TEAM TIME 2: BIG KIDS LEAD

For Wellness Week 2, the Get Fit Friday activity is TEAM Time 2: Big Kids Lead. This activity emphasizes the weekly physical activity theme (vigorous physical activity—vigorous aerobics, sports, and recreation) and the concept of TEAM: Together Everyone Achieves More.

This activity uses four videos from the TEAM Time 2 menu on the DVD:

- The instructional video shows how one wellness coordinator conducts Big Kids Lead.
- The three activity videos include a warm-up, a routine called Colors, and a cool-down. Use these tracks to help student leaders learn the movements during a practice session, and use them again when you conduct the activity for the school.

This file provides the following resources to help you conduct Big Kids Lead:

- A sample outline of suggested comments and directions; use these before, during, and after the activity.
- Specific exercises for the warm-up, the Colors routine, and the cool-down so that you can be sure everyone does the movements correctly.

From **Fitness for Life: Elementary School** by Charles B. Corbin, Guy C. Le Masurier, Dolly D. Lambdin, and Meg Greiner, 2010 (Champaign, IL: Human Kinetics).

Sample Outline

Opening Comments

"Good morning, everybody." (Kids respond with "Good morning." Put a hand up behind your ear to indicate that they are not loud enough.) "I can't hear you. Let's try that again. Good morning, everybody!" (Kids respond with "Good morning!")

"Welcome to TEAM Time. TEAM stands for 'Together Everyone Achieves More.' We are going to do some fun activities as a team to get us ready for the school day. At the end of the routine, we are going to do a chant. Let's practice it so that you are ready when the time comes.

"I'll say it first and then you say it: Stay active, eat well." (Kids respond with "Stay active, eat well.") "Say it again: Stay active, eat well." (Kids respond with "Stay active, eat well.")

"Now we're going to do the activity. Just watch what we do and follow along. Don't worry if you make a mistake. Just do the best that you can. You can sing or hum along with the music if you like."

Activity

Conduct Big Kids Lead with the warm-up, Colors, and cool-down videos. During the activity, periodically repeat the following statements to encourage students: "Good job. Nice work. Keep trying, you are getting it. Way to go. Stick with it."

Closing Comments

Have students repeat the chant at the end of the routine: "Stay active, eat well."

After the routine, consider using these comments: "Great job! You worked well as a team when doing the TEAM Time activity.

"OK, let's keep working as a team. It's time to go back to your classrooms, and remember that Together Everyone Achieves More. Kindergarten students, follow your teacher back to your classroom." (Allow time.) "Now the first-grade students." (Allow time.) "Now the second-grade students." (Allow time. Continue in this manner until all grades are dismissed. Alternatively, you may use a list of teachers' names to let classes know when to begin walking back to their classrooms.)

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Specific Exercises for Warm-Up

Numbers equal counts (beats) of music (320 counts total).

16—**Clap while standing in place**.

16—**Thigh pat**. Pat your thighs in time to music.

16—**Thigh pat and foot tap**. Pat your thighs while tapping your feet—right foot tap to the right, right foot tap back, left foot tap to the left, left foot tap back. Repeat the sequence.

16—**March in place**.

16—**Arms across body**. Arms cross to alternate sides of the body at chest height—right across, right back, left across, left back. Repeat the sequence.

16—**Jog in place**.

16—**Arms above head**. Raise your right arm above your head, lower your right arm, raise your left arm above your head, lower your left arm. Repeat the sequence.

16—**Straddle jumps**. Legs apart, legs together. Repeat the sequence.

16—**Punches**. Right arm punch (forward at shoulder height), left arm punch. Repeat the sequence.

16—**Ski jumps**. Both feet jump to the right (feet together), both feet jump to the left (feet together). Repeat the sequence.

16—**Arms across body**. Arms cross to alternate sides of the body at chest height—right across, right back, left across, left back. Repeat the sequence.

16—**Jog in place**.

16—**Arms above head**. Raise your right arm above your head, lower your right arm, raise your left arm above your head, lower your left arm. Repeat the sequence.

16—**Straddle jumps**. Legs apart, legs together. Repeat the sequence.

16—**Punches**. Right arm punch (forward at shoulder height), left arm punch. Repeat the sequence.

16—**Ski jumps**. Both feet jump to the right (feet together), both feet jump to the left (feet together). Repeat the sequence.

16—**Thigh pat**. Pat your thighs in time to music.

16—**Thigh pat and foot tap**. Pat your thighs while tapping your feet—right foot tap to the right, right foot tap back, left foot tap to the left, left foot tap back. Repeat the sequence.

16—**March in place**.

16—**Clap while standing in place**.

Big stretch—no music.

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Specific Exercises for Colors

This routine has 256 counts (beats), not including the chant at the end.

Lyrics	Movements
Good day to everybody; smile and have some fun. Eat well and be active; have a good day, everyone. Learn about MyPlate, and what is best to eat. Do pyramid activities, and you won't miss a beat.	Clap standing in place, 32 counts.
Orange is for grains that are good for you, And orange stands for exercise that is also good to do. Step right up and walk a while; the steps are gonna pay. And eat your breads and pasta and cereal every day.	Walk in place, 32 counts.
Green is for veggies that help you grow and grow. It's also for aerobics that help you, as you know. Jog and dance and swim; try active exercise. Greens such as spinach help you grow in size.	Jog in place, 32 counts.
Red is for fruit that you should eat a lot. Sports and recreation—they also hit the spot. Soccer's fun and tennis, too; it's fun to hike and bike. Oranges and bananas are good foods to like.	Simulate soccer kick, 16 counts. Simulate tennis forehand, 8 counts. Simulate tennis backhand, 8 counts.
Blue is for milk and foods such as cheese And muscle fitness exercise, so won't you try it please? Use your muscles every day, and you'll feel very nice. And drink your milk and build your bones; eat cheese—every slice.	Half squat, 16 counts. Squat with feet apart and arms straight in front. Arm press, 16 counts. Push arms overhead, simulating lifting weight.
Purple is for meat and beans that help you feel just swell. And it's for stretching exercise that makes you fit and well. So stretch your muscles every day, fulfill your every wish. Eat meat and nuts and also eat some fish.	Calf stretch: right foot forward and knee bent, left back and straight, 8 counts. Calf stretch: left, 8 counts. Zipper: right arm reaches over shoulder, left arm up behind back, 8 counts. Zipper: left, 8 counts.
Yellow is for oils; limit them you see. Get moving, everybody; don't watch too much TV. Don't be a couch potato, computer games—no way. Avoid solid fats, and eat well every day.	Jog in place, 32 counts.
Learn about MyPlate and what is best to eat. Do pyramid activities, and you won't miss a beat. Avoid empty calories, and do not be a fool. Eat well and be active at _____. (say school name in blank space)	Walk in place, 32 counts.
Chant: 1, 2, 3, 4. Who you gonna yell for? _____, that's who. 5, 6, 7, 8. Who do we appreciate? _____, that's who. North, south, east, west. North, south, east, west. _____ is the best! (say school name in blank spaces)	Stand and clap while chanting.

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Specific Exercises for Cool-Down

Numbers equal counts (beats) of music (320 counts total).

32—**Volcano stretch**. Stand with your feet apart and in a half squat with your arms relaxed and crossed in front of your body, making an *X*. Take 8 counts to exhale while raising your arms and straightening your legs until your arms are above your head and your legs are straight. Hold for 8 counts, and repeat the sequence.

32—**Side bends**. Bend to the right side by letting one arm slide down your leg and the other arm drape over your head, and hold for 16 counts. Repeat to the left, and hold for 16 counts.

32—**Warrior**. Stand in the straddle position (feet apart). Extend your arms out at shoulder height like an airplane, and bend your right knee to the side. Hold for 16 counts, and repeat to the left for 16 counts. Repeat the sequence.

32—**Runner stretch**. With your right foot forward, bend your knee and lean your hands on the forward knee, with both feet facing forward and your heels in contact with the floor. Stretch your calf and hold for 16 counts. Repeat to the left for 16 counts.

32—**Spider stretch**. Place your right leg out straight with the heel on the floor and toes pointing up. Slightly bend the left leg. Put your hands on your left knee but lean over your right leg. Hold for 16 counts. Repeat with the left leg straight, and hold for 16 counts.

32—**Warrior**. Repeat for 32 counts.

32—**Runner stretch**. Repeat for 32 counts.

32—**Spider stretch**. Repeat for 32 counts.

32—**Side bends**. Repeat for 32 counts.

32—**Volcano stretch**. Repeat for 32 counts.

Take deep breaths with your finger pads together and your eyes closed (no music).

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