

Activity:

Spin the Activity Wheel

Overview

In this activity, participants will learn to think creatively about how to incorporate physical activity into their daily routine and throughout the week, as an individual or with the entire family.

Learning Objectives

By the end of the activity, participants will be able to:

- Identify favorite activities the family can do together.
- Increase the family's amount of physical activity each week.

Audience

Kindergarten to adult

Materials

- *Spin the Activity Wheel* handout (included with this lesson)
- Dry erase markers
- Pen/pencil
- Paper clip
- Laminating paper for best results

Duration

15 minutes for this discussion and activity; 60 minutes daily for physical activity

Activity Preparation

Print out enough of the *Spin the Activity Wheel* handouts and laminate each handout, if possible, so participants can write in different activities each time they use the Activity Wheel. This activity can also be done without laminating the handout by just writing activities in with pens/pencils. Hand out a dry erase marker (if laminated) and a pen/pencil to each participant to demonstrate the activity as a group. If adequate resources are available, instruct participants to take the markers home so that they can continue to do this activity on a daily basis with their families.

Instructions

1. Begin this activity with a discussion about how we can build and maintain a healthy heart and body by being physically active, asking some or all of the following questions:
 - How much physical activity is recommended for kids? [60 minutes daily]
 - Why is physical activity important? What does it do for our bodies? [Physical activity helps strengthen our muscles (including heart muscle) and bones, helps us maintain a healthy weight, and improves our overall health.]

Activity: Spin the Activity Wheel



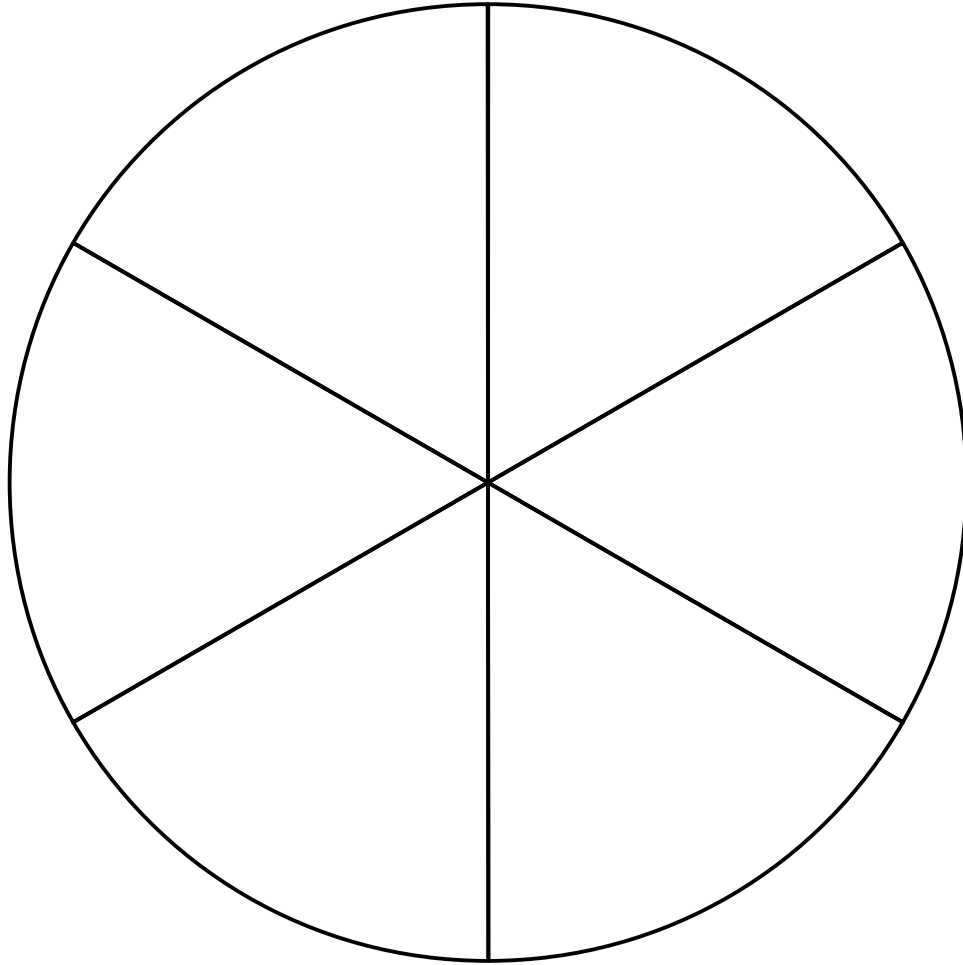
- What are some examples of your favorite ways to be active? [As a group, create a list of fun activities that they can do indoors or outdoors with their family and friends on a board or flipchart paper at the front of the room. Some suggestions are provided in the following table.]

Indoor Activities	Outdoor Activities
<ul style="list-style-type: none">• Run up and down the stairs• Somersaults• Cartwheels• Jumping Jacks• Push-ups• Sit-ups• Pretend to be an animal and move around the room like the animal would• Dance• Bowling• Set up an indoor obstacle course• Toss a ball into a laundry basket	<ul style="list-style-type: none">• Go for a walk/run• Play in the area playground• Swim at the local pool• Hula hoop• Jump rope• Play tag• Shoot a basketball• Throw a Frisbee• Dribble a soccer ball• Play soccer• Ride a bike• Go skating (ice or roller)• Play catch

2. Instruct participants to select six of the activities on the list you've compiled or choose their own favorite activities that aren't on the list and write them in the six blank spaces on the front of the activity wheel with their dry erase marker (or pens/pencils if you aren't able to laminate them).
3. Once everyone has filled out their favorite activities, demonstrate how they can use the activity wheel each day to pick a fun activity for their family to enjoy by spinning a paperclip (held in place on the wheel by touching the tip of a pen/pencil to the center of the wheel) around the wheel and doing the activity written in the space to which the paperclip is pointing.
4. Encourage participants to use the wheel at home, writing in new activities each week, to increase the amount of physical activity they do at home with their families.

Variations: 1) In a classroom setting, you can also create a wheel for the class daily activity. 2) This activity can also be used by educators/professionals who conduct one-on-one work with children and families on health issues.

Spin the Activity Wheel!



Instructions:

1. Write six of your favorite activities in the blank spaces on the wheel above.
2. Place a paperclip on top of the wheel with one end directly over the center of the wheel.
3. Touch the tip of a pen or pencil to the center of the wheel so that it holds the paperclip in place.
4. Use your fingers to flick the paperclip so that it spins around the tip of the pen/pencil.
5. Do the activity that's written in the space to which the other end of the paperclip points.