Get Up & Move!

Physical Activity
Series 1: March

Active Forces (20 minutes)

Items needed for this activity:
- Balloons – two per person
  NOTE: need both long and round balloons, plus extra in case some pop
- Hula-hoops (several)
- Markers to label balloons
- Tape measure (25 foot)

Background information for presenter:
There are several "mini-activities" related to Get Up & Move this month. All of the activities relate in some way to aerospace and some of the principles connected with air movement. If you have members in your club who are enrolled in the aerospace project, you may wish to involve them in a leadership role for these activities.

Step 1: Information to share with club members (1 minute)
Being physically active may include doing many different kinds of movements and games. You don’t have to have special equipment or go to a certain location for physical activity. You can be active with something as simple as a balloon in your own backyard. We are going to start off today with several different games that require just a couple of items to play.

Step 2: Short Group Activities (15 minutes)
The first activity is a stretching activity. Can anyone tell me why we stretch? – allow members to share the reason why stretching is important – warming up your muscles makes them more flexible and better able to stretch when you do activities, which also reduces the chance of injury. Hopefully you remember learning this about muscles at the beginning of the 4-H year. In that activity you each had a cold piece of taffy and it was very hard to stretch. Then you held it in your hand to warm it up and it became much easier to stretch.

Balloon Stretch – I’m giving each of you a balloon (long or oblong balloons work best). Before you blow it up, let’s use it to stretch some muscles. Hold each end of the balloon with your fingers. With your arms straight in front of you, gently pull out the balloon. Repeat five times. Now hold it over your head with your arms extended straight. Gently pull as you bring your hands to your shoulders. Repeat five times. Many people buy elasticized bands that are used for stretching. Your balloon is an inexpensive alternative. Now that your muscles are a little more flexible, we are ready to be more active.

Target Practice – Set up some targets with hula-hoops. Have each participant blow up their balloon and hold the end closed. Do not tie them off. See who can aim their balloons so that they land closest to the targets. You’ll aim the balloon at the target, then release the end so the air comes out. Here are some questions to ask participants: What is the energy source for propelling the balloons? (AIR) So, if air is the energy source that makes the balloon move, what is the energy source that helps us move? (NUTRIOUS SNACKS or FOOD)

Volley-balloon – Blow up and tie off a balloon (round balloons work best for this activity). Keep your balloon from touching...
the ground using any body part. After a few minutes, divide the participants into groups of 4-5, designate an area they must stay in, and have them attempt to keep all of their balloons up in the air. If you have multiple groups, you can recognize the group that is able to keep the most balloons in the air for the longest period of time.

Step 3: Group Activity (10 minutes)
All of our activities so far have involved balloons. We already talked about how air serves as the “energy source” for the balloons and that the air rushing out the open end of the balloon makes the balloon propel forward. Now if we tie the balloon off, will the balloon still shoot forward? Will it float? Why not? Because air has weight, and gravity pulls the balloon to the ground. So, if gravity is the force that pulls something to the ground, how is it that we can jump and aren’t pulled flat to the ground all the time? It is because the pull of gravity is not strong enough to keep us down. Actually when we are moving, we are combining three different forces of motion – gravity, inertia and friction.

NOTE – Before starting this activity measure three “running lanes” that are 20 feet long, mark the start and stop point with tape.

Let’s try one last activity that will have you all moving and getting a little more exercise. I mentioned the term inertia before. Who can explain inertia? Inertia is the force or sensation that you may feel when you are in a car going around a curve. Has anyone been in a car, going around a curve, and felt their body lean to the side as the car turns? Your body is attempting to continue moving in a forward, uniform motion. That is the force of inertia. You can experience the same force when you run and try to stop.

We have set up three (or more if needed) “running lanes” that we will have everyone use to experience inertia. Form equal lines in each of the running lanes. You will run as fast as you can until you come to the spot we have marked in your running lane. You must try to come to a complete stop at the mark, and not take any additional steps. Have each of the participants run to the mark, then have them move back to the end of the line until all participants have run. Even though you were able to stop your feet (or at least most of you did), your upper body still wanted to move forward. That is inertia.

After all of the participants have run the course once, you can have them all line up in their running lanes again and run the course again as a relay. Instead of saying that the “WINNING” group is the one that finishes first, use the following point system to identify the “WINNING” group.

Earn points for the following:
1. One point for each participant who stops at the mark and DOES NOT take additional steps
2. Three extra points for being the group to finish first.
3. Two extra points for being the group to finish second.
4. One extra point for being the group to finish third.

Assign one club member or one parent to monitor each group to award the points for being able to stop at the line.

Ready, set, GET UP & MOVE!
Once the relay is complete, check with your group monitors to see how many points each of the groups earned. The top-scoring group might earn the right to be first in line for healthy snacks at the conclusion of the meeting.

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Some activities adapted from WIN Kids Fun Days, Wellness IN the Rockies; and NASA’s Learning Technologies Project and Cislunar Aerospace, Inc.