

*“Teamwork at it’s BEST:
The ABC’s of Physical Best and Fitness for Life”*

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ABSTRACT

National and Arizona Physical Education Standard #4 states that **students will develop and maintain a health-enhancing level of fitness**. The foundation for living an active and healthy lifestyle begins in elementary school where we teach students to **EAT WISE and EXERCISE!**

This session will be active and interactive and will feature learning experiences to teach the ABC’s of Physical Fitness featured in the Second Edition of Physical Best and the NEW Fitness for Life ABC’s of Physical Activity and Nutrition.

The ABC’s of Health-Related Physical Fitness are part of AAHPERD’s Physical Best program and were created as a tool to help teachers help students develop the skills, knowledge, confidence, and appreciation to live an active and healthy lifestyle now and in the future.

Most of the concepts in the alphabet are found in learning experiences in the Physical Best program.

The ABC’s of Physical Activity and Nutrition were created as part of the NEW Fitness for Life Elementary School Program (C., Corbin, G. Le Masurier, D. Lambdin, M. Greiner, Human Kinetics, 2010). They can be used in the physical education classroom, grade level classrooms, throughout the school, and in the home to support the development of an active and healthy lifestyle and to teach students that “food is fuel for learning, moving, and growing”.

We know that HEALTHY and ACTIVE students make better learners. These two great programs will help you help students in their QUEST to become their PHYSICAL BEST!!!

Getting Started:

Create a theme to promote your program throughout the year. Themes are a fun, creative and unique way to promote your program and bring your mission, philosophy, standards, and curriculum activities to life.

Use the theme to teach the NEW Arizona P.E. Standards to your students, grade level objectives for your school district curriculum, and/or any school specific programs (Character COUNTS, Levels of Responsibility, etc.).

Ideas for Yearly Themes:

Show Your CHARACTER With PRIDE!

Get ACTIVE for the Health of It!

**Waggoner P.E. ...Heart-Healthy, Fun-Loving, Awesome
Challenging Habit** (take off from Az.Anti-Smoking Campaign)

Waggoner Kids Have HEART!

(Healthy Hearts, Educated Minds, Active Lifestyles, Respect & Responsibility, and Teamwork)

FIT to ACHIEVE!

Monthly themes focus on health observances,

NASPE and AAHPERD events:

September- More Matters Month (fruits and veggies)

October- Child Health Month

November- Elections...ELECT to Lead a Healthy and Active Lifestyle

What are You Thankful For? Benefits of Exercise

December- 'Tis the Season to be Healthy or

Light Up Your Life With Daily Activity

January- Goals are Dreams With a Deadline

February- Heart Month

A HEALTHY HEART is a HAPPY HEART!!

March- National Nutrition Month

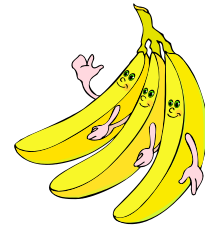
EAT WISE and EXERCISE!

April- **SPRING** Into Fitness!

May- National Physical Fitness & Sports Month

National P.E. & Sport Week May 1-7

Project A.C.E.S. (First Wednesday in May)



Weekly quotes:

Some weeks we have quotes that correspond with the concepts being taught in our Dynamic Physical Education and/or Physical Best program and our Waggoner Character Counts program.

Examples:

Exercise Quote

“7 Days Without Exercise Makes One WEAK!”

Use this quote when you teach the Letter “F” for Frequency in FITT
Frequency means HOW OFTEN you exercise...

Nutrition Quote

**“Food is FUEL for learning, moving and growing!”
EAT the RAINBOW WAY EVERY DAY!**

Character Quotes:

**Education Worth the Name is Essentially
Education of Character.**

NO Legacy is as RICH as HONESTY.

Use this quote when introducing Trustworthiness or during January for MLK’s
birthday.

Physical Activities:

Rock, Paper, Scissors Tag

Letter F- Teaching **Fairness** on the Playground- Play by the Rules

September is More Matters Month

Eat **MORE** Fruits and Veggies

Fruit & Veggie Tag (2-3 different ways to play)

Bananas, Apples, Carrots, Grapes- How many fruits & vegetables should you eat a
day?

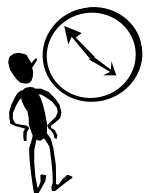
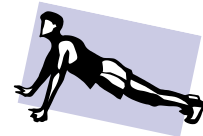
I is for Intensity- Individual Differences

Push-Up and Curl-Up Challenges

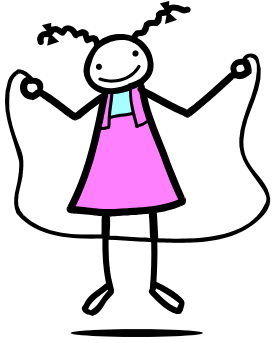
Fitness is NOT like a pair of tube socks...

INTENSITY means HOW HARD You Exercise?

**Examples- MORE vigorous (aerobic), more resistance (muscular strength),
farther stretch (flexibility)**



FFL Nutrition ABC’s- Ice Cream or Ice Milk- Which is better for you? Why?



T is for Time and Type

M is for Muscular Endurance and Muscular Strength
“Reps & Sets” from Physical Best

A is for Aerobic Activity, Accountability

Heart Beat Stations from Physical Best
Healthy Heart Exercise Hunt
(Letters “F” for Frequency and
“T” for Time and Type from FITT)

N is for Nutrition

Pyramid Power from Physical Best, Letter N FFL ABC’s
Teaches energy balance...
Calories In + Calories Out = Healthy Body Composition
March- National Nutrition Month

G is for “Games With a Purpose”

Fruit & Veggie Fun

(variation of Tommy Tucker’s Land from DPE)

Daytona Speedway

(Jerry Poppen- Use to check for understanding of cognitive concepts)

Holiday Celebrations

TREAT Your Body Right and it won’t TRICK YOU!

Monster Mash Rhythm

“Tis the Season to Be Healthy

Letter R= Respect

Holiday Car Lot

Putting It All Together- One Example:

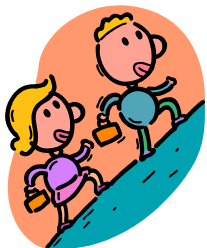
Letter F for

Fitness, Flexibility, Frequency, Fruit, Fairness

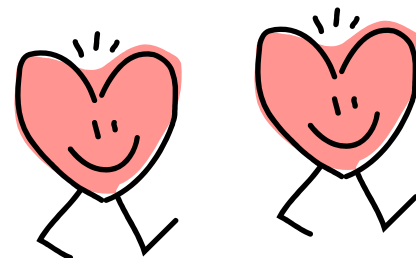
“All of the ABC’s”

**The future belongs to those who believe
in the beauty of their dreams.**

Eleanor Roosevelt



What WE Do...Matters!!!



**Teamwork at It's BEST:
Physical Education, Physical Best, Fitness for Life and
Character COUNTS ABC's Alphabet Circuit
"Celebration"**

All Bodies Can Be HEALTHY and FIT!

Alphabet Concepts...

A= Aerobic Activity

Take a **WALK or JOG** around the activity area...

CHEER other students on as you **MOVE**...

Be a person of **CHARACTER**...**COMPLIMENT YOUR FRIENDS!**

B= Balance (skill-related fitness)

Balance skills

C- Core Strength

Choose your favorite **CORE STRENGTH** activity

(Plank, Star, Bridge, etc.)

D= Downward Dog (Yoga activity)

This exercise stretches your spine and calf muscles

E= Exercise You ENJOY! FREE CHOICE

Perform your favorite **EXERCISE!!!**

F= Flexibility

Try the **BACK SAVER Sit & REACH**

(Hold each stretch for 15 seconds)

G=

H= Health-Related Fitness

Jog over to Mrs. Abbadessa...

Can you name the 5 Components of Health-Related Fitness?

I= Intensity

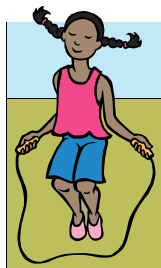
J= Juggling of Jump Rope

Show Mrs. Abbadessa your favorite way to juggle...

Columning, Cascading or Showering...Have FUN!

Or

Show Mrs. Abbadessa your favorite Jump Rope tricks!



OVER for Letters K-Z

Alphabet Circuit



K= Kicking

Get a soccer ball and practice CLOSE shots against the wall.
Make sure you alternate the foot you KICK with!

L- Lunges

Work those QUADS and GLUTEAL MUSCLES...

M= Muscular Strength or Muscular Endurance FREE CHOICE

Choose your FAVORITE upper body or abdominal exercise...

N- Nutrition

Choose a fruit or vegetable from one of our fun ABSEF characters and try the EXERCISE...



O= Overload

P= Practice

Q= How are you doing in Your QUEST to Become Your Physical BEST?

Tell Mrs. Abbadessa ONE thing you can do to be healthy!!!

R= Reaction Time

S= Skills

Practice one of your FAVORITE sport skills...

How many sports can you play using this skill?

T= Throwing

U=Understanding the BENEFITS of Living an ACTIVE LIFESTYLE...

Tell Mrs. Abbadessa 5 BENEFITS of exercise!!!

V= Vigorous Exercise

Go for a JOG around the activity area and CHEER on all your friends!!!

W= Water/Wheelchair

You need to drink 6-8 glasses of water a day...Go GET a DRINK!

Come tell Mrs. Abbadessa 3 ways you could help a child in a wheelchair play at recess with you!

X= X TRA Effort!

Tell Mrs. Abbadessa ONE thing you have done today to MOVE MORE, EAT HEALTHY or be a person of CHARACTER!

Y= YOGA

Choose your Favorite YOGA Stretch

Z= ZIPPER Stretch

The ZIPPER is like the Shoulder Stretch for the Fitnessgram assessment
Hold the stretch 15 seconds for one arm, then 15 seconds for the other arm.