



BACKGROUND

Children who make successful changes in their home should feel proud and receive recognition from their peers. This is also a good opportunity for modeling behavior.

OBJECTIVES

Youth will

1. Reinforce HOP'N Standards

STRATEGIES

1. Modeling
2. Self-monitoring
3. Links to home and parents

TIME NEEDED

60 minutes

GETTING READY

Camera
Tripod
Art supplies
Poster board
“Story board”
Prompt worksheets
Choose production assistants

Module 15: HOP'N Review

1. Greeting
2. Review the goals and activities we have done up to this point in HOP'N
3. Working on Segments
4. Recording groups.

FREQUENTLY ASKED QUESTIONS

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Module 15: HOP’N Review
Activity 1: Create a Video

Objective:

The students will reinforce HOP’N standards.

Materials:

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- Poster board
- Art supplies
- Camera & Tripod
- Outlines of goals

Time:

Preparation

Recording

Total: 55 minutes

Procedure:

The instructor will show the students a “story board” outlining the skeleton of the movie. The instructor will give the students an outline to remind them of everything they have done so far. The instructor will assign production assistants based on attendance, participation, and perceived understanding of material covered. The students may work in groups to come up with a package or segment featuring the selection of the movie chosen by the group. The production assistants should circulate the room providing assistance. The instructor will be located in a quiet location, recording students when they have their segments prepared.

Follow-up/ Assessment:

Discussion Points:

Be physically active every day.

What activities have we done?

- Pedometers
- Go, Slow, Whoa activities
- Invent a game

What does it mean to be physically active every day?

How much should you try to get?

What are some examples of physical activity?

Why is it important to be physically active?



Eat fruits & vegetables at every meal or snack.

What activities have we done?

- Put a rainbow on your plate
- Go, Slow, Whoa foods
- Made a fruit snack
- Made a vegetable snack
- Vegetable sculptures
- Fruit and Vegetable commercials

What does it mean to put a rainbow on your plate?

Why is it important?

Why is it important to eat fruits & vegetables at every meal or snack?



Drink less soda and juice drinks.

What activities have we done?

- Scooter activity
- Water maps
- Water in fruit and vegetables
- Water vs. soda
- Invent your own water

How much water do you need?

Why is it important to drink less soda and juice drinks?

What is the fair limit for soda and juice drinks?



Cut back on TV & video games.

What activities have we done?

- Sedentary & Active activities
- Active Gifts
- TV tag
- Physical Activity Dice

Why is it important to cut back on TV & video games?

What is the fair limit for watching TV & video games?



What is HOP'N Club?



What are the HOP'N Goals?

- 1) Be physically active every day.
- 2) Eat fruits & vegetables at every meal or snack.
- 3) Drink less soda and juice drinks.
- 4) Cut back on TV & video games.





What do you like best
about HOP'N Club?



Module 15: HOP’N Review

Introduction

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

This is the fifteenth 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. Today, we will be reviewing the HOP’N goals by making a video to tell people about HOP’N and what we have been working doing here at HOP’N Club.

Work on Segments

- 1. Show the students a “story board” outlining the skeleton of the movie.** Give the students an outline to remind them of everything they have done so far.
- 2. Assign production assistants based on attendance, participation, and perceived understanding of material covered.** The students may work in groups to come up with a package or segment featuring the selection of the movie chosen by the group. The production assistants should circulate the room providing assistance.

Record Segments

- 1. Use the camera to record the students in groups.** Locate a quiet location to

recording students when they have their segments prepared.

Review

- 1. Remind the students.** Say,

Everyone did a great job with the video. You all remembered a lot about what we have been doing at HOP’N Club. Now that you have learned about the HOP’N goals, we will talk about changes you can make and changes you can help other people make.

- 2. Collect nametags.**