



BACKGROUND

Many children are not currently meeting the guideline for physical activity 60 minutes per day. Experts recommend that children watch no more than 2 hours of TV per day, though many children might not realize how much TV they currently watch.

OBJECTIVES

Youth will

- Become aware of television watching habits.
- Learn appropriate active substitutions for sedentary behavior.
- Gain knowledge of how to make home environments more activity-conducive.

STRATEGIES

- Promotion of knowledge of physical activity;
- Active learning;
- Self-monitoring of television time;
- Stimulus control of active behaviors.

TIME NEEDED

60 minutes

TV Tag Game (17)

TV Diary (12)

Physical Activity Dice (28)

Wrap-Up, & Take home (3)

GETTING READY

1. Container of colored 1" circle stickers (5 per student)
2. TV Watching Chart
3. TV worksheet
4. Scissors & Tape
5. Markers
6. Family Time handouts
7. Pinnies/Jerseys

HOP'N Club

Module 12: Move More, Sit less

Encore

1. Greeting & distributing nametags.
2. TV Tag. The students will review appropriate active substitutions for sedentary behavior while playing a modified version of TV Tag.
3. TV Diary. The students will share their TV Diary experience. The group will find their average daily TV watching time and determine if their average meets the HOP'N standard of less than two hours of screen time a day.
4. Physical Activity Dice. The students will create a die that can be used to get them and their family physically active during commercial breaks.
5. Wrap Up & Parent Letter. The instructor will review the daily activities with the students; as well as, give distribute the Make Family Time an Active Time: Pump up Your Family's Energy with Physical Activity handout to take home.

Fun on Your Own!

The students can share their Physical Activity Dice with friends and family.

FREQUENTLY ASKED QUESTIONS

Module 12: Move More, Sit Less

Activity 1: TV Tag

Objective:

The students will learn appropriate active substitutions for sedentary behavior.

Materials:

Pinnies/Jerseys for the “it” team

Time:

Instructions (2)

Play game (15)

Total: ~17

Procedure:

The instructor will lead the students in a review of TV Tag. The instructor will explain that TV usually leads to you sitting around; however, there are a lot of great activities that get you moving. So, in this variation of the game of tag, when the people who are "it" tags someone and yells out a TV show (like "American Idol"), the person they tag become sedentary and are frozen in place. To become active and unfrozen, someone must touch the tagged person and yell out the name a GO activity. Students will be encouraged to use a TV show name and physical activity only once. The instructor will ask the students review questions to determine understanding. The instructor will divide the students into groups of three (Team A, Team B, Team C). For the first 5 minutes, Team A will be “it” and try to tag Teams B and C. For the next 5 minutes, Team B will be “it” and try to tag teams A and C. Finally, Team C will be “it” and try to tag Teams A and B.

Follow-up/ Assessment:

The instructor will observe, clarify, and comment as and after the students play.

Modifications:

A list of physical activities could be generated before game play begins. The students may look over their TV Diaries before they begin.

Discussion Points

Typically, when TV tag is played saying a TV show keeps the player from being tagged; in this case, since watching TV is a sedentary activity, a show makes the player have to freeze and a physical activity allows the player to be active again.

Module 12: Move More, Sit Less

Activity 2: TV Diary

Objectives:

- The students will show awareness of television watching habits.
- The students will learn appropriate active substitutions for sedentary behavior.
- The students will gain knowledge of how to make home environments more activity-conducive.

Materials:

TV diaries

TV chart

Stickers cut in half

Time:

TV log results discussion (5)

Creating a group bar graph and average (7)

Total: ~12 minutes

Procedure:

The instructor will lead the students in a discussion about their TV recording experiences. The students will create a group bar graph representing the amount of TV watched by the group a day. For each half hour of TV a student watched the student will receive a half of a sticker. The instructor will call the students up in groups to put their stickers on the chart. The instructor will help the students discover the group average. If the group average exceeds two hours, the group will come up with one other alternative activity for every half hour over 2 hours.

Follow-up/ Assessment:

Modifications:

Discussion Points

“What do you like most about TV?”

What do you dislike about TV?

In the last week, when did you watch TV the most?

Did you do other activities while watching TV?

Did you channel surf, or change channels a lot?

Did you use television as background noise?

How did you feel after watching TV?

For those who did the diary, how many of you rated most of your shows a 3 or 4 (*meaning you liked the shows you watched or thought they were great*)?

How many of you rated most of your shows a 1 or 2 (*meaning the shows you watched were boring or just OK*)?”

“Television should be a choice, not a bad habit. What do you think that means?”

“Do you think you spend a lot of time watching television? Do any of your parents limit the amount of time you spend in front of the TV?”

“Do you know how long most television shows last? Do you know the difference between a show that lasts an hour and a show that lasts half an hour?”

“Our HOP’N goal for TV is no more than 2 hours a day. Remember also that you should eat 5 fruits and vegetables a day, and to get 60 minutes of physical activity each day. That means that you can eat a potato, but DON’T BE A COUCH POTATO!”

“The less that you watch TV, the more time you’ll have to play and be physically active.”

Physical activity alternatives include: play a sport, go for a walk

Other alternatives to TV include: read a book, do an art or craft project, put a puzzle together, play a board game

Module 12: Move More, Sit Less

Activity 3: Physical Activity Dice

Objectives:

- The students will show awareness of television watching habits.
- The students will learn appropriate active substitutions for sedentary behavior.
- The students will gain knowledge of how to make home environments more activity-conducive.

Materials:

Dice patterns on card stock

Scissors

Markers

Tape

Time:

Instructions (8)

Students putting together dice (20)

Total: ~28 minutes

Procedure:

The instructor will show the students the physical activity die and explain its purpose. The instructor will guide the students in generating a list of physical activities that can be done during commercial breaks. The instructor will record the students' answers. The instructor will demonstrate how to construct the physical activity die using a pre-cutout example. The students will cut out their dice, write and illustrate a different activity for each side, and tape their cube together. The instructor will circulate the work area offering assistance to students.

Follow-up/ Assessment:

As students finish making their dice, they can get in groups of 9 or 10; and take turns rolling and doing the activities on the dice.

The students will take their dice to their homes, put them on their TVs, roll the dice during commercial breaks, and share the fun with their families.

Modifications:

The dice don't have to be 6-sided cubes.

Discussion Points

The students could put their die where they were keeping their TV log.

“Most of us really like to watch some TV. It’s one of those things that we just don’t want to do too much. So, our HOP’N Club goal is for you to watch no more than 2 hours a day.”

“Remember that we want you to be physically active for 60 minutes a day.”

During commercials during a regularly watched show is a great time to use your Physical Activity Die.

GO Activities or exercises you could do in your house or in the living room during commercial breaks include: stair climbing, walking through all rooms of house, pushups, sit-ups, stretching, running in place, lunges, standing on one foot, dips, cartwheels, crabwalks, dancing, hopping, hopping on one foot, jump rope (imaginary or real), March in place, jumping jacks, etc.

The size, shape, and arrangement of a TV room may limit activities.

“Rolling the die and doing the activity is lots of fun, but you probably won’t want to do these for the whole time you watch TV. So, you might just want to pick a time of day (maybe 7:00pm) or a particular TV show you watch each day. So, when that time comes, or when that TV show comes on, you can grab your activity die and get ready for the commercials. It would also be a really good idea to keep your die on top of the TV so you’re more likely to remember that way. If you really like doing this for a while, you could make a few more activity dice and put different activities on them.”

“You might be able to get the other members of your family to participate. Then, you could take turns rolling the die, or everyone could make their own.”

“Have fun with them!”

Module 12: Move More, Sit Less Encore

Introduction

1. Welcome students back to HOP’N Club. Say,

This is the twelfth week of HOP’N Club. What is HOP’N Club? HOP’N Club is a once a week club where we focus on four healthy goals. What are the four HOP’N Goals? Be Physically Active everyday. (Great. How many minutes should we try to get at least? 60 minutes And how many minutes after school? 30) Eat fruits and vegetables at every meal or snack. Cut back on T.V. and video games. (Does that mean never watch T.V.? No, but we should try to limit our T.V. to 2 hours a day.) Drink less soda and juice drinks. (Does that mean never drink soda and juice drinks? No, but we should try to limit our soda and juice drinks to less than one glass a day.) What does HOP’N stand for? Healthy Opportunities for Physical Activity and Nutrition. Who shared their Active Gift Wish list with their families? We are going to talk more about active activities today.

Television Tag

1. Explain the game. Say,

Can anyone explain how to play TV tag? (if possible allow a student to explain traditional TV tag) Typically, the person that is “it” tags someone resulting in them being frozen until someone else unfreezes them by saying the name of a TV show. However, we learned last time that TV actually “freezes” you and is a sedentary behavior. TV usually leads to you sitting around; however, there are a lot of great activities that get you moving. So, in this variation of the game of tag, when the

people who are “it” tags someone and yells out a TV show (like “American Idol”), the person they tag become sedentary and are frozen in place. To become active and unfrozen, someone must touch the tagged person and yell out the name a GO activity. Students will be encouraged to use a TV show name and physical activity only once.

2. Ask the students review questions to determine understanding.

3. **Divide the students into groups of three (Team A, Team B, Team C).** For the first 5 minutes, Team A will be “it” and try to tag Teams B and C. For the next 5 minutes, Team B will be “it” and try to tag teams A and C. Finally, Team C will be “it” and try to tag Teams A and B.

Modifications:

A list of physical activities could be generated before game play begins.

Television Graphing

1. **Call students over during Television Tag and ask them to estimate the amount of television they watched yesterday to the nearest half hour.** Use round circles cut in half to make a graph. Give each student a half of a sticker for each half hour.

2. **Lead the students in a discussion about their television watching experiences.**

Help the students discover the group average. If the group average exceeds two hours, the group will come up with one other alternative activity for every half hour over 2 hours. Say,

What do you like most about TV?

What do you dislike about TV?

In the last week, when did you watch TV the most?

Did you do other activities while watching TV?

Did you channel surf, or change channels a lot?

Did you use television as background noise?

How did you feel after watching TV?

Television should be a choice, not a bad habit. What do you think that means?"

Do you think you spend a lot of time watching television? Do any of your parents limit the amount of time you spend in front of the TV?

Our HOP'N goal for TV is no more than 2 hours a day. Remember also that you should eat 5 fruits and vegetables a day, and to get 60 minutes of physical activity each day. That means that you can eat a potato, but DON'T BE A COUCH POTATO!

The less that you watch TV, the more time you'll have to play and be physically active.

Physical Activity Dice

1. Show the students the physical activity die and explain its purpose. Say,

You all probably enjoy watching certain shows and that's okay, but why not try to be physically active during the extra and often boring part of watching television, the commercials.

This is an activity die. You can roll it during the the comercial break and participate in the activity. Remember that we want you to be physically active for 60 minutes a day. During commercials during a regularly watched show is a great time to use your Physical Activity Die. Rolling the die and doing the activity is lots of fun, but you probably won't want to do these for the whole time you watch TV. So, you might just want to pick a time of day (maybe 7:00pm) or a particular TV show you watch each day. So, when that time comes, or when that TV show comes on, you can grab

your activity die and get ready for the commercials. It would also be a really good idea to keep your die on top of the TV so you're more likely to remember that way. If you really like doing this for a while, you could make a few more activity dice and put different activities on them.

You might be able to get the other members of your family to participate. Then, you could take turns rolling the die, or everyone could make their own. Have fun with them!

2. Guide the students in generating a list of physical activities that can be done during commercial breaks. Record the students' answers. Answers may include: stair climbing, walking through all rooms of house, pushups, sit-ups, stretching, running in place, lunges, standing on one foot, dips, cartwheels, crabwalks, dancing, hopping, hopping on one foot, jump rope (imaginary or real), March in place, jumping jacks, etc. The size, shape, and arrangement of a TV room may limit activities.

3. Demonstrate how to construct the physical activity die using a pre-cutout example.

4. Circulate the room while students cut out their dice, write and illustrate a different activity for each side, and tape their cube together.

5. Allow students to get in groups and play with their dice as students finish.

Modifications:

The dice don't have to be 6-sided cubes.

Review

1. Remind the students. Say,

Most of us really like to watch some TV. It's one of those things that we just don't want to do too much. So, our HOP'N Club goal is for you to watch no more than 2 hours a day. Remember that we want you to be physically active for 60 minutes a day. During commercials during a regularly

watched show is a great time to use your Physical Activity Die. You can keep your die on your television, so it will be easy to find and use.

2. Collect nametags