

EXERCISE IS GREAT

Junior or Senior High

Description

Everyone needs to exercise, as it is essential to daily life. Adults and teens know they need to exercise, but more important, kids need to learn the reasons exercise is essential and benefits of exercise. Family and consumer science careers and Family, Career and Community Leaders of America (FCCLA) encourages everyone to exercise and to learn how, when and what exercises are right for them.

Family and Consumer Science Classes

Healthy Decisions
Child Development
Wellness

Classroom Activities

Hold an elementary football game
Make brochures about exercise and distribute them to parents and kids
Hold a jump rope contest for elementary kids

Class Connection of FCCLA Projects

Student Body
STAR Event: Focus on Children

Resources

The Developing Child, Understanding Children and Parenting.
Macmillan/McGraw-Hill. 1988.
Student Body Manual

Connection to Minnesota Grad Standards

“Service Learning” Community Service