

FITNESS IS FUN

Senior High

Description

It is easy for us to say we do not have time to exercise. Fitness education needs to be instituted into our daily routine early in life so that we can continue it throughout our life. It is important to practice and teach other about fitness because the benefits are endless. Family and Consumer Science classes and FLA can encourage children to exercise regularly by going into the classroom or having joint fitness projects periodically throughout the year.

Family and Consumer Sciences Classes

- Wellness
- Child Development
- Healthy Decisions
- Creative Foods

Classroom Activities

- Hold a fun walk for elementary kids after school with activities to do at set stations.
- Hang posters in the classroom that the older kids had made about fitness and exercise.
- Take a field trip to the park where you can play large group games.
- Hold a community T-ball game (high school kids use scooters).

Class Connection of FCCLA Projects

- STAR Events--Illustrated Talk, Focus on Children
- Student Body
- Public Relations--Hang posters on fitness.

Resources

- The Developing Child: Understanding Children and Parenting. Macmillan/McGraw-Hill. 1988 5th edition.
- Student Body Handbook (1990) FCCLA.

Connection to Minnesota Graduation Standards

- Service Learning/Community Service