

# Physical Activity Curriculum

## TABLE OF CONTENTS

<b>Class 1</b> .....	<b>1-27</b>
<b>Steps to Becoming Physically Active</b> .....	<b>1</b>
▪ Know about the physical activity curriculum	
▪ Be able to live a healthier and longer independent life	
▪ Learn how to avoid obesity and the factors associated with it	
▪ Be ready for physical activity and learn how to take your pulse	
▪ Getting to know the class participants	
Materials and Supplies .....	1
Handouts.....	1
Class Outline .....	2
Introducing the class.....	2
Conducting the session.....	2
Review of key points/homework.....	2
Closing .....	2
Introducing the Class.....	2-5
1. Welcome .....	2-3
2. Program Overview .....	3-4
3. Program Rules.....	4-5
Conducting the Class.....	6-11
1. Getting to know each other .....	6-7
2. Getting to know the secrets of the Heart.....	7-11
a. The Heart and its Structure.....	7-8
b. How the Heart Works .....	9
c. Heart Handout.....	10-11
Review of Key Points/Homework.....	12
Closing of Class Time .....	13
1. Community Outreach.....	13-14
Handouts.....	15-27
<b>Class 2</b> .....	<b>1-29</b>
<b>Be More Physically Active</b> .....	<b>1</b>
▪ Know their resting baseline heart rate one minute after completing one-half mile walk	
▪ Understand how to complete journal entries each week	
▪ Identify the benefits of being active	
▪ Learn that brisk walking is a simple activity almost everyone can do	
▪ Learn that people should be physically active for a total of 30 minutes every day	
▪ Identify opportunities to turn inactive time into active time	
Materials and Supplies .....	1
Handouts.....	2
Class Outline .....	2-3
Introducing the lesson .....	2
Conducting the class.....	3

Weekly journal entry.....	3
Review of today’s key points/homework.....	3
Closing of discussion.....	3
Physical Activity.....	3
Twelve minute walk with pulse check.....	3
Introducing the Lesson.....	3-4
1. Welcome.....	3
2. Review of Last Week’s Lesson.....	4
3. About this Class.....	4
Conducting the Class.....	5-12
1. Facts About Physical Activity.....	5
2. Benefits of Physical Activity.....	5-6
3. Types of Physical Activity.....	6-8
a. More Physical Activity Tips.....	8-10
4. Getting Started: Important Things to Know.....	11
5. How to Turn Inactive Time to Active Time.....	12
Weekly Journal Entry.....	13
Review of Today’s Key Points/Homework.....	13-15
Closing Class Time.....	15
Physical Activity Time.....	15-19
1. Walking Pre-test Activity.....	15-18
2. Community Outreach for Instructors.....	19
Handouts.....	20-29

**Class 3..... 1-20**

<b>Making it Work for You.....</b>	<b>1</b>
▪ Identify opportunities to turn inactivity time to activity time	
▪ Learn how to stay positive about being physically active	
▪ Finding the support you need to keep up with your physical activity	
Materials and Supplies.....	1
Handouts.....	2
Class Outline.....	2-3
Introducing the lesson.....	2
Conducting the class.....	2
Weekly journal entry.....	3
Review of today’s key points/homework.....	3
Closing of discussion time.....	3
Physical Activity.....	3
Introducing the Lesson.....	3-4
1. Welcome.....	3
2. Review of last week’s lesson.....	3-4
3. About the Lesson.....	4
Conducting the Class.....	5-7
1. Turning Down Time into Up Time.....	5
2. Enlisting Support.....	6
3. Now for an Encouraging Word.....	6-7
Weekly Journal Entry.....	8
Review of Today’s Key Points/Homework.....	8-9
Closing Class Time.....	10
Physical Activity Time.....	10-12
Community Outreach for Instructors.....	11-12
Handouts.....	13-20

**Class 4..... 1-24**

**Let's Keep Moving** ..... 1

- Learn to turn light activity into moderate activity
- Learn the benefits of moderate physical activity

Materials and Supplies ..... 1-2

Handouts..... 2

Class Outline ..... 2-3

- Introducing the lesson ..... 2
- Conducting the class..... 3
- Weekly journal entry..... 3
- Review of today's key points/homework..... 3
- Closing of discussion time ..... 3

Introducing the Lesson ..... 3-5

- 1. Welcome ..... 3
- 2. Review of last week's lesson ..... 3-5
- 3. About the Lesson ..... 5

Conducting the Class..... 6-9

- 1. Activity Progression..... 6-7
- 2. A Closer Look at Intensity and the Benefits..... 7-9

Weekly Journal Entry..... 10

Review of Today's Key Points/Homework ..... 10-11

Closing of Discussion Time ..... 11

Physical Activity Time..... 12-15

- Community Outreach for Instructors ..... 12-15

Handouts..... 16-24

**Class 5..... 1-19**

**Eating Well and Moving More**..... 1

- Learn ways to choose better foods to eat
- Learn ways to eat healthier as a family
- Learn ways to stay motivated as you move more

Materials and Supplies ..... 1

Handouts..... 2

Class Outline ..... 2-3

- Introducing the lesson ..... 2
- Conducting the class..... 2
- Weekly journal entry..... 2
- Review of today's key points/homework..... 2
- Closing of discussion time ..... 2
- Physical Activity ..... 3

Introducing the Lesson ..... 3-4

- 1. Welcome ..... 3
- 2. Review of last week's lesson ..... 3-4
- 3. About the Lesson ..... 4

Conducting the Class..... 5-8

- 1. How to choose Better Foods to Eat..... 5-6
- 2. Motivating Tips to Help You Move More ..... 6-8

Weekly Journal Entry..... 8

Review of Today's Key Points/Homework ..... 9-10

Closing of Class Time..... 10

Physical Activity Time..... 11-13

- Community Outreach for Instructors ..... 12-13

Handouts..... 14-19

**Class 6..... 1-20**

**Keeping it Fun ..... 1**

- Be able to list three reasons that being physically active is fun
- Be able to list three ways of adding physical activity into their family’s daily lives
- Be able to list three ways to free you and your family from watching so much TV

Materials and Supplies ..... 1

Handouts..... 2

Class Outline ..... 2

- Introducing the lesson ..... 2
- Conducting the class..... 2
- Weekly journal entry..... 2
- Review of today’s key points/homework..... 2
- Closing of discussion time ..... 2
- Physical Activity ..... 3

Introducing the Lesson ..... 3-4

- 1. Welcome ..... 3
- 2. Review of last week’s lesson ..... 3-4
- 3. About the Lesson ..... 4

Conducting the Class..... 5-10

- 1. Find Fun in Physical Activity ..... 5-8
- 2. Setting Yourself Free from the TV ..... 8-10

Weekly Journal Entry..... 10-11

Review of Today’s Key Points/Homework ..... 11-12

Closing of Class Time ..... 12

Physical Activity Time..... 13-15

- Community Outreach for Instructors ..... 14-15

Handouts..... 16-20

**Class 7 ..... 1-19**

**Staying Fit in Your Future ..... 1**

- Learn how to plan to increase activity
- Learn how to set a good dietary and activity example for families
- Learn how to make a commitment for an active future

Materials and Supplies ..... 1-2

Handouts..... 2

Class Outline ..... 2

- Introducing the lesson ..... 2
- Conducting the class..... 2
- Weekly journal entry..... 3
- Review of today’s key points/homework..... 3
- Closing of discussion time ..... 3
- Physical Activity ..... 3

Introducing the Lesson ..... 3-4

- 1. Welcome ..... 3
- 2. Review of last week’s lesson ..... 3-4
- 3. About the Lesson ..... 4

Conducting the Class..... 5-8

- 1. Raising Healthy Children..... 5-6
- 2. Making a Plan to be Fit in Your Future ..... 6-7
- 3. Being More Active..... 8

Weekly Journal Entry..... 9

Review of Today’s Key Points/Homework ..... 9-11

Closing of Class Time ..... 11-12

Physical Activity Time.....	12-14
Community Outreach for Instructors.....	14
Handouts.....	15-19
Class 8 .....	<b>1-27</b>
<b>Review and Graduation</b> .....	<b>1</b>
▪ Review information learned in Classes 1-7	
▪ Recognize the group's efforts and accomplishments	
Materials and Supplies .....	1
Handouts.....	2
Class Outline .....	2-3
Introducing the lesson .....	2
Conducting the class.....	2
Recognition for completing the physical activity curriculum.....	3
Pot luck meal (optional).....	4
Closing .....	4
Introducing the Lesson .....	4-5
1. Welcome .....	4
2. Review of last week's lesson .....	4-5
3. About this class .....	5
Conducting the Class.....	5-9
1. Physical Activity Post Test .....	5-7
2. Physical Activity Jeopardy.....	7-8
3. Promise to Yourself Activity .....	8-9
4. Collecting the Personal Activity Record Forms .....	9
Recognition for Completing the Physical Activity Curriculum.....	10
Pot Luck Meal (Optional) .....	10
Closing .....	10
Handouts.....	10-27
<b>Appendix for Activities</b> .....	<b>1-47</b>
Handouts for Activities .....	1-36
Appendix for Other Materials .....	37-47