



# Fitness Fun



**Course description:** Each week we will focus on one aspect of nutrition and exercise. We will make a healthy snack each week that goes along with our studies. Also during class time, we will have the “Ultimate One Minute Challenge”—stations that the students will rotate to and have one minute to do their best. Examples: hula hoop, hop on one foot, jumping jacks, etc.

**Target age:** Grades 1 – 6

## Course Outline

	Nutrition Lesson	Snack	Exercise Focus
Week 1:	Food Groups	Pizza Bagels	Reasons to Exercise
Week 2:	Carbs, Protein, Fiber	Trail Mix	Walking & Running
Week 3:	Vitamins & Minerals	Fruit or Veggies with dip	Building Endurance
Week 4:	Calories	Fruit Pizza	Burning Calories
Week 5:	Junk Food & Additives	Cheese Cake Graham Crackers	Aerobic Benefits (finding target heart rates)
Week 6:	Organic Foods	Ladybug Apples	Strength Training & Avoiding Injury
Week 7:	Caffeine	Fruit Smoothies	Lower Body Strength
Week 8:	Fat & Cholesterol	Baked Fries	Upper Body Strength
Week 9:	Reading Labels	Snacks from the Store	Muscular Endurance

**Supplies:** None

**Additional cost:** \$10/student for food to start with. Might need more money or donations of food as the semester progresses.