# Grade 6 Wellness Week 1 Worksheet 1.1

Name _____ Date _____

Classroom Teacher _____ Grade _____

## Healthy Challenges!

- Get 60 minutes every day with fun physical activities!
- You are what you eat, so eat well!

## Get 60 Minutes Every Day With Fun Physical Activities!

List two physical activities you would like to use to help you accumulate at least 60 minutes of physical activity every day this week.

| Activity | Minutes You'll Do the Activity |
|---|---|
| 1. _____ | _____ |
| 2. _____ | _____ |

## You Are What You Eat, so Eat Well!

Name at least *five* fruits and *five* vegetables you will eat this week to get all the vitamins and minerals your body needs to continue to grow strong, move, and learn. For each fruit and vegetable, indicate how many servings you will have and what color it is.

| Fruit | Servings | Color |
|---|---|---|
| 1. _____ | _____ | _____ |
| 2. _____ | _____ | _____ |
| 3. _____ | _____ | _____ |
| 4. _____ | _____ | _____ |
| 5. _____ | _____ | _____ |

| Vegetable | Servings | Color |
|---|---|---|
| 1. _____ | _____ | _____ |
| 2. _____ | _____ | _____ |
| 3. _____ | _____ | _____ |
| 4. _____ | _____ | _____ |
| 5. _____ | _____ | _____ |
| Total Servings for the Week | _____ | |

How many total servings would you need to meet the goal of having five fruits and veggies each day of the week? Add all the servings and see if you have enough.

Look at the colors you have listed. Is there a variety? Did you eat lots of different colors like the rainbow? If you did, draw a rainbow somewhere on the front or back of this worksheet.

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).

**Grade 6 | Wellness Week 1 | Worksheet 1.2**

Name _____ Date _____

Classroom Teacher _____ Grade _____

## Healthy Challenges!

- Practice to build skills!
- Practice safe habits for good health!
- Be active every day!

## Practice to Build Skills!

Write a sentence or two about something you have practiced and gotten better at or something you would like to get better at and how you will practice it.

_____

_____

_____

## Practice Safe Habits for Good Health!

Name *three* safety rules that we have at school to make the playground an active and safe place to play every day!

1. _____

_____

2. _____

_____

3. _____

_____

## Be Active Every Day!

Name a team sport or group activity that you like to play at school during recess or outside of school: _____. Now give two ways you can contribute to the success of your team or group. These should be things you can do to be a person of good character or ways you can encourage your teammates.

1. _____

_____

2. _____

_____

Think of a good slogan about being active. An example of a slogan is, "Be active when you play, be active every day." Write your slogan in the space below.

_____

_____

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Name _____ Date _____

Classroom Teacher _____ Grade _____

## Healthy Challenges!

- Be active throughout the day!
- Start with the basics!
- Avoid empty calories!

## Be Active Throughout the Day!

Describe one way that exercise helps your body.

_____

_____

_____

Describe one way that exercise helps your mind.

_____

_____

_____

## Start With the Basics!

Name a sport or activity that you would like to get really good at.

_____

_____

List the basic skills you have to do in that activity. For example, if you picked tennis, basic skills might include learning how to hold a racket, where to stand, and how to do a forehand.

_____

_____

_____

_____

Think about how you can practice those basic skills every day.

## Avoid Empty Calories!

Name at least two healthy snacks you can eat at school to prepare your mind for learning.

1. _____

_____

2. _____

_____

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Name _____ Date _____

Classroom Teacher _____ Grade _____

## Healthy Challenges!

- Get heartbeats for health—do vigorous activity!
- Show respect when you play!
- Make half your grains whole!

## Get Heartbeats for Health—Do Vigorous Activity!

Describe two good feelings you get when you exercise vigorously.

1. _____

2. _____

## Show Respect When You Play!

Describe two ways that you can show respect for others when you play games or activities with them during physical education class, at recess, or at home.

1. _____

2. _____

## Make Half Your Grains Whole!

List two foods that contain whole grains that you can eat at a regular meal during the day.

1. _____

2. _____

Describe what is meant by "whole grains."

_____

_____

_____

_____

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Name _____ Date _____

Classroom Teacher _____ Grade _____

## Healthy Challenges!

- Be active at home!
- Be a part of the team!
- Eat foods with protein every day!

## Be Active at Home!

If you're going to meet the goal of getting 60 minutes of activity every day, you need to be active at home. List two ways you can get at least 10 minutes of activity at home each day.

1. _____

2. _____

## Be a Part of the Team!

"There is no 'I' in 'team.'" This saying is meant to promote good teamwork. What do you think the saying means?

_____

_____

_____

_____

_____

_____

## Eat Foods With Protein Every Day!

Name three protein-rich foods you like to eat to help build strong bones and muscles.

1. _____

2. _____

3. _____

Write a sentence or two about your favorite protein-rich foods.

_____

_____

_____

_____

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Name _____ Date _____

Classroom Teacher _____ Grade _____

## Healthy Challenges!

- Get specific—choose exercises that meet your needs!
- Rules rule! Play fair!
- Eat from the blue and purple food groups of MyPlate!

## Get Specific—Choose Exercises That Meet Your Needs!

Training is specific. If you want to get better at tennis forehands, you need to practice tennis forehands. If you want to get stronger biceps, you have to do activities that use the biceps muscle.

Name an activity that you would like to get better at:_____

Identify the parts of your body you would need to strengthen to get better at your chosen activity.

_____

_____

_____

_____

_____

## Rules Rule! Play Fair!

Rules make games possible by letting everyone know what is OK, what is not OK, and what to do in different situations. Describe a rule in a tag game that you think helps the game work. What problems could happen if players didn't follow that rule?

_____

_____

_____

_____

## Eat From the Blue and Purple Food Groups of MyPlate!

If you have studied MyPlate, you know that different food groups are represented by different colors on the plate. Below, name some foods in the blue food group, and name some foods in the purple food group. (If you haven't studied MyPlate, ask your teacher to show you a picture of it.)

Blue: _____

Purple:_____

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Classroom Teacher _____ Grade _____

## Healthy Challenges!

- Build your body and build your brain!
- Practice makes you better—take one step at a time!
- Balance calories!

## Build Your Body and Build Your Brain!

Experts say that being active and fit can help you to do better in school and think more clearly. List two ways that you think being active and fit can help you and your brain.

1. _____

2. _____

## Practice Makes You Better—Take One Step at a Time!

Learning a hard skill often means you have to break the skill into pieces and practice each piece before you put them all together. Think of a skill that you have learned by breaking it down into parts and learning the parts before you practiced them all together.

1. What was the skill? _____

2. What parts did you practice separately? _____

_____

_____

_____

## Balance Calories!

For good health, experts recommend that you eat the same number of calories your body expends by doing activities each day. A can of soda has about 150 calories, and you expend about 25 calories for each 5 minutes of brisk walking. If you drink one can of soda, how long would you have to walk to balance the calories? Show your work below.

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).

**Grade 6 | Wellness Week 4 | Worksheet 4.2**

Name _____ Date _____

Classroom Teacher _____ Grade _____

## Healthy Challenges!

- Choose SMART goals!
- Exercise your plan!
- Hit the water!

## Choose SMART Goals!

Each letter in the word SMART represents another word that can help you set good goals for being active. The R in SMART stands for "reasonable." Describe one activity or fitness goal you have that is reasonable for you—not too hard and not too easy.

_____

_____

_____

_____

## Exercise Your Plan!

In the space below, describe your plan for meeting the goal that you described in the section above.

_____

_____

_____

_____

## Hit the Water!

Experts say that we need to drink several glasses of water each day. The exact amount you need depends on the activities you do, the temperature, and many other factors. One suggestion that works for most people is "8 times 8." That means each day, drink eight glasses of water, and each glass should contain eight ounces of water.

Think about how much water you drink each day. List two things you can do to help you drink enough water each day.

1. _____

2. _____

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