

PHYSICAL ACTIVITY PLAYBOOK



Targeted Grades: 3rd Grade up to 8th Grade

Lesson Plan: Help students understand the value of physical activity. Guide them through a recess evaluation program they can do by using the Recess Refresh resources. Help them be student leaders and incorporate physical activity into the classroom beyond recess time. They can learn activity break ideas and how to make physical fitness accessible through the Activity Breaks resource and the All-In, All Abilities resource. A great way to start discussion time about wellness is by using the Colts Virtual School Show. Additionally, check out the Colts Workout Series and the FUTP 60 Workout for easy to incorporate exercise. Finally, encourage students to record their physical activity along with nutritional activity in the Daily Journal and engage in active play through Coach Terry's Touchdown game.

American Dairy Association Indiana Resources

[Recess Refresh Play](#) and [FUTP 60 Recess Refresh Play](#) - 10 to 20 minutes over several days

[Activity Breaks Play](#) - 10 to 20 minutes over several days

[All-In, All Abilities Play](#) - 10 to 20 minutes over several days

[Colts Workout Series](#)- 3 to 15 minutes

[Colts Blue's FUTP 60 Workout](#) - 1:55 minutes

[Daily Journal](#) - 2 minutes per day

[Colts Blue's Virtual School Show – Be the Best You Can Be](#) - 10 minutes

[GoNoodle's "Coach Terry's Touchdown!"](#) - 10 to 15 minutes

Learning Objectives

- Identify current recess needs at a school
- Create and utilize new ideas for recess and free time
- Incorporate student led physical activity breaks into the classroom
- Activate students' activity level

WinnersDrinkMilk.com/Schools/Fuel-up-to-Play-60

INDIANA STANDARDS FOR GRADE 3 THROUGH GRADE 8

Physical Education Standards	Recess Refresh	Activity Breaks	All In	Colts or FUTP 60 Workouts	Daily Journal	Virtual School Show	Coach Terry's
Standard 1: The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns.							
Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.							
Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.							
Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.							
Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.							

INDIANA STANDARDS FOR GRADE 3 THROUGH GRADE 8

Health and Wellness Standards	Recess Refresh	Activity Breaks	All In	Colts or FUTP 60 Workouts	Daily Journal	Virtual School Show	Coach Terry's
Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.							
Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.							
Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.							
Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.							
Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.							
Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.							
Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.							
Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.							