

Module 1 – Making Time for Movement

You can watch the video for this module at the following link, using the password included in the lesson: <https://fit2b.us/schoolhouse-teachers/>.

Note: The videos are password protected and are not part of this preview.

Module 1 – Week 1: Goal Setting, Scheduling and Prioritizing Movement

Teaching: Discuss “time” with your students.

The way we use our time has a huge effect on our bodies and health. One of the main principles of fitness is: “Form follows Function.” Whatever you do the most will win. Slouch a lot, and you’ll look slouchy. Move a lot, and you’ll look like you move. But it’s not really about looks is it?

This whole course will keep circling back to the TRUTH that our choices affect our health and fitness at every level from your deepest core outward. For starters, let’s be sure that we have TIME to move.

- What are the most important things to spend time doing?
- What things take a long time and happen slowly? (i.e., waiting for a birthday, taking a long walk)
- What kind of things happen fast? (i.e., the birthday itself, one jump in the air)
- Why should we spend time moving?
- What do you think happens if we don’t move our bodies?
- Use this week’s printouts to make time for fitness.
- Watch the [video](#) for this module! The password is included in the lesson and not part of this preview.

Physical Activity

Play “Freeze” and practice holding different moves for 10–60 seconds to reinforce the muscles needed for slow or still activities.

Since “hitting our goals” is a lot like hitting a target—it takes practice and focus—set up a basic target game and play for 20–30 minutes.

- Throw toys into a basket
- Play darts
- Pin the tail on the donkey
- throwing to hit a mark on a tree
- archery

Movement can last just a few seconds or a longer period of time. Use the following chart to brainstorm a few ideas for fast and slow ways to get moving. Make a similar chart like this one

to brainstorm what types of motions or activities would fit in each section (it doesn't have to be fancy). Spend some time doing them throughout this module.

FAST Moves!	S . . . L . . . O . . . W . . . Movements or Holds...

Scheduling

Accumulating an hour of physical activity every day is the minimum required to keep bones and muscles healthy and happy. However, you don't have to do it all at once!

Use the basic calendar below to choose a few days when you might have more time as a family to do some longer activities or accumulate several short "physical movement breaks."

Talk with your family about what days are best for your chosen activities. If Sunday is a good day, you might hike, bike, and wrestle on that day. Tuesday you may only have time for a walk. Dare to daydream and write down all ideas voiced. There is also a larger monthly calendar provided on the next page.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Module 1 – Week 1: Printable Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Our Family's Ideas for Movement and Exercise This Month

Brainstorm what your family likes to do (or dreams of doing) in this blank area and choose 3-5 of the ideas your family lists and write them above on 3 or 5 days each week. Ideas can change with moods and seasons. (i.e., bicycle, walk, run, wrestle, hike, swim, stretch, stairs, garden/weeding, basketball, soccer, football, gymnastics, ballet, trampoline, race, baseball, catch & throw)

- We like to... .. and....
- We like to... .. and....
- We like to... .. and....
- We like to... .. and....

Module 1 – Week 2: Creating Patterns of Movement

Teaching: Patterns of movement create exercise.

The motions we make over and over establish the form of our bones and muscles. Small movements become habits, and little habits become lifestyle patterns that can either benefit or curse us!

Read Deuteronomy 30:19: “. . . *I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live . . .*” (NKJV)

Life is full of patterns. Discuss some patterns you see.

- Habit patterns like a bedtime routine (More on habits next week!)
- Patterns of objects
- Patterns around the house
- Patterns in nature
- Movement patterns (How do you put on your pants? Sit on the couch? Which hand do you always write with? Those are patterns!)

Stringing a set of moves together can make a pattern of exercise that is healthy for our hearts, bones, muscles and attitudes!

What is a move that is easy, but when you do a lot of it then you feel tired?

- Example: One squat versus squatting and jumping repeatedly
- Example: Carrying one piece of wood versus carrying wood after you cut the wood and then cutting more wood

Application

Doing the right thing over and over creates a good pattern. When we put movement and healthy choices into our pattern of life, then making healthy choices becomes routine and easy.

Use this week’s printout to create a circuit exercise routine in your own home! Fun!

Physical Activity

Turn your living room or backyard (or any slightly open space in your home) into a circuit training arena. Make stations of different moves and have your family go through the stations 2-4 times. Discuss how you feel the first time through, the second time, the third time . . . Encourage your kids to find their pulse and notice if it’s faster. We’ve made a list of ideas that you can print, cut out, and even laminate for posterity if you choose (provided on the next page).

Module 1 – Week 2: Printable Circuit Training Ideas

Print and cut out the following 10 ideas. Choose 5-6 of them, and place them around a suitable area for a circuit workout.

Jumping Jacks



Squats



Kick the Air



Jog in Place

Balance on one foot



Tipi or Downward Dog



Leg Lifts



Lift weights or canned goods

Play with a ball

