

Title: Health Promotion Activity Calendars

Instructional Focus:

1. K – HE.K.C.1.1
2. 1st – HE.1.C.1.1
3. 2nd – HE.2.C.1.1
4. 3rd – HE.3.C.1.1
5. 4th – HE.4.C.1.1
6. 5th – HE.5.C.1.1

Vocabulary:

1. Varies – Month to Month

Materials/Resources/Graphic Organizer:

1. Monthly Activity Calendar from 411fit
2. Monthly Educational Resources from 411fit

Instruction Type(s):

1. Independent/Collaborative Practice
2. Direct Instruction/Discovery

Components:

1. Provide each student with a copy of the monthly activity calendar. **Please note – some activities may not be appropriate for all age groups. Please use at your discretion.**
2. Use the monthly educational resources as a guide to speak with the students about various topics. For students who can read, make copies for each of the students.
 - a. Have discussion time/question time to discuss the education with the students.
3. Have the students complete the activity calendar at home and return it at the end of the month OR display them in the classroom and have students post their points each day.
 - a. Students will earn points by doing the various activities each month (just like you ☺).
 - b. If you choose to send the calendar home, discuss with the students how the calendar affects their family's choices.
4. Provide students/class with a healthy incentive if they earn a certain amount of points.
 - a. Extra activity time
 - b. Prize box with non-food incentives
 - c. Extra credit points