



# Oliver's team talk

A Monthly Publication for Education Professionals & Families from The Oliver Foundation

Vol. 5 Issue 5 May 2009

## Teach! TEACHERS' CORNER

A lack of physical activity has become a serious problem in the United States. More than half of adults do not meet the recommended amount of moderate physical activity, and one quarter of adults do no leisure time physical activity at all.

How much physical activity is enough?

- Children should do one hour or more every day.
- Adults should do at least 2 ½ hours of moderate aerobic activity per week, with additional benefits coming from doing 5 hours per week.
- Adults should also do muscle strengthening exercises (weight lifting, yoga) 2 times per week.

Physical activity can be anything that gets your heart rate up and can be broken up into 10 minutes sessions.

## Excite! READY, SET, GO!

**How much physical activity do you do?**

Get your students thinking about their own physical activity levels. Have them keep track of how many minutes of activity they do at school and at home for a week. The following week, have them graph the amount of activity they did each day. After they have finished the graphs, ask the following questions:

- Did they reach the goal of 60 minutes a day?
- Were there any days where they did a lot more or less exercise than others? Was there a reason for it?
- What percentage of their activity time was complete at school? At home?
- If they didn't reach the goal of 60 minutes a day, what could they do to increase their activity time?

## Activate! MAKE YOUR MOVE

**Get Moving at School**

Physical activity at school doesn't have to take place only in gym class. Try the following ideas to get kids moving all day.

- Provide extracurricular physical activities, either before or after school. Try a morning aerobics session, a walking club, host a volleyball tournament or have a jump rope contest.
- Involve community organizations that offer physical activity. Invite a dance company to come in and teach your students some moves, or have local physical education students organize a physical activity fair.
- Encourage parental involvement in physical activity. Give homework that requires parents to complete an activity with their child, or encourage parents to visit a PE class.

## Motivate! SPREAD THE WORD

**Get Moving at Home**

To get moving this summer, try the following tips from the National Association for Sport & Physical Education.

- *Create an activity treasure chest.* Fill a chest with balls, tennis rackets, nets, badminton rackets, Frisbees, jump ropes and sidewalk chalk
- *Be active close to home.* Explore parks, pools and youth centers. Add a few other parents and kids, and turn it into an outing.
- *Take advantage of the city, state and national park systems.* Many offer guided hikes, canoe trips and other programs, with specialized instruction. For information about the [National Parks System](http://www.nps.gov), check out <http://www.nps.gov>.

Make **HEALTHY CHOICES** for Life!

The Oliver Foundation 5535 Memorial Dr., Suite F., #256 Houston, TX 77007 713-862-7899 fax 713-862-7911