

March 2008



# Physical Activity Promotion

## "Toss Up Some Physical Activity"

### Equipment Needed:

- Vegetable paper cut-outs
- Fruit paper cut-outs
- Mixing Bowl

### Step-By-Step:

#### *Pre-Explanation:*

- Start with a class discussion about the differences between aerobic and anaerobic exercises.
- Aerobic Exercise: The body uses oxygen to create energy. The oxygen is needed to break down glucose. Glucose is the fuel needed to create energy.
  - ◊ Examples: running, brisk walking, swimming, bike riding, and jogging.
- Anaerobic Exercise: The body creates the energy without oxygen.
  - ◊ Examples: weight lifting, sprinting, and any exercise with resistance.
- Have the students write down aerobic exercises they can do on vegetable cut-outs.
- Have the students write down anaerobic exercises they can do on the fruit cut-outs.
- Toss the "salad" in the mixing bowl.

### Implementation:

- To begin the game, have a volunteer select a vegetable or fruit cut-out from the bowl.
- Do the aerobic or anaerobic exercise as a class.

### Follow Up:

#### *Class discussion (to be used to integrate Harvest of the Month along with the physical activity):*

- What are the health benefits of eating spinach?
- How is spinach good for our bodies?
- How can you incorporate more spinach into your daily diet?

### Expansion Ideas:

#### *Use different variations depending on level of difficulty:*

- Instead of using the aerobic and fruit and vegetable anaerobic cut-outs, select simple activities that can be done as a class: jumping jacks, skipping in place, jumping in place, marching, etc.
- Ask students to count their pulse for 60 seconds (or for 6 seconds and multiply by 10) after each activity and record both of them in a log. Determine which activities are aerobic and anaerobic. At the end of the month, compare the differences in pulse rate for the aerobic and anaerobic activities.

Adapted from the *Network for a Healthy California* Harvest of the Month Cycle I Educator Newsletter (Spinach):  
<http://www.harvestofthemonth.com>



This material is adapted from the California Department of Public Health's **Harvest of the Month** tool kit. Principal funding is from the USDA Food Stamp Program through the *Network for a Healthy California*, which is an initiative of the California Department of Public Health. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with limited incomes that can help them buy nutritious foods for a better diet. For information, call 1.888.328.3483.

