

“Fit for Life” Daily Outline

(Ron Jones, MS, ACSM Health/Fitness Instructor)

Empowering a lifetime of health today!

Daily Outline: Day #1 (Mondays & Tuesdays) * [≈45-50 minutes per session]

- “Warm Up” focus drill (2)
- Nutrition Mini-Lesson (3)
- Organized “Fitness Play” (35)
- Clean Up (3)
- “Think & Learn” Point of the Day (2)

Daily Outline: Day #2 (Wednesdays & Thursdays)

- “Warm Up” focus drill (2)
- Nutrition Mini-Lesson (3)
- Circuit Training Course (35)
- Clean Up (3)
- “Think & Learn” Point of the Day (2)

Daily Outline: Day #3 (Fridays)

- “Warm Up” focus drill (2)
- Nutrition Mini-Lesson (3)
- Supervised “Free Fitness Play” (35)
- Clean Up (3)
- “Action Plan” for Weekend Activity! (2)

45-Minute Timeline: These are **generalizations** for guidance purposes but not concrete to the point of interrupting teaching flow. If the students are highly engaged in the nutrition mini-lesson, leaders should not abruptly cut off the learning just to follow the clock. If a fitness play activity is making the students too tired, leaders should not force the students to engage for the full 35 minutes (a short break could take place followed by a discussion activity based upon class monitoring and making adjustments needed).

Daily Session Components:

- ***Students should be *physically active* at least 50% of each class period.**
- **“Warm Up” Focus Drill (2)**
 - This will serve as an anticipatory set to get the students’ attention and focus them on health and fitness. They need to “shift gears” with a quick activity. This will also establish some disciplinary guidelines as those that cannot “focus” will not be ready to participate.
 - I’ll teach the activity leaders some quick tips for focusing students from daily “health news” to a simple yoga pose and three deep breaths.

- **Nutrition Mini-Lesson (3)**
 - Exercise is never enough to counter the ill effects of poor eating; therefore, nutrition **MUST** be included in this physical-activity based program. Leaders will be given a “grab bag” of ideas about creating an understanding for eating healthy foods from food facts to creating discussion about what the kids chose for their after-school snack that day and whether or not these were “healthy” choices.

***(See Weekly Fitness Outline for Details)**

- **“Organized” Fitness Play-Day #1 (35)**
 - 1-2 activities will be organized.
- **Circuit Training Course-Day #2 (35)**
 - Play stations will be created that address cardiovascular, strength, and flexibility fitness.
- **“Supervised” Fitness Play-Day #3 “Free Fridays!” ☺ (35)**
 - Students will be challenged to use what they have learned to empower their own health and fitness under “supervision” of activity leaders.
- **Clean Up (3)**
 - To ensure longevity of program equipment, all equipment must be accounted for each day before the end of the class.
- **“Think & Learn” Point of the Day or “Weekend Action Plan” (2)**
 - One major review point relating to health or fitness will be made at the end of each session. Sessions 1 & 2 will conclude with a “Think & Learn” and Session 3 will conclude with an “Action Plan” for weekend activity.
 - These learning points will refocus the students on health and fitness before they leave the program activities and go home for the day. Leaders will coach students to find the answers themselves about creating weekend physical activity on their own. Students will be encouraged to teach their families the importance of physical activity and healthy eating.
 - ***Coaching Note:** *“Coaching” empowers the individual rather than the individual just being told what to do. Activity leaders will use principles of coaching to facilitate self-discovery, problem solving, and personal ownership of healthy behaviors. Activity leaders will nurture and facilitate personal growth rather than just “baby sit” after school kids with traditional team sports or competitive games.*

* Ron Jones (11-21-03)