



# Meeting

# 8

## Fitness Fun



Here are three fun ways that you can get your Sunbeams moving and excited about fitness! Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities partially fulfill the requirement for My Self III: I Can Care for My Body, which is to complete the Fitness Fun award. See the Sunbeam Activity Book for accompanying worksheet(s).

## ACTIVITY

# 1

# Healthy Me

10  
MINUTES

## WHAT YOU DO

Begin by reading a book that explains the importance of being active. Then have the children write on the fitness charts the things they will do the following week to stay healthy.

### MATERIALS NEEDED

- A book about kids and fitness, such as *The Busy Body Book: A Kid's Guide to Fitness* by Lizzy Rockwell (Crown, 2004)
- Health Me Fitness Chart (see p. 124 or Pinterest), one per child
- Pencils

Have Sunbeams with disabilities? Check out the National Center on Health, Physical Activity, and Disability website at [nchpad.org](http://nchpad.org) for ideas on assisting all kids to be healthy.



Find the **Healthy Me Fitness Chart** at [Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource)





# Let's Move

## WHAT YOU DO

20  
MINUTES

You can use a video or create your own stretching and aerobic routines with your Sunbeams. Remember to keep the activities age appropriate and fun! Fun is the key to helping the children want to be active. Make adjustments for kids who need them.

### TIP

Use towels or fitness mats when kids are lying on the floor for any of the exercises.

2

## ACTIVITY

### MATERIALS NEEDED

- Fitness videos, such as “Joybob the Polar Bear: A Cosmic Kids Yoga Adventure!” and “Kids Workout with Paul Eugene” at [YouTube.com](https://www.youtube.com) (you can also create your own exercise routines)
- Towels or fitness mats



## ACTIVITY

# 3

# Let's Jump: Jump Rope and Chinese Jump Rope

15  
MINUTES

## MATERIALS NEEDED

- Jump ropes
- Book of jump rope rhymes, such as *Anna Banana: 101 Jump Rope Rhymes* by Joanna Cole (HarperCollins, 1989)
- Chinese jump ropes (to watch videos of Chinese jump rope, go to [worldkidspress.com/chinese-jump-rope](http://worldkidspress.com/chinese-jump-rope))

## WHAT YOU DO

Divide the children into groups of three. Assign an adult to each group to supervise and help the children learn the games. For jump rope rhyme games, print out the rhymes for each adult so they can help the children. For the Chinese jump rope games, print out the footwork pattern for each game and give it to the adults. Model each game before the children try it.



**Award:** Fitness Fun

To complete this award, check the requirements on p. 130 and add activities as needed.



**Requirement:** My Self III