

# INTRODUCTION

## **About the *Children’s Power Play! Campaign***

The *Network for a Healthy California—Children’s Power Play! Campaign (Campaign)* inspires and empowers California’s low-income 9- to 11-year-old children to eat 3 to 5 cups of fruits and vegetables and get at least 60 minutes of physical activity every day. This statewide social marketing initiative is led by the California Department of Public Health’s *Network for a Healthy California* to improve children’s short-term health and reduce their long-term risk of serious health problems like obesity, type 2 diabetes, heart disease, hypertension, and certain types of cancer. The *Campaign* was developed in collaboration with the California Department of Education and California Department of Food and Agriculture.

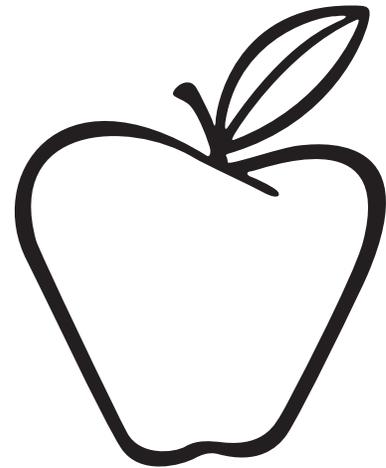
The *Campaign’s* components include educational lessons in school classrooms and community youth organizations; promotional activities in schools, youth organizations, and the community; and media and public relations activities in the community. These activities are implemented through the 11 *Regional Networks for a Healthy California (Regional Networks)*. The *Regional Networks* offer free training, support, and materials to eligible local organizations and help bring together agencies and resources within the region. Find your *Regional Network* by visiting **[www.networkforahealthycalifornia.net/rn](http://www.networkforahealthycalifornia.net/rn)**.

## Overview of *Power Up for Learning*

You can use *Children's Power Play! Campaign* resources to help you energize your students and get them ready to learn. *Power Up for Learning* is a supplement to the *Children's Power Play! Campaign's School Idea & Resource Kits* for fourth and fifth grade teachers. By using both resources, you can integrate physical activity into the *Children's Power Play! Campaign* by not only teaching your students about the importance of eating fruits and vegetables, but also by being physically active through a combination of classroom lessons, large-space physical activities, and quick energizers. The activities in *Power Up for Learning* help to reinforce the nutrition concepts taught in the *School Idea & Resource Kits*. Healthy, active students are more ready to learn, less disruptive, and miss fewer days of school.<sup>1,2</sup>

*Power Up for Learning* contains six activities to use during physical education time, as well as 10 quick energizers to use in the classroom during the school day. Both activities and energizers are linked to California's Physical Education Model Content Standards for fourth and fifth grades and support California Health Education Content Standards. Links to Physical Education Model Content Standards can be found at the beginning of each activity and energizer,

with a more detailed chart available on page 64. *Power Up for Learning* includes cardiovascular (aerobic), strength (resistance), and flexibility exercises. This approach introduces your students to the different components of fitness and helps to include students of varying skill and fitness levels. According to the Centers for Disease Control and Prevention, addressing these three components of activity assists in achieving and maintaining overall fitness.<sup>3</sup>



<sup>1</sup> California Department of Education, "The Relationship Between Physical Fitness and Academic Achievement," 2001 PFT/SAT-9 Study, Sacramento, CA., 2002.

<sup>2</sup> Tufts University, Center on Hunger, Poverty and Nutrition Policy, Statement on the Link Between Nutrition and Cognitive Development in Children, Medford, MA: 1994.

<sup>3</sup> Centers for Disease Control and Prevention. (2007) *Components of Physical Fitness*. Retrieved August 15, 2007 from <http://www.cdc.gov/nccdphp/dnpa/physical/components/index.htm>.

## Using *Power Up for Learning*

*Power Up for Learning* activities are presented in a consistent, easy-to-follow format and are intended for use in a large outdoor or indoor space. Each activity contains the following sections:

- **Prep Time.** The average amount of time needed to prepare for the activity.
- **Activity Time.** The average amount of time needed to conduct the activity with your students.
- **Materials.** The materials you will need to conduct the activity, including alternative options (excluding Go Farther ideas). A Master List of Materials can be found on page 51.
- **Links to Physical Education Model Content Standards.** The fourth and fifth grade Content Standards linked to the activity or energizer.
- **READY.** A brief overview of the activity, including the *School Idea & Resource Kit* activities that it supports.
- **SET.** What you need to do before conducting the activity with your students.
- **GO.** Easy-to-follow directions for conducting the activity with a simple table showing you the activity's organization in the left column and providing easy teaching cues in the right column.
- **GO FARTHER.** Possibilities for expanding the activity.

The 10 energizers follow an abbreviated Ready-Set-Go format and are intended for indoor classroom use. These energizers can be used at any time during the school day to re-engage students and give an energy boost to facilitate better learning. As your students become familiar with the energizers, the transition into an energizer and then back to your regular classroom lessons will become faster and smoother.

Are you...

**READY** to help your students become healthier and more energized?

**SET** for added fun and learning during your school day?  
Then...

**GO** for it!

