

Step Wide, Move Forward **FIT BITS**

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

ACTIVITY

1. Tell students the personal/social message: *“Responsibility” means “tell yourself to do the right thing.” One of the ways we show that we are responsible is by thinking first and being prepared. In this activity, we’ll have to think ahead and be prepared for the next steps in order to do well.*
2. Write the following on the board:
↖ ↗
⇌
↓ ↓
↑ ↑
3. Explain and demonstrate the steps to the students:
 - Step forward and slightly to the left with the left foot.
 - Step forward and slightly to the right with the right foot.
 - Step toward the middle with the left foot.
 - Bring the right foot next to the left foot.
 - Step back with the left foot.
 - Step back with the right foot.
 - Step forward with the left foot.
 - Step forward with the right foot.

These are cues for the steps students will learn.

Term 2:



RESPONSIBILITY

○ SELF-CONTROL

○ RESPECT

○ COMPETITION

Step Wide, Move Forward continued

Note: Cue students by saying: Out, out, in, in, forward, forward, back, back. Remind students that “out” really means out and forward.

4. Students will move forward one step each time they repeat these steps. Once students become proficient, have them move to the perimeter of the classroom and all face counterclockwise so they can move forward freely.
5. Discuss with students:
 - *What does “responsibility” mean?* [Tell yourself to do the right thing]
 - *How did we demonstrate responsibility in this activity?* [Thought ahead; were prepared for next steps]
 - *In this activity, the only consequences for not thinking ahead or being prepared for the next steps were that you might not have done the steps correctly. Frequently, there are larger consequences for not thinking ahead or being*

prepared. What is the consequence for not thinking ahead when planning what time to leave for school? [Might miss bus or be late]

- *What happens if you don’t prepare for a test?* [Might not do well]
- *What happens if a parent doesn’t think ahead about what he or she might fix for dinner?* [Might not have ingredients; might not have dinner ready on time]
- *Why is it important to think ahead and be prepared?* [Fewer bad consequences; don’t run into unexpected problems]

ALTERNATIVES

- Turn this into a memory game by having students try to remember the order of the steps without giving them cues.
- Start out with slow 8 counts (1-2-3-4-5-6-7-8) and gradually increase the speed as students become more proficient.

