



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
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- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

Teens should be getting at least 60 minutes of physical activity each day, but computers, TVs, and video games can make this more difficult. The following questions and activities will help your students understand the importance of being fit and how they can take simple steps toward becoming more physically fit.

## Related KidsHealth Links

### Articles for Teens:

#### Why Exercise Is Wise

[KidsHealth.org/teen/food\\_fitness/wellbeing/exercise\\_wise.html](http://KidsHealth.org/teen/food_fitness/wellbeing/exercise_wise.html)

#### Is Exercise Safe for Teens?

[KidsHealth.org/teen/food\\_fitness/exercise/sport\\_safety.html](http://KidsHealth.org/teen/food_fitness/exercise/sport_safety.html)

#### Strength Training

[KidsHealth.org/teen/food\\_fitness/exercise/strength\\_training.html](http://KidsHealth.org/teen/food_fitness/exercise/strength_training.html)

#### Stretching

[KidsHealth.org/teen/food\\_fitness/exercise/stretching.html](http://KidsHealth.org/teen/food_fitness/exercise/stretching.html)

#### Choosing the Right Sport for You

[KidsHealth.org/teen/food\\_fitness/exercise/find\\_sports.html](http://KidsHealth.org/teen/food_fitness/exercise/find_sports.html)

#### Motivation and the Power of Not Giving Up

[KidsHealth.org/teen/food\\_fitness/exercise/motivation.html](http://KidsHealth.org/teen/food_fitness/exercise/motivation.html)

#### Exercise Log

[KidsHealth.org/teen/food\\_fitness/exercise/exercise\\_log.html](http://KidsHealth.org/teen/food_fitness/exercise/exercise_log.html)

#### Fitness: Liz's Story

[KidsHealth.org/teen/food\\_fitness/exercise/fitness\\_liz.html](http://KidsHealth.org/teen/food_fitness/exercise/fitness_liz.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What is fitness? What does it mean to be physically fit? How can people get fit?
2. Why is exercise important? How does it benefit both the body and mind?
3. Why is it sometimes difficult for people to stay fit? Make a list of 10 simple things people can do to maintain fitness.



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Get Off the Couch!

#### Objectives:

Students will:

- Understand what fitness is
- Discover the role exercise has in staying fit
- Identify ways to exercise

#### Materials:

- Computer with Internet access
- Get Off the Couch handout (available at: [KidsHealth.org/classroom/9to12/personal/fitness/fitness\\_handout1.pdf](http://KidsHealth.org/classroom/9to12/personal/fitness/fitness_handout1.pdf))

#### Class Time:

2 hours

#### Activity:

Exercise has many benefits – it can make you feel good, look good, and even ward off some diseases. It's recommended that teens exercise at least 60 minutes a day – but if you don't like sports (or you just aren't very active) this can seem like a daunting task. That's why you're creating a new fitness program, Get Off the Couch. This program is geared toward teens, especially those who have trouble pulling themselves away from the TV or computer to exercise.

Check out the articles at KidsHealth to determine why exercise is important and what types of exercise are beneficial. Next, write a 5-day program for reluctant teens that includes simple and fun exercises to help them become more fit. While developing your program, consider the types of exercise, the tasks that will fit these categories, and how you can break down the 60 minutes so it isn't overwhelming. Be sure to incorporate warming up and cooling down, too.

#### Extensions:

1. Write a leaflet to be included in the beginning of your program offering teens tips for getting started and how to stick with the plan after they start.
2. Create a poster reminding your peers of simple ways they can get off the couch each day.
3. Next time you watch your favorite TV show, think about messages it's sending about teen fitness. Examine the activities the characters participate in during their leisure time, how they eat, and their attitudes about fitness. How might this influence teens who watch the show?



## Get Fit!

### Objectives:

Students will:

- Create a campaign to encourage teens to stay fit

### Materials:

- Computer with Internet access
- Art supplies (markers, crayons, construction paper, scissors)

### Class Time:

1½ hours

### Activity:

Now that you have a plan for getting teens off the couch, it's time to create a campaign that spreads encouraging words about why fitness is important. Read the articles at KidsHealth to read about how people stay motivated. Next, think about how you're going to get out your message. What do you think teens will pay attention to? What medium will you use to convey your message?

### Extensions:

1. Your school has been inspired by your campaign and has asked you to organize a "Get Fit" day for your classmates. What types of activities would you incorporate to motivate your fellow students? How would you promote the day's events?
2. What role do parents play in helping their kids stay physically fit? List ways parents can encourage their kids to be fit.
3. Are you physically fit? Where do you need improvement? In a journal, set goals for yourself that will help you become more fit. How will you accomplish these goals? How can your friends and family get involved to keep you motivated?

## Reproducible Materials

### Handout: Get Off the Couch!

[KidsHealth.org/classroom/9to12/personal/fitness/fitness\\_handout1.pdf](http://KidsHealth.org/classroom/9to12/personal/fitness/fitness_handout1.pdf)

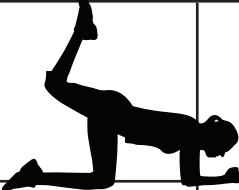





Name:

Date:

## Get Off the Couch!

Instructions: Track of your daily exercise. You don't have to do one activity for an hour straight, but your daily exercise activites should add up to at least 60 minutes.

5-Day Program	60-minute daily exercise log (activity, length of time)
Day 1 	
Day 2 	
Day 3 	
Day 4 	
Day 5 