

Make Time for Fitness Fun



Follow the leader



Balance



Swing your arms



Run
Jump
Walk
Skip



Walk the line,
heel to toe



Hula hoop station



Jump rope



Twist your body



Keep track of
your activity



Pass the ball



Jumping jacks



Dance to music





Health Benefits of Movement

We all know that physical activity improves overall health, but more importantly, studies prove that physical activity leads to improved test scores and academic performance. Numerous studies show improvement in math, reading and writing test scores by students who receive regular physical activity.

Physical Activity...

- Improves circulation
- Fuels the brain with oxygen
- Raises endorphin levels
- Helps reduce stress
- Improves mood and attitude
- Assists with memory and concentration



Make Time for Fitness Courses

Sequoia Hospital and the San Francisco Giants have teamed up to provide a measured, painted course at each school to support teachers in implementing PE content standards. Each course utilizes available playground space and is measured and marked with signs indicating the number of laps to complete a mile. The courses are a safe and convenient place to gather your students outdoors to work on motor skills and movement patterns with or without PE equipment. They permit participation in a wide variety of activities appropriate for students with varied ability levels. You can make your own fitness theme course -just measure to make sure the number of laps around the course equals 1 mile.

Links to Subject Content Areas

Consider using the course to meet other content standards: trek from one California Mission to the next, stage a Civil Rights walk, ask students to calculate their steps for the year—where did your class go? Disneyland? Washington DC? The moon?

PE Model Content Standards for CA Public Schools-Kindergarten through Grade 12

Standard 1: Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.

