights).
10 _____
5. You leave a period of quiet time for yourself every day to unwind and rewind.
10 _____
6. You eat breakfast every day. 10 _____
7. You regulate your weight only through healthy eating and exercise, without using chemicals. 10 _____
8. You follow good nutrition practices, such as having five servings of fruits and vegetables a day and limiting your intake of snack foods that are high in fats and sugars. 10 _____
9. You have a medical and dental checkup at least once a year. 10 _____
10. You are a positive role model for everyone in your household, actively encouraging them to follow the practices outlined in questions 1-9. 10 _____

Your Total Points _____

PALS3.21.SG.ASSESS.A

Name _____

True or False.

- _____ 1. Health is the condition of the body and mind.
- _____ 2. Eating four to five servings of sweets per day is a healthy habit.
- _____ 3. Daily exercise is a positive healthy habit.

Short Answer.

- 4. Explain how a family can reach a high family fitness I.Q.