



# **Fitness for Life: Elementary School Classroom Guide: Second Grade**

*Dolly Lambdin, Charles Corbin, Guy Le Masurier, Meg Greiner*

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This *Fitness for Life: Elementary School* classroom guide contains everything you need to deliver standards-based wellness lesson plans to second-grade students. The guide and its DVD-ROM include the following:

- Daily lesson plans for class discussions and activity breaks, which take only a few minutes, fit easily into your schedule, and integrate with other subject matter areas (such as math, social studies, music, and art)
- Over two hours of fun plug-and-play video routines (featuring embedded wellness messages) for activity breaks, plus instructional videos to teach the movements
- Over 150 printable resources, including full-color signs that reinforce wellness messages, signs and worksheets to decorate, and newsletters to send home to families

### **About the *Fitness for Life: Elementary School* Program**

The award-winning *Fitness for Life* middle and high school programs now have an elementary school companion program. *Fitness for Life: Elementary School* is a coordinated program that promotes wellness, physical activity, sound nutrition, and healthy lifestyles throughout your entire school. It facilitates total involvement by using physical education lessons, classroom activities and discussions, recess, before- and afterschool activities, cafeteria events, family nights, and more. The program also incorporates nutrition guidelines associated with MyPyramid and introduces the new Physical Activity Pyramid for Kids. All components work together to reinforce targeted educational themes and messages from week to week.

The *Fitness for Life: Elementary School* program enables you to do the following:

Teach essential health-related concepts of fitness, physical activity, nutrition, and wellness  
Meet local and state requirements for daily and weekly physical activity  
Implement easy-to-follow lessons that are standards based and developmentally appropriate  
Enhance academic performance and help fight childhood obesity  
Coordinate efforts among classroom teachers, physical educators, other school personnel, before- and afterschool program leaders, and parents  
Meet recommendations and standards from CDC, USDA, and NASPE, among others

With its integrated lesson plans, activities, videos, and resources, *Fitness for Life: Elementary School* can provide the foundation for a new coordinated school health program or greatly enhance an existing program.

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