ON YOUR MARK, GET SET... READ!

KEEP A BODY BUSY WITH 4-H!
On Your Mark, Get Set...READ!

Welcome! The following lessons are a few offerings for keeping bodies busy! They are meant to be paired with a book on fitness and activity. Our recommendation is *The Busy Body Book: A kids guide to fitness*” by Lizzy Rockwell, July 8, 2008.

**Recommended, Proven Activities**

- Fitness Leaders*
- Chair Aerobics*
- Fitness Tag*
- Pedometer Prediction
- Fitness Scavenger Hunt

*These activities are excerpted with permission from the Choose Health: Food, Fun, and Fitness (CHFFF) curriculum, developed by the Division of Nutritional Sciences, Cornell University and the New York 4-H Youth Development Program of Cornell Cooperative Extension. CHFFF is the signature curriculum of New York 4-H Youth Development, and offers six hands-on, interactive lessons (approximately one hour each) that promote healthy eating and active living among 8-12 year olds. For more information, see: [https://fnec.cornell.edu/Our_Initiatives/CHFFF.cfm](https://fnec.cornell.edu/Our_Initiatives/CHFFF.cfm)
**Fitness Leaders**

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Fitness Activity Cards (see next pages)</th>
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</thead>
<tbody>
<tr>
<td><strong>Set Up</strong></td>
<td>Divide children into at least 2 teams, and have the team line up single file about to run a relay race. Place a stack of randomly sorted Fitness Activity Cards face down about 10 feet in front of each team, and stand nearby to collect completed cards.</td>
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</table>
| **How to Play**    | Say:  
When I say “Go,” the first person on each team moves to their team’s stack of Fitness Activity Cards [point to stack] and draws a card.  
Lead the rest of your team to do that activity with you. Count out loud together. [Demonstrate by drawing a card and leading the whole group in that activity.] Then go back to your team and tag the second person, who will pick a new activity from the stack and lead that activity.  
Keep going until all team members have led an activity or until I say “Freeze!” |
| **Variations**     | • During each round, ask the new leader to move to the cards in a different way – skip, hop, heel-toe walk, etc. [For rowdy groups, have all use heel-toe walk.]  
• If big group, have children take turns leading the rest, in the middle of a circle.  
• In Small Space: pass out Activity Cards and have each child take turns leading in small circles. |
| **Source**         | Choose Health: Food, Fun, and Fitness, Division of Nutritional Sciences, Cornell University, used there with permission from the CATCH program, licensed by Flaghouse, Inc. and the Board of Regents, University of California at San Diego. |
### Chair Aerobics

<table>
<thead>
<tr>
<th><strong>Equipment</strong></th>
<th>Music (any high-energy song), music player; chairs or benches</th>
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<tbody>
<tr>
<td><strong>Set Up</strong></td>
<td>Have children sit in chairs or on benches, an arm-span between them, with you sitting on a chair facing them.</td>
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</tbody>
</table>
| **How to Play**     | Say:  
When I put on the music, we’re going to ‘dance’ while sitting in our chairs. Just follow my moves, and do what I do.  
Play the music and do a series of moves that fit the music such as:  
Kicks: doubles (2 right, 2 left) and singles (1 right, 1 left)  
Arms: circles (forward, backward); raises (above head, one at a time, both together); from sides like wings, etc.; twists (push right hand to left side while twisting at waist, repeat to left, etc.)  
Claps: high above head, at waist or chest level, under one leg, etc.  
Shoulders: shrugs to ears, tip right ear to right shoulder, then left ear to left shoulder, etc. |
| **Variations**      | For younger youth, simplify and repeat moves.  
Give youth a chance to lead the movements. |
| **Source**          | Choose Health: Food, Fun, and Fitness, Division of Nutritional Sciences, Cornell University |
### Fitness Tag

| **Equipment** | 4 tagging balls or bandanas of different colors; Sign showing activity for each  
Boundaries and re-entry task area |
| **Set Up** | Designate each tagging ball to represent a different fitness activity.  
*Red* = jog around boundary  
*Blue* = march in place for count of 15  
*Green* = 10 jumping jacks  
*Orange* = 10 arm circles |
| **How to Play** | This is a tag game with 4 “Its”; each has a different color tagging ball. (Ask for volunteers.)  
When you get tagged, look at the color of the tagging ball to know what you need to do to get back in the game. (Demonstrate each color’s task.)  
“Its,” when you tag others, remind them which activity goes with your tagging ball. |
| **Variations** | For Young Children in a Small Space:  
Simplify by using 1 or 2 colors and tasks instead of 4  
Choose fitness activities to do in place: march, arm circles, toe touches, etc., and change from tag to ‘catch’ so children do the task before tossing the ball to another. |
| **Source** | Choose Health: Food, Fun, and Fitness, Division of Nutritional Sciences, Cornell University, used there with permission from the CATCH program, licensed by Flaghouse Inc. and the Board of Regents, University of California at San Diego. |
# Pedometer Prediction

<table>
<thead>
<tr>
<th>Equipment</th>
<th>• Pedometer; paper/pen/pencil</th>
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<tbody>
<tr>
<td><strong>Set Up</strong></td>
<td>Make sure each team of youth has a pedometer and materials for recording guesses and steps.</td>
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<tr>
<td><strong>How to Play</strong></td>
<td>Say:</td>
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<td></td>
<td>• With your teammates, take a guess as to how many steps it takes to:</td>
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<tr>
<td></td>
<td>--walk around the library</td>
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<td></td>
<td>--walk from the front door to a tree or a nearby park</td>
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<td></td>
<td>[this can be done with many variations and repetitions]</td>
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<td></td>
<td>As a group, have teams share their guesses and answers. Discuss how they arrived at their guesses and why some answers may not match up exactly.</td>
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<tr>
<td><strong>Variations</strong></td>
<td>Variations can include medium or longer-term goals for walking (e.g., to Niagara Falls near Buffalo, or State Fair in Syracuse, or Time Square in NYC, or “The Egg” in Albany).</td>
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<tr>
<td><strong>Source?</strong></td>
<td></td>
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</table>
## Fitness Scavenger Hunt

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<thead>
<tr>
<th>Equipment</th>
<th>Handouts with scavenger items listed and a line for a signature; pencil</th>
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| **Set Up** | Generate a list of items that speak to nutrition and fitness. For example: “Find someone who...”  
- spends more time reading than watching TV.  
- wears a helmet while riding a bike or skiing/snowboarding.  
- eats a nutritious breakfast every day.  
- drinks a soda or less per day.  
- helps with yardwork at home  
- participates in an organized sport or class such as dance, karate, yoga, etc. |
| **How to Play** | Say:  
- Looking at your list of items, find someone in the group who fits each of the categories. Ask them to sign their name next to the category they match.  
- Move to the next person and do the same.  
- NO REPEAT SIGNATURES—one a person has signed the paper, please do not have them sign again. |
| **Variations** | • For smaller groups, you may choose less items on the list or remove the restriction regarding repeat signatures.  
• Activities: “Find someone who can throw a bean bag into a bucket”. Etc. |
| **Source?** | • |
“Fitness Leaders” Activity Cards

Jog in place while counting to 30.

March in place while counting to 30.

Hop on one foot 15 times. Then hop on the other foot 15 times.

Jump side-to-side 30 times.

Cross arms open and closed behind your back 10 times

Cross arms open and closed in front 10 times

Raise arms straight overhead 10 times

Stretch arms out to side, then raise and lower arms overhead 10 times.

Spread legs, touch right toe with left hand, then left toe with right hand. Repeat 10 times.

Bring right elbow to left knee, then left elbow to right knee 20 times.
“Fitness Leaders” Activity Cards

Print this page back-to-back with previous page. Laminate and cut apart.

Fitness Leader Card 1 of 10

Fitness Leader Card 2 of 10

Fitness Leader Card 3 of 10

Fitness Leader Card 4 of 10

Fitness Leader Card 5 of 10

Fitness Leader Card 6 of 10

Fitness Leader Card 7 of 10

Fitness Leader Card 8 of 10

Fitness Leader Card 9 of 10

Fitness Leader Card 10 of 10

Choose Health: Food, Fun, and Fitness Active Game