

**Fit Bits**™

The logo features the words 'Fit Bits' in a playful, multi-colored font. 'F' is red, 'i' is purple with a blue swirl above it, 'T' is orange, 'B' is blue, 'i' is green with a purple swirl above it, and 'S' is light blue. A blue dashed line with a dot at the end arches over the letters. The background consists of overlapping light-colored circles on an orange-to-white gradient.

**Kindergarten**



# Red, White, and Blue



**Objective:** Students will be able to name fruits and vegetables of different colors.

**Equipment/materials:** Pictures or models of fruits and vegetables that are red, white, or blue; MyPlate poster

## ACTIVITY

1. Tell students: *Fruits and vegetables are very important foods to eat. Try to make half your plate fruits and vegetables (use MyPlate poster to illustrate). The word “variety” means many different kinds. It is good to eat a variety of fruits and vegetables. It is good to eat fruits and vegetables that are different colors.*
2. Tell: *There are many different colors of fruits and vegetables. Ask: What are some colors? (Students will likely name a lot of colors, all of which are correct.) Say: Today we are going to talk about red, blue and white fruits and vegetables only.*
3. When you hear the name of a...
  - Red fruit or vegetable, jog in place
  - White fruit or vegetable, hop on one foot
  - Blue fruit or vegetable, spin around once in a circle and touch both hands to the ground
4. Have the students spread out or stay at their seat with enough space to move around. Say (one at a time): *apple, mashed potatoes, watermelon, blueberries, radish (could be white or red).*
5. Repeat with other red, white and blue fruits or vegetables as time permits.

## Red, White, and Blue, continued

6. Ask students to stand quietly by their seats and slowly raise their arms up toward the ceiling and slowly lower them to their sides. Repeat a few times.
7. Remind students that it is good to eat many different colors of fruits and vegetables.

### ALTERNATIVE

To modify this activity change the colors to green and orange and change the shapes and movements that accompany the colors.


### APPLE CORE



Tell students that red, white and blue are the colors of the American flag. Say that there are 13 stripes on the flag (for the original colonies) and count to 13. Say that there are 50 stars on the flag (for the 50 states) and count to 50.

### FRUITS BY COLOR

- Green: grapes, kiwi fruit, limes, apples, pears, honeydew melon
- Blue: blueberries
- Purple: plums, grapes, grape juice
- Black: blackberries, huckleberries, raisins, prunes
- Red: raspberries, plums, grapes, strawberries, cherries, apples, watermelon
- Orange: peaches, oranges, mangoes, cantaloupe, apricots, tangerines, orange juice
- Pink: grapefruit
- White: grapefruit, raisins, applesauce, peeled banana
- Yellow: bananas, lemons, pineapple, apples, pears



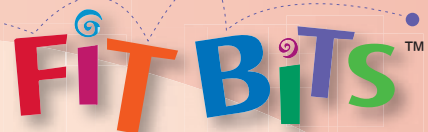
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**Lower Elementary**

**Grades 1-2**



# Sports Pro



**Objective:** Students will identify some key benefits of physical activity and provide examples of sports they enjoy or think they would like to try.

**Nutrition Notes:** Students are encouraged to be physically active for at least 60 minutes per day. Getting involved in organized sports is one way to increase students' physical activity levels along with their strength and endurance.

**Equipment/materials:** None

**Formation:** Sitting first, then standing by seats

## ACTIVITY

1. Say: *Along with eating healthy foods and drinking plenty of water, you need to be active every day to build strong bones and muscles so you can grow, run your fastest and play your best. It doesn't matter what you do as long as you are moving. It's important to find ways that you like to be active. Children your age should be active for an hour a day. This doesn't have to be all at once.*
2. Ask: *Does anyone play a sport? What sports do you play? Write the responses on the board.*
3. Have students stand by their seats.
4. Choose one student to be the guesser. She goes out of the room.
5. The teacher tells the class to begin pantomiming a sport (see Sports).



## Sports Pro, continued

6. Invite the guesser back into the room to guess the move. When she guesses the sport correctly, she joins the class while you choose another guesser to leave the room.
7. Continue playing as time permits by choosing a new sport for the class to do each time.
8. Follow cool down on page 5 if necessary. Remind students to be active every day in ways they like. Encourage them to try a new sport the next chance they get and to keep trying if they don't like it or are not good at it the first time they try.
9. Conduct a short discussion on healthy snacks.
10. Ask: *What are some healthy foods or drinks you like to have after you are active?*
11. Encourage students to choose healthy snacks from the five food group such as fruits, vegetables, whole grains, nuts and low-fat dairy foods.

### Sports


- Race Walking
- Soccer
- Swimming
- Jogging/Running
- Volleyball
- Dancing
- Ice Skating
- Tennis
- Jump Rope
- Basketball
- Golf
- Football
- Baseball
- Fishing
- Frisbee

### APPLE CORE



1st Grade: Have students clap the number of syllables in the word after the guesser guesses it or to give her a hint.

2nd Grade: Have students change the verbs from present tense to past tense (e.g. walking to walked, swimming to swam).



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**Upper Elementary**

*Grades 3-5*

# Stretch, Lift and Run!



**Objective:** Students will state that they should be active 60 minutes a day, identify the three main types of physical activity and practice moves related to each type.

**Nutrition Notes:** The Dietary Guidelines for Americans (2010) recommend that all children be active for at least 60 minutes a day. For best health, everyone should take part in a variety of physical activities that improve strength, flexibility and endurance. Note: The 60 minutes need not be done all at once.

**Equipment/materials:** None

**Formation:** Standing by seats

## ACTIVITY

1. Say: *Eating healthy food from all food groups helps you to be healthy and so does being active every day. Try to be active at least an hour a day, which is 60 minutes.*
2. Explain: *There are three main kinds of activity: strength, flexibility and endurance.*
3. Say: *Stretching helps improve your flexibility and balance. Yoga is one flexibility activity.*
4. Say: *Let's try a yoga pose called tree pose:*
  - Stand facing forward with both arms stretched high overhead.
  - Shift your weight slightly onto the left foot while keeping the inner foot firm to the floor and bend your right knee. With your right hand, clasp your right ankle.





## Stretch, Lift and Run!, continued

- Place the sole of your right foot against the inner left thigh with toes pointing down. Bring your hands together overhead. Hold 30 seconds. Repeat with the other leg. If you become unsteady, just start over.
5. Say: *Strength activities help muscles grow stronger. Strength exercises usually involve lifting some sort of weight, like a dumbbell or your own body.*
- **Chair Leg Lifts:** Stand sideways behind a chair and hold it lightly with your left hand. Slowly lift your left leg and bend the knee to form a 90 degree angle. Hold it. Slowly lower the leg ALMOST to the ground, then raise it again. Repeat, switch legs, or try it without holding the chair.
  - **Partner High Five:** Find a partner and get into push up position. High five your partner using one hand and then the other.
6. Say: *Endurance activities make your heart beat faster and grow stronger.*
- March in place for 20 seconds and then jog in place for 20 seconds.
7. Have several students name their favorite activity and identify it as a flexibility, strength or endurance activity. Ask: *How many minutes should you be active every day?* [60 minutes] Tell students to have fun trying different activities and remind them to choose healthy snacks to eat.

### APPLE CORES



- 3rd – Have students draw one of each type of activity and label them stretching, strength or endurance.
- 4th – Have students write the exercise types, changing them to plurals.
- 5th – Have students summarize, either written or orally, the benefits of each type of physical activity.