Get Up & Move!

Olympic Fitness (25 minutes)

Items needed for this activity:
• Masking tape
• Stopwatch or watch with a second hand (2)
• Tape measure
• Olympic Evaluation Form

Background information for presenter:
Research shows that there are a many benefits related to having some type of daily physical fitness routine. Physical fitness is the condition of your body in relation to 1) muscular strength and endurance; 2) flexibility; 3) cardiovascular fitness; and 4) body composition. Developing a fitness routine begins with setting goals. A group of individuals who set very challenging fitness goals are Olympic athletes. While we only see media coverage of Olympic competition every four years, the athletes are busy every day training and conditioning their bodies. In this activity, youth are going to participate in several "Olympic" events.

Step 1: Information to share with club members (4 minutes)
We all watch closely as human athletes compete once every four years in running, swimming, jumping and many other sporting activities as a part of the Olympic Track & Field Competition. In some cases, athletes set new world records, running faster or perhaps jumping higher than anyone before them. The reason that they can do this is because they set goals for themselves and then practice every day, hoping to build their skills and their strength. The majority of their time is spent in training, not competing. They are training, hoping each day to improve their performance as compared to the day before. Today, you are going to be 4-H Olympians. We have three events planned. You will have the opportunity to try two (or if time allows, you can have everyone do all three of the events).

Step 2: Group Activity (15 minutes)

Event 1 – Standing Long Jump
1. Instruct participants to stand along a line (masking tape on floor) and jump as far as they can.
2. Measure and record how far they jumped.
3. Have each participant jump a second time to see if they can improve their distance.

Event 2 – Hopping Dash
1. Measure off a 20-foot distance. Mark the start and finish with masking tape.
2. Instruct participants to stand along the starting line and begin hopping to the finish line when you give the signal.
3. Using a stopwatch or a watch with a second hand, record how long it takes them to get to the finish line. Record their time.
4. Have each participant complete the “Hopping Dash” again to see if they can improve their time.

Event 3 – Walking Marathon
1. Set up a course (using chairs or small pieces of tape) around the room to use as “track” for the
Walking Marathon, clearly marking start and finish lines.

2. Instruct participants to stand along the starting line and begin walking, caution them NOT to break into a run.

3. Using a stopwatch, or a watch with a second-hand, record how long it takes them to complete the marathon. Record their time.

4. Have each participant complete the “Walking Marathon” again to see if they can improve their time.

Follow-up Discussion: Once you have completed all of the events use the following questions to process the activity.

- How many of you were able to improve your distance or time the second time you completed the event?
- If you improved, what did you do differently to make that change?
- What are some goals you might set if you wanted to become a 4-H Olympian competing in one of these events?
- We learned back in September that the Dietary Guidelines for Americans recommend being physically active at least 60 minutes a day. How many of you are averaging 60 minutes a day?
- You have been recording your physical activities each month on your club chart, have you set a personal goal for increasing your monthly “active” minutes? If not, think about doing that now.
- Have you set a goal for the number of minutes of physical activity per month that your whole club wants to achieve? If not, set that goal now.

OPTIONAL ACTIVITY (6 minutes)
Keep Moving If…
The purpose of this activity is to “get moving” and also see how many of you are practicing healthy eating habits. How much fruit are you supposed to have each day? (Answer: 1 ½ cups). This is a listening game, sort of like Simon Says. You need to listen carefully to what I say so you’ll know what you have to do.

1. If you had breakfast this morning, march in place (if you didn’t have breakfast, stand still).
2. If you had a fruit for breakfast, march in place (if you didn’t have a fruit, stand still).
3. If you know how many fruits we should eat each day, hold up that number of fingers (if you don’t know, look around for some hints! – we just talked about this!)
4. If you can name a citrus fruit, hop on one foot (if you can’t think of one, hop on both feet).
5. If you can name a fruit that starts with the letter B, wiggle all over (if you can’t think of one, spin around).
6. If you ate an orange or drank orange juice yesterday, run in place (if you didn’t, march in place).
7. If you had a fruit for a snack yesterday, do jumping jacks (if you didn’t, wiggle all over).
8. If you can think of three kinds of berries, shout out their names and hop in a circle (if you can’t, hop in place).

Get Up & Move!
# Olympic Evaluation Form

## EVENT #1 – Standing Long Jump

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## EVENT #3 – Walking Marathon

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