

Tracking Your Efforts

Nutrition Theme of the Week/Month

Week Day	M	T	W	Th	F
Nutrition Goal 1: Integrate nutrition into at least 2 lessons per week. Track your lessons by initialing days.					
Nutrition Goal 2: Schools must provide 75 minutes per week of health education for students K-8					
Physical Education Goal 1: Provide at least 2 lessons per week, and at least 10 minutes per day of activity.					
Physical Education Goal 2: Schools must provide 225 minutes per week of physical education, with half in the form of physical activity					

Ideas for Physical Activity Breaks

Brain Breaks - <http://www.emc.cmich.edu/brainbreaks/TOC.htm>

“Eat Smart, Move More” Energizers for Middle Schools -

<http://www.eatsmartmovemorenc.com/Energizers/Middle.html>

Dance Breaks - Use music often; transition breaks; dancing; music during lunch; intercom activities; weekly or monthly dance parties as reward system; use somebody new, interesting, “cool” to come in and dance with the kids; e.g. Cha-Cha-Slide

Beyonce “Move Your Body” - http://www.youtube.com/watch?v=wc_PizWNp6k

Standing/Stretching Breaks – Have kids stand up, do stretches. Lean to your left, and then your right, touch your toes, hands reaching to the sky, roll your neck, etc. Could put on soothing music or energetic music and make it more dance-like

Jammin’ Minutes! – These videos are awesome, 55 of them in the playlist:

<http://www.youtube.com/playlist?list=PL9CC7E232FA1A90CD>

Three-Minute Brain Breaks - <http://www.minds-in-bloom.com/2012/04/20-three-minute-brain-breaks.html>