

ApexBenefits

MONUMENTAL
KIDS
MOVEMENT

PRESENTED BY



INDIANA UNIVERSITY INDIANAPOLIS



Photo credit: Jake Rytlewski

MOTIVATOR TOOLKIT

SAMPLE WARM UP, COOL DOWN,
AND NUTRITION OVERVIEWPRESENTED BY  INDIANA UNIVERSITY INDIANAPOLIS

Each lesson will begin with a short warm up and end with a short cool down.

WARM UP

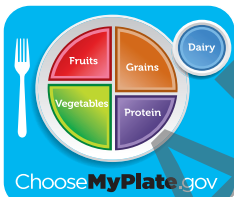
- » Have the students begin with an easy 400 meters or three-minute run/walk
- » Pick at least three of the following exercises:
 1. Jumping jacks (2X10)
 2. Squat thrusts (2X10)
 3. High knees (2X20 seconds)
 4. Heel kicks (2X20 seconds)
 5. Wind mills (2X20 seconds)
 6. Skipping (2X20 seconds)
 7. Walking knee to chest (2X20 seconds)
 8. Walking Soldier (2X20 seconds)
 9. Arm Circles – both directions (2X20 seconds)
 10. Lunges – both legs (2X10)

COOL DOWN

- » Have the students end with an easy 400 meters or three-minute run/walk
- » Finish with three to four minutes of stretching
 1. Arm across chest (hold 10-15 seconds)
 2. Arm above head (hold 10-15 seconds)
 3. Chicken Wing (hold 10-15 seconds)
 4. Toe touch (hold 10-15 seconds)
 5. Standing quad pull (hold 10-15 seconds each leg)
 6. Side lunge (hold 10-15 seconds each leg)
 7. Calf stretch (hold 10-15 seconds)
 8. Butterfly (hold 10-15 seconds)
 9. Pretzel (hold 10-15 seconds each side)

NUTRITION TIPS

Nutrition tips are also provided for each week. Please be sure to cover these with your students. For more info, visit choosemyplate.gov, [The Produce Moms](#) and [Jump IN for Healthy Kids](#).



Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, traditions, culture, and the personal decisions we make over time. All of our food and beverage choices count. Weekly nutrition tips will help teach your students about proper diet. *Tips are provided by:*

MyPlate – A program of the United States Department of Agriculture that offers ideas and tips to help people create a healthier eating style that meets individual needs to improve health.

The Produce Moms – A community of passionate fresh produce advocates with a mission to inspire everyone, especially children, to eat more fruits and vegetables.

Jump IN for Healthy Kids – Jump IN is a community-wide effort to empower kids in Central Indiana to live healthier lives!



HOW TO PREPARE YOUR LESSONS

As a Motivator, you will have the flexibility to choose your own Warm Up Exercises, Games, and Cool Down stretches. Please review the following documents for help building your lessons.

- » *Sample Warm Up, Cool Down, and Nutrition Overview*
- » *Running Activities and Games*

SAMPLE WORKOUT

WARM UP

- » 3 minute run/walk
- » Lunges - both legs (2X10)
- » Heel kicks (2X20 seconds)
- » Wind mills (2X20 seconds)

ACTIVITY

- » Animal Tag
- » Complete activity for 2-6 minutes

COOL DOWN

- » 3 minute walk & 3 minutes of stretching
- » Arm across chest (hold 15 seconds each arm)
- » Arm above head (hold 15 seconds each arm)
- » Standing quad pull (hold 15 seconds each leg)
- » Toe touch (hold 15 seconds)
- » Side lunge (hold 15 seconds each leg)
- » Calf stretch (hold 15 seconds)
- » Pretzel (hold 15 seconds each side)

TRAINING GUIDE

DAY 1

Short Tempo Run

10 X RUN FOR 30 SEC / WALK FOR 30 SEC

- » The students will run for 30 seconds and then walk for 30 seconds for a total of 10 times.
- » The goal is for them to run at an even pace.
- » They do not have to walk if they do not need to.

*It is recommended to discuss one supplementary component each week.
We recommend discussing one during the first lesson and one during the second lesson.*



TRAINING GUIDE / WEEK 1

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TIPS FOR PLANNING:

- » Choose the Warm-Up Exercises for your workout.
- » Decide on an Activity to get everyone engaged (pair a quick activity on long run days).
- » Plan your discussions of the Mental Health & Nutrition tips during your training.
- » Complete the Daily Training Guide.
- » Lead Cool Down stretches with the group.

DAY 1

Pre-Testing

Start week 1 with an activity to test your current fitness. This simply sets a personal benchmark for you before starting the 6-8 week program and will allow you see how far you will have come by the final week!

Set out two marks, such as cones or anything visible. They should be 20-meters apart. This is approximately from the end zone to the 22-yard hash line of a football field if you are not able to measure exactly.

Test Objective: Run as long as possible back and forth across a 20-meter space at a specified pace which increases each minute.

- » **FitnessGram - Pacer Test**

The PACER (Progressive Aerobic Cardiovascular Endurance Run) is the default aerobic capacity test in FITNESSGRAM. It is a multistage fitness test adapted from the 20-meter shuttle run test published by Leger and Lambert (1982) and revised in 1988 (Leger et al.). The test is progressive in intensity—it is easy at the beginning and gets harder at the end. The progressive nature of the test provides a built-in warm-up and helps children pace themselves effectively. The test has also been set to music to create a valid, fun alternative to the customary distance run test for measuring aerobic capacity. (Use a 15-meter shuttle run if the gym is not long enough.)

- » **Pre-Nutrition & Physical Activity Survey**

DAY 2

Endurance Test

- » **Grades 4-8: 1-Mile Endurance Test** – Record the times of each student.
- » **Grades K-3: Modified Endurance Test** – Alternative distances for younger children are 1/4 mile for 6-7 years old, and 1/2 mile for 8-9 years old. The same objective and testing procedure are used as with the mile run.



WELLNESS & NUTRITION FOCUS / WEEK 1

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Wellness Focus MENTAL HEALTH

Mental Health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community (World Health Organization).

DID YOU KNOW?

- Mental Health affects how we think, feel, and act.
- Mental Health is different than Mental Illness.
- You play an important role in your mental health and wellbeing.
- Almost half of Indiana students have felt hopeless or sad for more than two weeks in a row. (Center for Disease Control and Prevention Youth Behavior Risk Survey)

CHECK IN

- It is important to be in tune with your emotions, feelings, and moods. In order to do this we must be intentional and provide time each day to check in with ourselves.

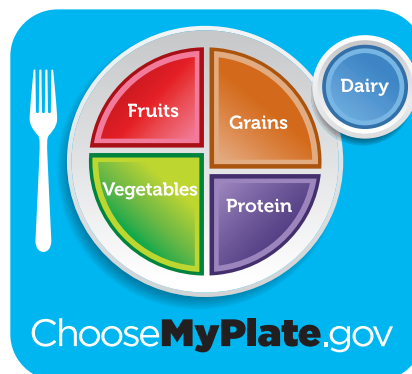


Nutrition Focus MYPLATE

**Eating healthy is a journey shaped by many factors.
We will use MyPlate to create a healthy eating style you can build on throughout your lifetime.**

DID YOU KNOW?

- MyPlate can help you learn how to make healthy food and beverage choices.
- Everything you eat or drink matters. The right mix can help you be healthier now and in the future.



TIPS

- **Be Smart.** Focus on variety, amount, and nutrition.
- **Start Small.** Start with small changes to build healthier eating styles.
- **Offer Support.** Support healthy eating for everyone.

Follow these guidelines to create a safe, enjoyable race experience for you and others!

PRE-RACE ETIQUETTE

- » Pin your race number (bib) on the front of your shirt/shorts where it is most visible.
- » Line up according to how fast you plan to run or walk the event.
- » Pay attention to the pre-race instructions.

RACE ETIQUETTE

- » If you drop something as the race starts, do not stop and pick it up! Wait until almost everyone has crossed the starting line and then retrieve it.
- » Do not block runners coming up behind you.
- » If you are walking in a group, stay to the back of the pack and follow the 'no more than two side-by-side' rule.
- » Move to the side if someone behind you says "excuse me" or "on your right/left." The person behind you is giving you a heads up before passing.
- » If someone in front of you is wearing headphones and they are blocking you, gently touch their elbow or shoulder as you pass to alert them of your presence.
- » If you need to tie your shoe or stop for any reason, step off the course.
- » Pay attention to your surroundings. The course may or may not be closed to traffic. It is your responsibility to watch for oncoming traffic!
- » Yield the right of way to all police and emergency vehicles. Yield the course to wheelchair athletes as you can change direction or stop more quickly.
- » Don't cheat! Don't cut the course or run with someone else's number.

FINISH LINE ETIQUETTE

- » Follow the instructions of the race officials at the finish.
- » Once you have crossed the finish line, keep moving forward through the chute.
- » Exit the chute and go to the designated meeting spot for your school.
- » Say thank you to the volunteers!
- » Enjoy the post-race refreshments, but be considerate.

Source: These running etiquette guidelines are courtesy of [Road Runners Club of America \(RRCA\)](#).