



**Click on the  in the top right corner to  
download the document and get the live links**

## Physical Activity and Healthy Eating Activities

**Week Three: April 6<sup>th</sup> – April 19<sup>th</sup>**  
**Level: Elementary School**

*Use the calendar overview below to help you plan your week. Click on the dates at the top of each column to go directly to the specific lesson for that day (or just keep scrolling down).*

<a href="#">Monday (4-6)</a>	<a href="#">Tuesday (4-7)</a>	<a href="#">Wednesday (4-8)</a>	<a href="#">Thursday (4-9)</a>	<a href="#">Friday (4-10)</a>
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
<ul style="list-style-type: none"><li>• Disney Family</li><li>• GoNoodle</li><li>• Alphabet Exercises Activity</li><li>• </li></ul>	<ul style="list-style-type: none"><li>• GoNoodle Yoga</li><li>• Just Dance</li><li>• Chalk Shapes Jumping Activity</li></ul>	<ul style="list-style-type: none"><li>• GoNoodle</li><li>• Deck of Cards Workout</li></ul>	<ul style="list-style-type: none"><li>• Cosmic Kids Super Yoga</li><li>• Kidz Bop</li><li>• Exercise BINGO Family Activity</li></ul>	<ul style="list-style-type: none"><li>• Disney Family</li><li>• GoNoodle</li><li>• Dance Party</li></ul>
Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition	Healthy Eating/Nutrition
<ul style="list-style-type: none"><li>• Explore Nutrition Labels</li></ul>	<ul style="list-style-type: none"><li>• Wonderful water!</li></ul>	<ul style="list-style-type: none"><li>• Healthy Snack Hack: Baked Carrot Fries</li></ul>	<ul style="list-style-type: none"><li>• Nutrients</li><li>• Minute to Win It Word Search</li></ul>	<ul style="list-style-type: none"><li>• Create your own healthy smoothie</li></ul>

Are you enjoying our activities? Want to challenge your friends to do them too? Follow us on social media and use #HealthyKidsQuarantined to show us your sweaty selfies!

- Facebook: Wayne State University Kinesiology, Health & Sports Studies
- Twitter: Wayne State KHS
- Instagram: WSUKHS



Click on the  in the top right corner to download the document and get the live links  
**Monday, April 6th**

### Physical Activity

Handouts: ([Site Word List](#); [ABC Workout of the Day](#))

1. Get Moving with Moana (Duration -- 13:07)
  - <https://www.youtube.com/watch?v=fMTXq7v3G7U>
  - Begin the day with a Disney Family Get Moving video! Your family will love canoeing with Moana, moving proudly like Maui and getting silly like Hei Hei.
2. Poppin' Bubbles (Duration -- 1:42)
  - <https://family.gonoodle.com/activities/poppin-bubbles>
  - Practice basic dance moves with this short video that is sure to help regulate midday energy levels!
3. ABC Workout of the Day
  - Practice word recognition with a fun and engaging activity. Have your child(ren) choose a list of 3-5 words they would like to spell OR select from one of our [Side Word List Handout](#). Have them spell the words using the letter movements listed and modeled on the [ABC Workout of the Day Handout](#).

### Nutrition and Healthy Eating

Handouts: ([Explore Nutrition Label](#))

#### Learning about Nutrition Labels

Nutrition Labels are important to understand because they tell us how many nutrients are in our food. Learning to read nutrition labels is a great way to help children gain an awareness of which foods they need to fuel their body in a healthy way. You can start by explaining three simple parts of the nutrition label:

- **Serving Size:** tells you how much of this food you should eat at one time and how many servings are in one bag, box, or item.
- **Calories:** tells you how much energy you will get from one serving of this food, so another way of thinking of this is that the higher the number, the more movement and exercise you will need to take part in to make sure you burn off all the energy you get from this food.
- **Sugar:** This is the sneakiest ingredient, so we need to pay close attention. Our body does not require too much sugar, so the lower this amount is, the better.

To reinforce these nutrition label concepts, have your children use our Explore Nutrition Label Handout to better understand how to read the label.



Click on the  in the top right corner to download the document and get the live links  
**Tuesday, April 7th**

### **Physical Activity**

Begin today with a little yoga

1. GoNoodle Yoga - Release Your Warrior! (Duration: 3:12)
  - <https://family.gonoodle.com/activities/release-your-warrior-1>
  - Wake up the body and mind by learning the Warrior yoga poses while setting positive intentions for the day.
2. Just Dance High Hopes (Duration: 3:26)
  - <https://www.youtube.com/watch?v=dovTbPkyQQ4&feature=youtu.be>
  - Dance party time! Break up the day by following along with the moves on the screen.
3. Chalk Adventure (Duration ~10 minutes)
  - Use chalk to draw various shapes in your driveway or on the sidewalk. Then, have your child(ren) hop or jump along following the pattern of shapes. For example, challenge them to jump from one square to the next square or have them jump with only the right foot and then only the left foot.
  - If you want an extra challenge, use this guide to give you ideas for other “chalked filled” physical activities
    - <https://activeforlife.com/8-active-chalk-games/>

### **Nutrition and Healthy Eating**

Did you know that the average human is composed of between 55 and 60% water? Therefore, hydration plays an important role in maintaining a healthy body. It's so important that you and your family are drinking the right amount of water!

Do you want your children to learn about how hydration effects the brain and body? Watch this educational video to learn the science behind maintaining good hydration:

- <https://youtu.be/9iMGFqMmUFs>

Based on what your children learn from this lesson, ask them about their hydration and what they think they can do better?

Have them share a short clip of what they think on social media! Make sure to use our handles listed above and add #HealthyKidsQuarantined



Click on the  in the top right corner to download the document and get the live links  
**Wednesday, April 8th**

### Physical Activity

Start the day with a GoNoodle video

1. Move Like the Avengers (Duration: 6:52)
  - o <https://www.youtube.com/watch?v=uYi1kyMeFHQ>
  - o Do you have a superhero lover in your family? Take your child(ren) through this workout video where they can train like an Avenger!
2. How Many? (Duration: ~3 minutes)
  - o Have your child(ren) hop or jump across the room while keeping track of how many hops or jumps it takes to get across.
  - o Repeat 3 more times and challenge your child to aim for less hops or jumps each time. For an extra challenge Set up small objects (like shoes, books, etc) that they need to jump or hop over as they work across the room
3. Wind Down (Duration: 6:41)
  - o <https://www.youtube.com/watch?v=4lfjNAXGPzA>
  - o Work through the gentle movements of this Good Night Yoga book to create a Zen environment in your home as you prepare for bed or are just looking to calm your body.

### Nutrition and Healthy Eating

#### Baked Carrot Fries

Working toward eating the rainbow is a simple way to remind your children to eat a variety of fruits and **vegetables** so that they get the vitamins and minerals they need. Did you know that **ORANGE** and **YELLOW** fruits and vegetables such as carrots help many parts of the body, including bones and eyes? A great way to get your children to eat different vegetables is to present them as foods they recognize and enjoy! The side dish recipe below includes simple steps and easy ingredients everyone will enjoy making. Parents can do the chopping while kids season and mix!

#### Ingredients

1. Carrots: 2, peeled and cut into the shape of "fries"
2. Panko bread crumbs: 2 tbsp (\*optional)
3. Salt: as need
4. Pepper: as needed
5. Garlic powder: pinch (optional)
6. Oil: 1 tsp

#### Instructions

- Preheat the oven to 400 degree Fahrenheit
- Line cooking sheet with foil or parchment paper
- In a wide bowl add all the listed ingredients and mix well
- Add the carrots, mix and spread on cooking sheet.
- Bake approximately 14- 18 minutes.
- Extra Crispy: If available broil for 2-3 minutes or for the texture you prefer
- Enjoy with your favorite dip

#### Notes:

- No carrots, no problem, use what you have! Try sweet potatoes, zucchini, or eggplant in place of carrots
- Baking time may vary depending on the oven and also the thickness of the vegetable.
- \*Coconut, corn flakes, coarse nuts powder etc. can be used for crispy outer layer
- Chilli powder can be used instead of pepper powder



Click on the  in the top right corner to download the document and get the live links  
**Thursday, April 9th**

### **Physical Activity**

Handout: ([Bingo Activity Handout](#))

Begin today with a little yoga

1. SUPER YOGA! - Dinosaur Disco (Duration: 5:24)
  - <https://www.youtube.com/watch?v=isAbhjYamA&list=PL8snGkhBF7nj-MMdHQpoclHmbNgpbfK7q&index=4>
  - Use this yoga video to stretch and wake up your body
2. Kidz Bop Kids - How Long (Duration: 3:44)
  - <https://www.youtube.com/watch?v=1GE0HdSGHRk&list=PL5pvzdXbuo256vQASwc9AEJv3l0Ojn5hz&index=23>
  - This is a fun dance video, take a brain break and show your moves!
3. Fitness BINGO (Duration ~8 minutes)

Use our [Bingo Activity Handout](#) to create a pattern of exercises your child(ren) can complete for a full body workout! Initial each square as your child completes it. *Challenge:* Continue to have your child pick patterns of exercises throughout the day until they complete the entire sheet!

### **Nutrition and Healthy Eating**

Handout ([Minute to Win It Word Search](#))

These are six essential nutrients; carbohydrates, proteins, fats, vitamins, minerals, and water that give our bodies the basic nutrition it needs. Eating fruits and vegetables provides our bodies with 4 of the 6 nutrients making them the building blocks our bodies need to maximize health.

To reinforce the ideas we've been learning about, like the importance of eating different fruits and vegetables **try our Minute to Win it word search!** Make it a little more interesting by making it a competition! Print out copies for your entire family and set a timer for one minute. The person to find the most in one minute wins! Keep going until everyone is able to find all fruits and vegetables within 1 minute.



Click on the  in the top right corner to download the document and get the live links  
**Friday, April 10th**

### **Physical Activity**

Start the day with a GoNoodle video

1. Get Moving with The Lion King (Duration 7:55)
  - <https://www.youtube.com/watch?v=kKuVq48vUcw>
  - Begin the day with a Disney Family Get Moving video! Your family will love moving like Simba, Rafiki and Zazu as they recreate their favorite parts of the movie!
2. Choose your own Fitness Adventure (Duration: 7:10)
  - <https://www.youtube.com/watch?v=jAuhWjMRCpg>
  - If your child(ren) likes Roblox they are sure to like this fitness video that let's them choose between two exercises as they take them through 10 thirty second rounds.
3. Zen Den with Cosmic Kids Yoga
  - Learn about making good choices through understanding mindfulness and breathing.
  - [https://www.youtube.com/watch?v=6cxt\\_Ki4GSo](https://www.youtube.com/watch?v=6cxt_Ki4GSo)

### **Nutrition and Healthy Eating**

Smoothies are a great way to reach our goal of five to nine servings of fruits and vegetables per day. Did you know that smoothies are also a great way to add fiber, protein, and healthy fats to your diet? Try our traditional smoothie recipe with one of the add ins listed below to get some extra fiber, protein, and healthy fats.

#### **Fruit & Veggie Smoothie**

- 1 cup milk
- 1 small banana, fresh or frozen
- 1/2 cup fresh or frozen fruit (blueberries, strawberries, mango, apple, or kiwi)
- 1/2 cup veggies (kale, spinach, raw fresh or frozen chopped cauliflower, raw fresh or frozen sliced zucchini, raw fresh or frozen sliced summer squash, roasted sweet potato, roasted butternut squash, steamed diced beets)
- Add ins (pick 1-2): 1 tablespoon nut butter; 2 tablespoons avocado; 1 teaspoon hemp seeds, chia seeds, or ground flaxseed; 1 tablespoon coconut oil; 1 tablespoon rolled oats
- Adding ice will make this taste like a delicious frozen treat!

#### **Instructions:**

Add chosen ingredients to a blender and blend until very smooth, stopping to scrape down the sides of the bowl and adding more liquid, if needed. Serve immediately.