

THE PLAYBOOK



WEEK 1

READY, SET, STRETCH CHALLENGE



WEEKLY GAME PLAN

Key Takeaway:

Help kids to understand the importance of warming up and stretching prior to activities—and that stretching can be fun! Warming up increases flexibility, boosts muscle performance and helps to prevent injury. It's also important to fuel up with carbohydrates such as whole grains or fruit prior to a workout or activity.

Challenge Classroom Objectives:

- Teach kids the importance of flexibility and the positive impact it can have on the body
- New facts to know:
 - Flexibility is critical in the prevention of injuries and key to building strength.
 - Stretching prepares the body for activity and boosts muscle performance.
 - Stretching boosts the number of nutrients and oxygen delivered to muscles.
 - Stretching increases heart and respiratory rate and makes it easier to burn calories.
 - Fueling up with healthy food provides energy for your body.

Overview Video:

Watch our overview video featuring Andrew Luck by visiting the homepage of our site, rileychildrens.org/changetheplay

Materials Needed:

Your weekly materials are hosted on our site: rileychildrens.org/changetheplay

- Videos: Week 1 Activity Video
Week 1 Encouragement Video
Week 1 Physician Video
- Challenge Playbook
- Challenge Overview
- Daily Get Going Worksheet
- Nutrition Worksheet
- Challenge Quiz
- Posters: Classroom Progress, Fuel Up Nutrition

CHANGEthe**PLAY**



Riley Children's Health
Indiana University Health

THE PLAYBOOK



WEEK 1 READY, SET, STRETCH CHALLENGE

Day	Agenda	What the Kids Need to Know/Do	Workout Video Exercises & Activities
1	<ol style="list-style-type: none"> 1) Overview Video featuring Andrew Luck 2) Activity Video showing this week's warm up and exercises 3) Distribute Daily Get Going Worksheet 4) Distribute Challenge Overview (to take home) 	<ul style="list-style-type: none"> • What is Change the Play? • Learn about the benefits of stretching and warming up • Start tracking progress on worksheets and as a class 	<p>Warm Up</p> <ul style="list-style-type: none"> • Jumping Jacks <p>Activities</p> <ul style="list-style-type: none"> • Standing Knee Hug • Lunge & Twist • Alternate Toe Touch • Triceps Stretch
2	<ol style="list-style-type: none"> 1) Watch Physician Video 2) Learn this week's Nutrition Tips 3) Distribute Nutrition Worksheet 4) Fill out Daily Get Going Worksheet 	<ul style="list-style-type: none"> • Learn about the health and science behind stretching • Learn new nutrition tips • Explain how to fill out the Nutrition Worksheet • Distribute sample tastes from a featured recipe (<i>optional</i>) 	
3	<ol style="list-style-type: none"> 1) Activity Video showing this week's warm up and exercises 2) Fill out Daily Get Going Worksheet 3) Take the Challenge Quiz 	<ul style="list-style-type: none"> • Practice stretching and activities • Check on classroom progress • Discuss Nutrition Worksheet 	<p>Warm Up</p> <ul style="list-style-type: none"> • Jumping Jacks <p>Activities</p> <ul style="list-style-type: none"> • Standing Knee Hug • Lunge & Twist • Alternate Toe Touch • Triceps Stretch
4	<ol style="list-style-type: none"> 1) Encouragement Video from Andrew Luck 2) Fill out Daily Get Going Worksheet 3) Turn in Nutrition Worksheet 	<ul style="list-style-type: none"> • Hear more from Andrew Luck about stretching and this week's challenge • Fill in the Fuel Up Poster as a class 	
5	<ol style="list-style-type: none"> 1) Activity video showing this week's warm up and activities 2) Turn in Daily Get Going Worksheet 3) Update Classroom Progress Poster 4) Mark your week as complete at rileychildrens.org/changetheplay 	<ul style="list-style-type: none"> • Practice warm up and activities • Discuss classroom progress poster for the week 	<p>Warm Up</p> <ul style="list-style-type: none"> • Jumping Jacks <p>Activities</p> <ul style="list-style-type: none"> • Standing Knee Hug • Lunge & Twist • Alternate Toe Touch • Triceps Stretch

