

School Age Curricular Framework Easy Sheet
Health and Wellness Level 1



Health and Wellness– nurturing of competent, caring and responsible children and youth and promotion of healthy living and well-being

Rationale ★ Programs work within to promote healthy living and well-being for children, youth, and staff alike. Efforts in addressing support for healthy nutrition and physical activity and provide awareness of behaviors that contribute to health risks and injuries incorporated into daily experiences.

Examples

Materials

- ★ Materials list – None required
- ★ Optional Materials: Individual Pictures of Hand, Arm, Leg, Head, Elbow, Knee, Bottom – Use to select what part of the bod will be used to draw. Also, individual pictures of letters, numbers, words or shapes. Place pictures in separate containers to be selected for call out.
- ★ Variable Adaptations: Go indoors and outdoors for variation. Depending on the size of your group, you may want to expand or limit the space available

★ **Activity**

Air Writing

- Children begin by moving in place or around the room:
 - • Jumping • Marching • Hopping • Twisting
- Staff calls out letter, number, word or shape and children stop activity. Children will draw the letter, number, word or shape in the air using their hand, arm, leg, head, elbow, knee, bottom or any combination of body parts until staff or child calls out another activity. Children continue new activity until staff calls out another letter, number, word or shape.
- Option: Children can group together to spell out words or make shapes. Examples: food names, physical movements

Additional Activities

- ★ “Family Activity Night.”

Interactions

- ★ When participating in physical activity with the children in the program, talk about movements using vocabulary that will help children understand their activities.

- ★ Notes for Next Time: (time used, reactions to activity, staff/children interactions)

Resources

- ★ [Active Out-of-School Time: A Wisconsin Guide for Improving Childhood Physical Activity for School-Age Children](#) (PDF)
- ★ Active OST Healthy Bites Assessment
- ★ [WHAT WORKS in ACTIVE OUT-OF-SCHOOL TIME](#)
- ★ OSNAP (Out of School Time Nutrition and Physical Activity)
 - [OSNAP Tip Sheets](#)
 - [OSNAP Fast Maps](#)
 - [PolicyWriting](#)