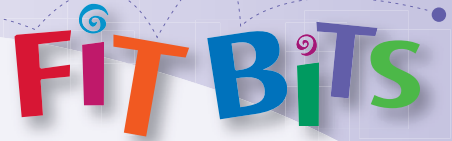


Everybody Keep Moving



Equipment/materials: Music with a clear, steady beat (optional)
Fit Bits Best Effort posters (optional)

ACTIVITY

1. Tell students the personal/social message: *"Best effort" means "try your hardest." One of the ways you try hard is to learn, practice, and do the activities in class. Try hard in this activity to do the right movement at the right time.*
2. Make sure students are able to jump on two feet.
3. Play the music or count out sets of eight (i.e., 1-2-3-4-5-6-7-8, 1-2-3-4-5-6-7-8). Invite students to count with you.
4. Have students join you in doing the following activities, alternating every eight counts:
 - Two-footed jump in place
 - Shake (arms, legs, or all over)
5. Continue for several minutes.
6. Discuss with students:
 - *What does "best effort" mean?* [Try your hardest]
 - *Which movement did you have to try the hardest to do?*

Term 2:

FOLLOW DIRECTIONS



BEST EFFORT

COOPERATION

COMPASSION

Everybody Keep Moving continued

- *Tell me one way that you have tried hard and given your best effort today.*
- *If someone says, "I can't do that," are they giving their best effort?*
- *When I am helping one of your classmates, are you giving your best effort when you ask me to help you or when you wait until I am done helping them?*
- *Would it be fair for me to stop helping a classmate to help you instead? What is more fair? [Everyone waiting their turn; everyone being treated equally]*

ALTERNATIVE

Introduce other movements as students are ready, but continue to alternate between only two movements each time you do this activity:

- March in place
- Hop on one foot in place
- Sway from side to side
- Bend from side to side
- Swing from side to side
- Pump the arms
- Move arms from side to side
- Wave arms over the head