



# HEALTHY & ACTIVE LIVING

## Get in the groove and let's move!

November 20-22, 2015

## Healthy Foods

### 1) SORT AND STICK - SPARKS WILL SORT "POSITIVE HEALTH RULES" INTO THREE CATEGORIES:

- a) Healthy Food Choices
- b) Active Living Choices
- c) Lifestyle Choices

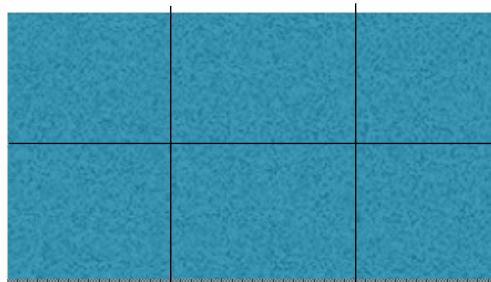
Girls can draw pictures, cut pictures from magazines or write ideas on sticky notes. Girls will then place the items into piles according to the appropriate category. Follow up with a discussion about each item.

Some examples may include:

- a) Healthy Food Choices - "an apple a day, keeps the doctor away", eat whole grain foods, drink 8 glasses of water
- b) Active Living Choices - walk to school, join a team, walk your dog every day
- c) Lifestyle Choices - tell the truth, don't smoke cigarettes, be kind to each other

### 2) KIM'S FRUITY GAME - SPARKS WILL IDENTIFY AND TRY NEW FRUITS AND VEGETABLES

- place a variety of fruits and vegetables on a "squared placemat" \*
- allow a set amount of time for the girls to look at the fruits/vegetables and to ask their names, girls can also be allowed to touch or smell the items
- hide the items with a towel, cloth etc.
- give the girls a blank "squared placemat", have them draw or write as many of the items as possible, in the correct places
- reveal the hidden items, let girls add to their pictures
- talk about the benefits of fruits and vegetables
- have some of the fruits and vegetables available for sampling



- \* a squared placemat is a piece of paper folded into squares or has lines drawn on it
- \* a squared placemat helps the girls remember how many items were visible and where they may have been located



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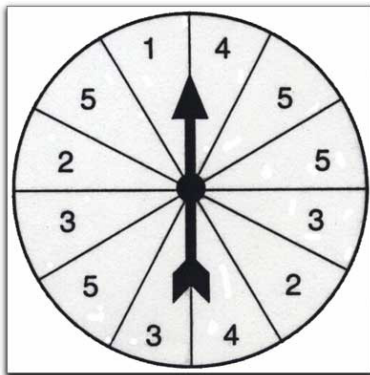
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## Move 2 the Beat

### 1) SPIN YOURSELF SILLY - SPARK WILL MAKE AND PLAY WITH AN ACTIVITY SPINNER

- Sparks will decorate a spinner with activities that can be done, on the spot
- Sparks will cut out, decorate and put together their spinner
- Guiders have the Sparks spin the spinner and do a set number of repetitions for each activity
- Alternatively, they can make a spinner with numbers on it. Guiders pick the activity (e.g. jumping jacks) and they do the corresponding number of jumping jacks



Possible Activities to Include:

- \* jumping jacks
- \* sit ups
- \* push ups
- \* squats
- \* lunges
- \* one foot hops
- \* toe touches
- \* shoulder shrugs
- \* arm circles

### 2) DANCE LIKE NO ONE'S WATCHING - SPARKS CREATE THEIR OWN FREESTYLE DANCE

- put on a song with a simple, repetitive beat
- girls create a action for 8 beats of the song
- go around the circle with each person demonstrating their action and the rest of the group copying the actions



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## Active Games with Limited Supplies

### 1) PLATE SKATE - GIRLS CREATE A "ROUTINE" ON THEIR INDOOR SKATES

- each girl is given 2 paper plates, she stands on them
- by sliding her feet across the floor she can "skate"
- with a partner or in a small group, girls can create a routine to music and perform for the group

### 2) OLD MACDONALD'S FARM - GIRLS MOVE AROUND AS FARM ANIMALS

- each girl is assigned a farm animal role
- she is blind folded or puts a paper bag over her head
- she makes the noise of her animal and moves around the space trying to find her partner or the rest of her "herd"

### 3) PIZZA PARTY - GIRLS PLAY AN ACTIVE "DUCK DUCK GOOSE" TYPE GAME

- girls are divided into teams and stand behind their team members with their legs spread shoulder width apart
- teams line up along the "compass lines", with girls facing the centre of the compass

```
      X
      X
      X
      X
XXXX  XXXX
      X
      X
      X
      X
```

- the first person in each line is a "pepperoni", the 2nd person in each line is "cheese", the third person in each line is "mushroom" etc.
- the Guider calls out a pizza topping and that person leaves her line, runs around (behind) all of the groups, returns to the back of her own line and then crawls through the legs of her teammates
- the first girl to arrive at the centre, earn a point for her team
- reward the winning team with a sticker, high 5's, cheese strings etc. (then reward everyone else!)

### 4) ROCK, PAPER, SCISSORS TRAIN - GIRLS WILL ACTIVELY MOVE AROUND THE ROOM, MEETING AND GREETING OTHERS

- Girls approach each other and play R,P,S. The "winner" becomes the front of a train, with the other girls standing behind her with hands on the engine's hips (they are a train of 2 people).
- The train (of two) approaches another train and plays R,P,S. The winner becomes the engine (of a four person train) and the other team moves to the back to become the caboose.
- The train (of four) approaches another train...

### 5) CATCH ME AND PIN ME - A TAG GAME FOR INDOORS OR OUT

- girls are each given 3 clothes pins, they clip them on the back of another girl's shirt
- everybody is "it"
- girls try to snag someone else's clothes pin, while not losing their own