

## JUMP INTO FITNESS:

# Activity Snacks

### Objectives:

The children will:

- Cooperate with each other in a physical activity setting.
- Think creatively about different ways to add activity to their lives.

### Learning & Life Skills:

- Cooperating in a group
- Being creative in activity choices

### Materials:

- A small container
- 20 to 40 index cards or slips of paper
- Marker, pen or pencil
- Drinking water (make available to children as needed)
- Music player and music (optional)

### Time:

15 minutes

### Procedure:

#### Before the meeting:

Write the name of one body part (such as nose, elbow, knees, hands, hip) or one action word (such as twirl, shout, kangaroo jump, clap, skip, crab walk, karate kick, hop, jab) on each card. Put the cards in the small container.

#### During the meeting:

1. Tell the group that they're going to work cooperatively to create an "activity snack," that is, physical activities or movements they can do any time, anywhere. Explain that they'll have to be respectful of and try each other's ideas to come to an agreement on the activity snack.
2. Begin by asking for a volunteer to pull three cards out of the container that will be included in the activity snack.
3. Have the kids form two-person teams, then give them a few minutes to come up with personalized activity snacks using the three cards (put into any order) that were chosen at the beginning of the activity. The partners should be able to repeat their activity snack at least three times with it looking the same each time.
4. After a few minutes, have half of the group show off their activity snacks to the other half, then repeat so each team has a chance to demonstrate its activity snack idea.

#### Try This, Too:

Separate the cards into three different containers: one for cards with the names of body parts on them, one for cards with actions that involve staying in one place (such as karate kick, twirl, explode, clap) and one for traveling actions (such as hop, skip, jump, slide, crab walk). Have each team pick one card from each container. (The teams will probably draw cards different from other teams' cards.) After giving the teams time to practice, have them take turns showing their activity snacks to the rest of the group. Have the teams perform each part of their snacks in counts of 4 or 8, then put the snacks to music, thus creating a rhythmical sequence!

#### Talking It Over:

Ask the group the following questions:

##### Share It:

What were your favorite activity snacks?

##### Process It:

- How can we get more little bits of physical activity into our everyday lives?
- Why is it important to add activity snacks to our day?