



five**life**  
FOR  
PROGRAM

# **EMPOWERING LIFELONG WELLNESS: INTEGRATING FITNESS, HEALTH, AND LIFE SKILLS WITH THE FIVE FOR LIFE PROGRAM**



**[www.schoolhealth.com](http://www.schoolhealth.com)**

# Mission



**Blend Nutrition, Health,  
And Fitness Concepts  
Into PE Lessons While  
Using High-Quality  
Instructional Strategies  
AND Meeting Virginia  
Standards Of Learning**

# Comchi Activities –



# High-Quality Instructional Strategies



Essential Questions



Meaningful Connections



Visuals



Assessment



Student Engagement



Vocabulary



Active Learning



Higher Order Thinking



Reflection & Feedback



Clear Lesson Goals



Rigorous



Student Centered



Learning Environment



Alignment with Standards



Meta-Cognition



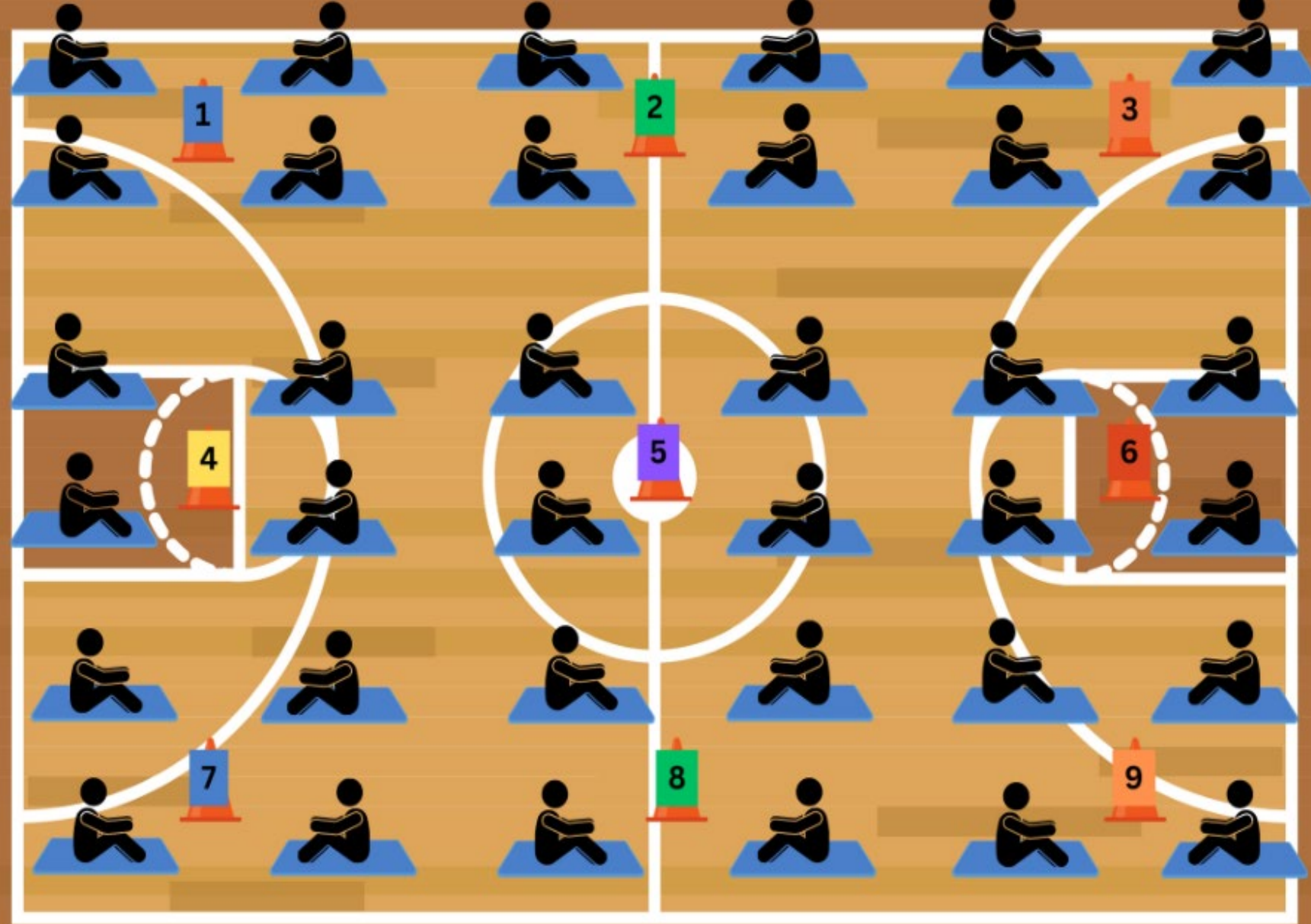
Check for Understanding



Application



# Create-A- Stretch Routine –



# Create a Stretch Routine



Directions: Design a stretch routine. The routine should include:

- Name or draw 8 dynamic stretches to get your muscles warmed up and ready. Select stretches involving movement that prepare your body for physical activity.
- Name or draw 8 static stretches for cooling down. These stretches involve holding a position for a period of time to lengthen and relax your muscles.

**DYNAMIC STRETCHES:** continuously moving the body, progressively increasing reach and speed of movement, or both, smoothly through the entire range of motion.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

**STATIC STRETCHES:** extending a muscle to the point of mild discomfort and holding it at its maximum stretch for a prolonged period.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.



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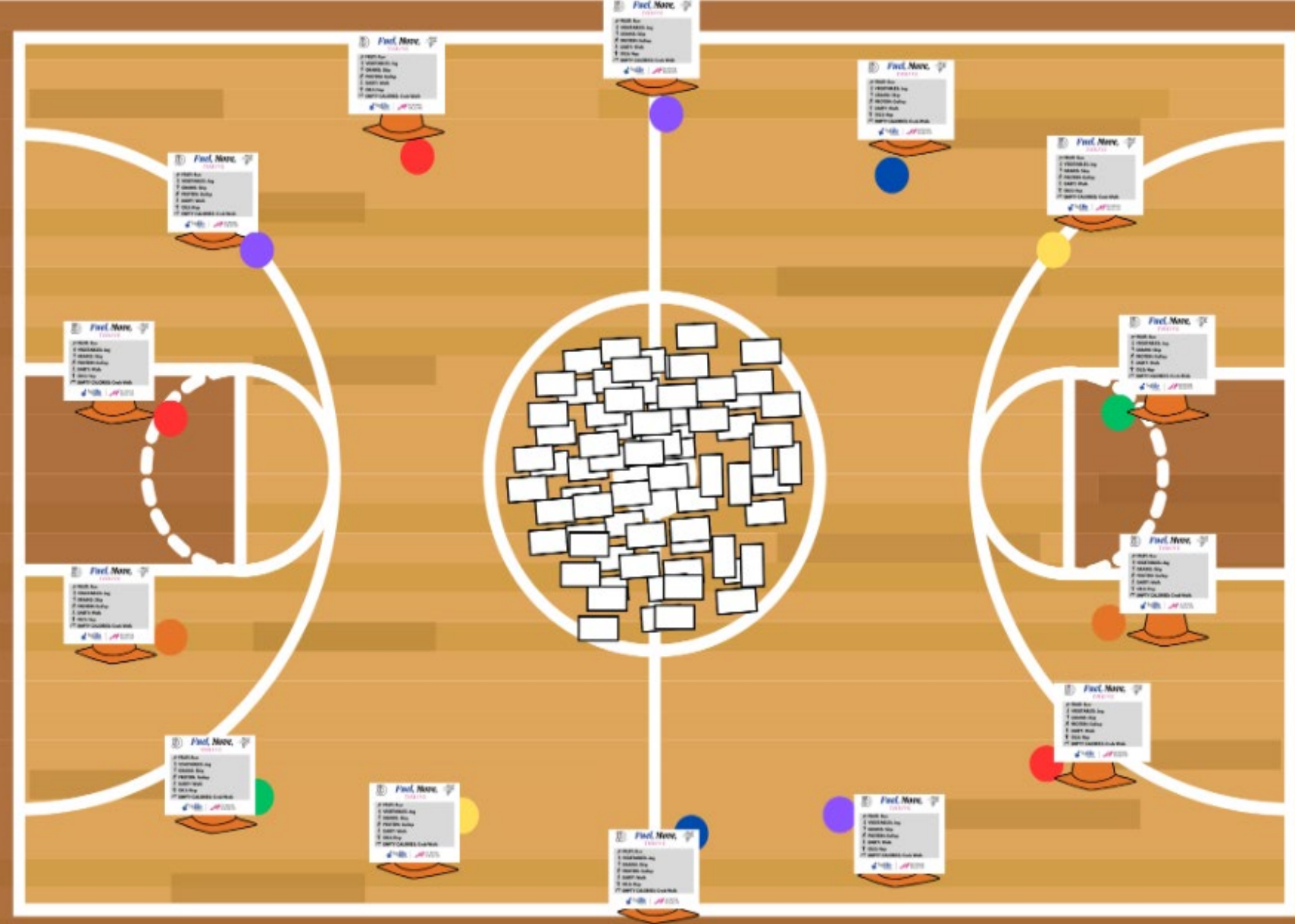


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Application

# Fuel, Move, Thrive –







# ***Fuel, Move,*** ***THRIVE***



**FRUIT: Run**



**VEGETABLES: Jog**



**GRAINS: Skip**



**PROTEIN: Gallop**



**DAIRY: Walk**



**OILS: Hop**



**EMPTY CALORIES: Crab Walk**



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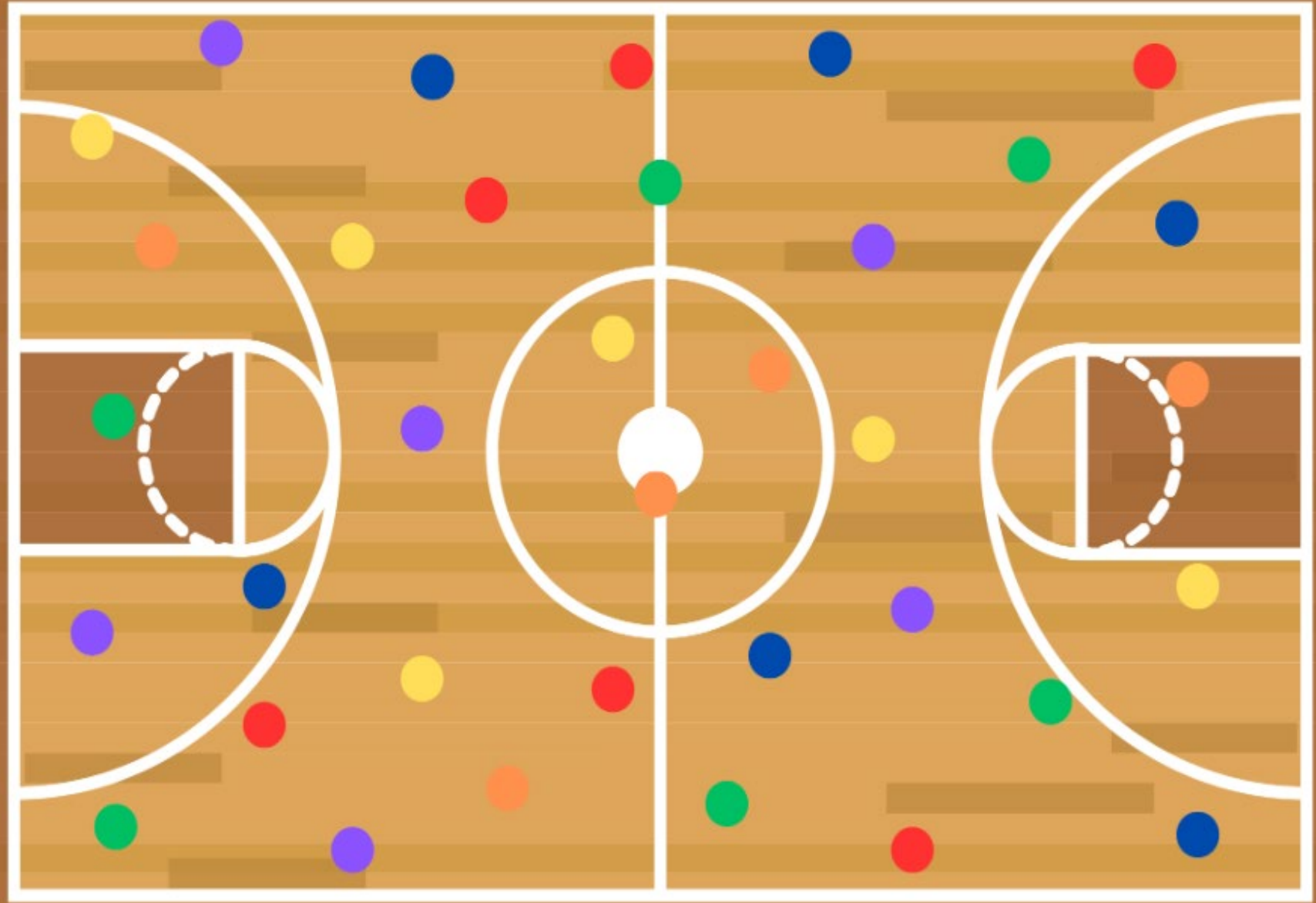


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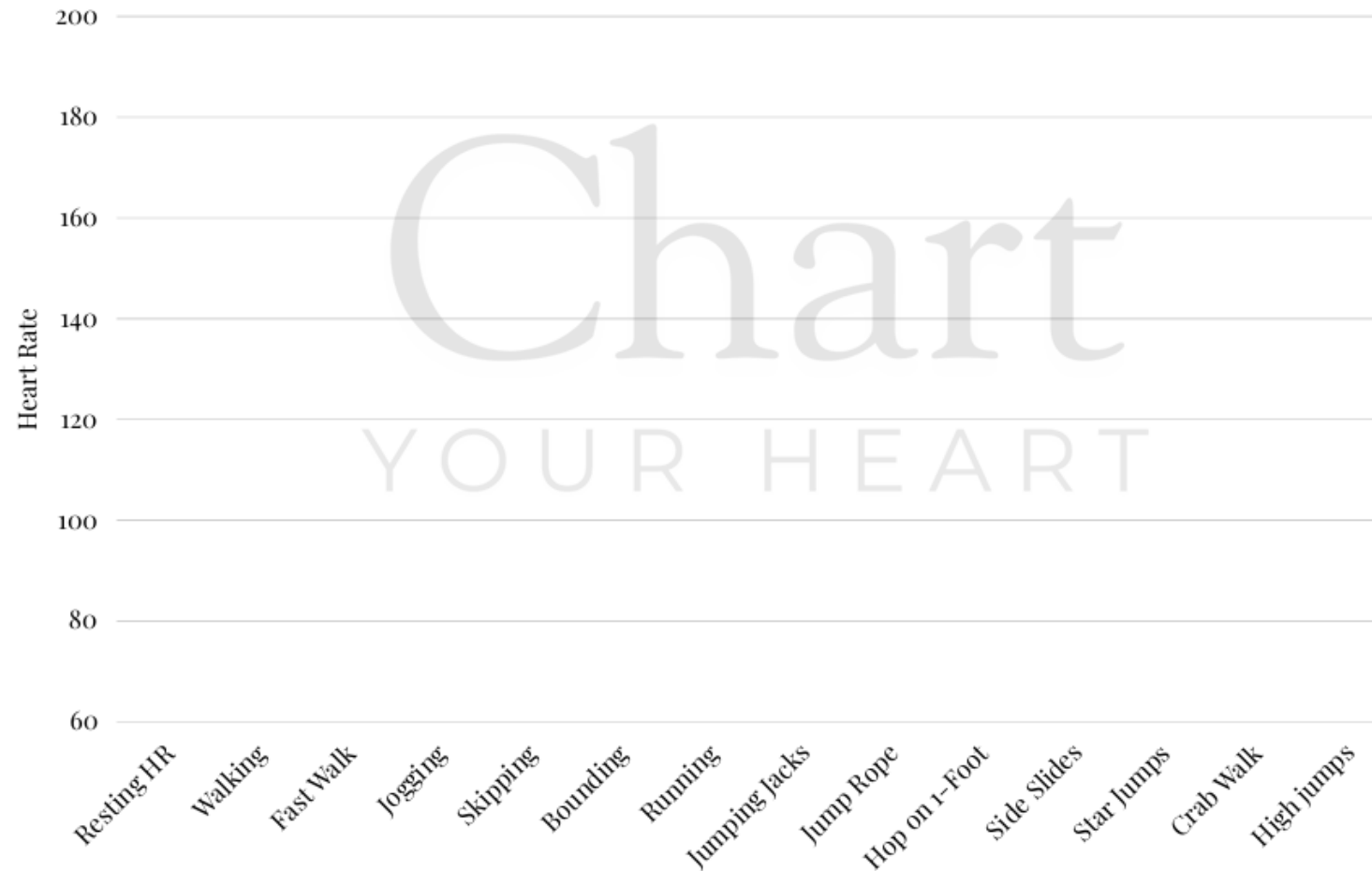
# Chart Your Heart -



Name: \_\_\_\_\_

Class Period: \_\_\_\_\_

**Directions:** Before starting the activities, record your resting heart rate on the graph. After completing each activity, check your heart rate and mark it above the corresponding activity on the graph.



HEALTH  
SERVICES

SPECIAL  
EDUCATION

SPORTS  
MEDICINE

EARLY  
CHILDHOOD

PHYSICAL  
EDUCATION



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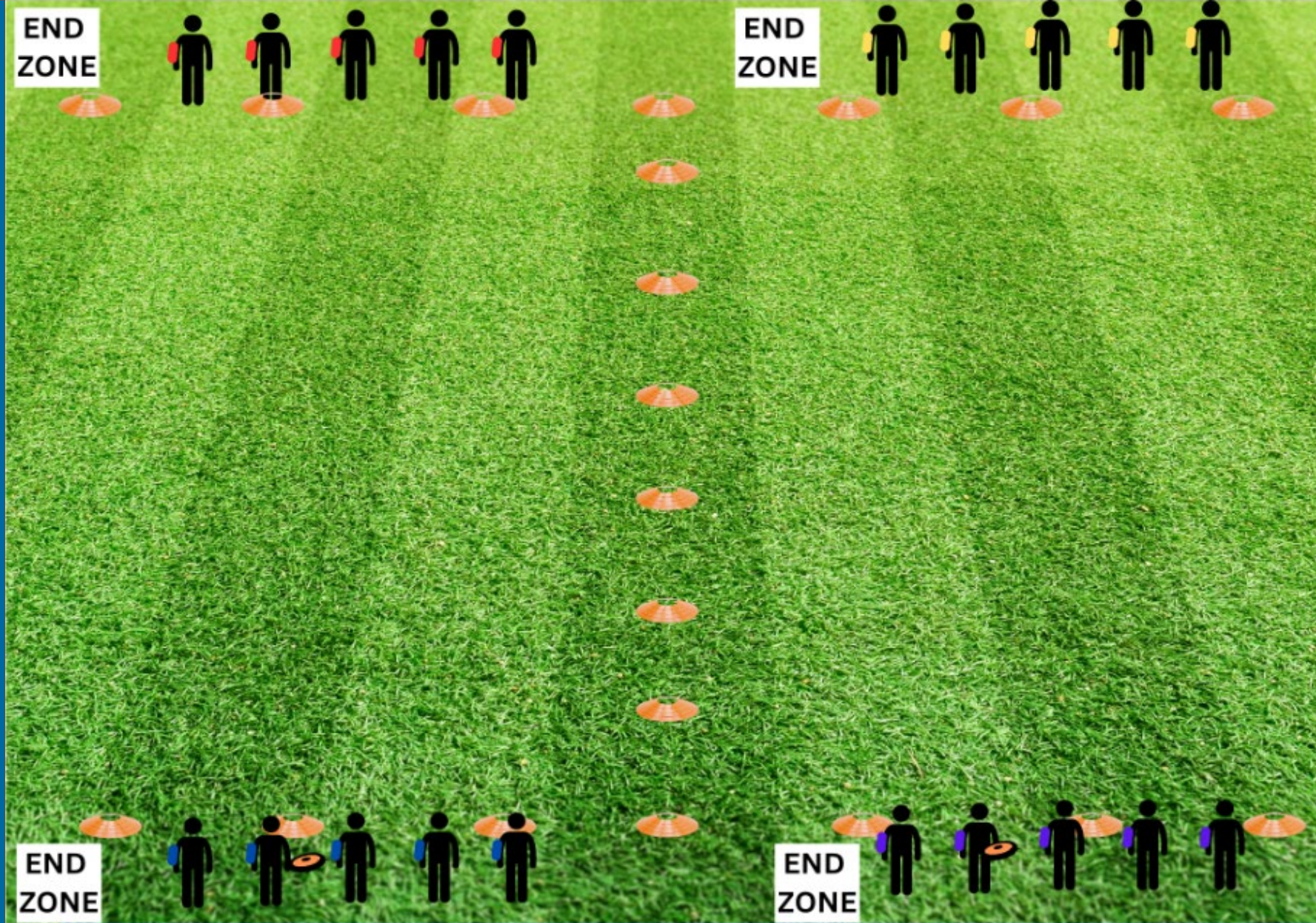
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# Ultimate Disc Keep Away





## ATHLETE/PLAYER

Participates directly in the sports event, competing as part of a team.



## REFEREE/UMPIRE

Enforces the rules of the game, making judgments on play actions to ensure fair play.



## CAPTAIN

Leads by example, fostering unity and communication among players and coaches, and represents the team in key discussions.



## COACH

Guides athletes in developing their skills, strategies, and understanding of the game.



## LINESMAN

Assists the main referee by indicating boundary calls, offsides, and other game aspects.



## EQUIPMENT MANAGER

Responsible for managing and maintaining sports equipment and ensuring it meets regulation standards.



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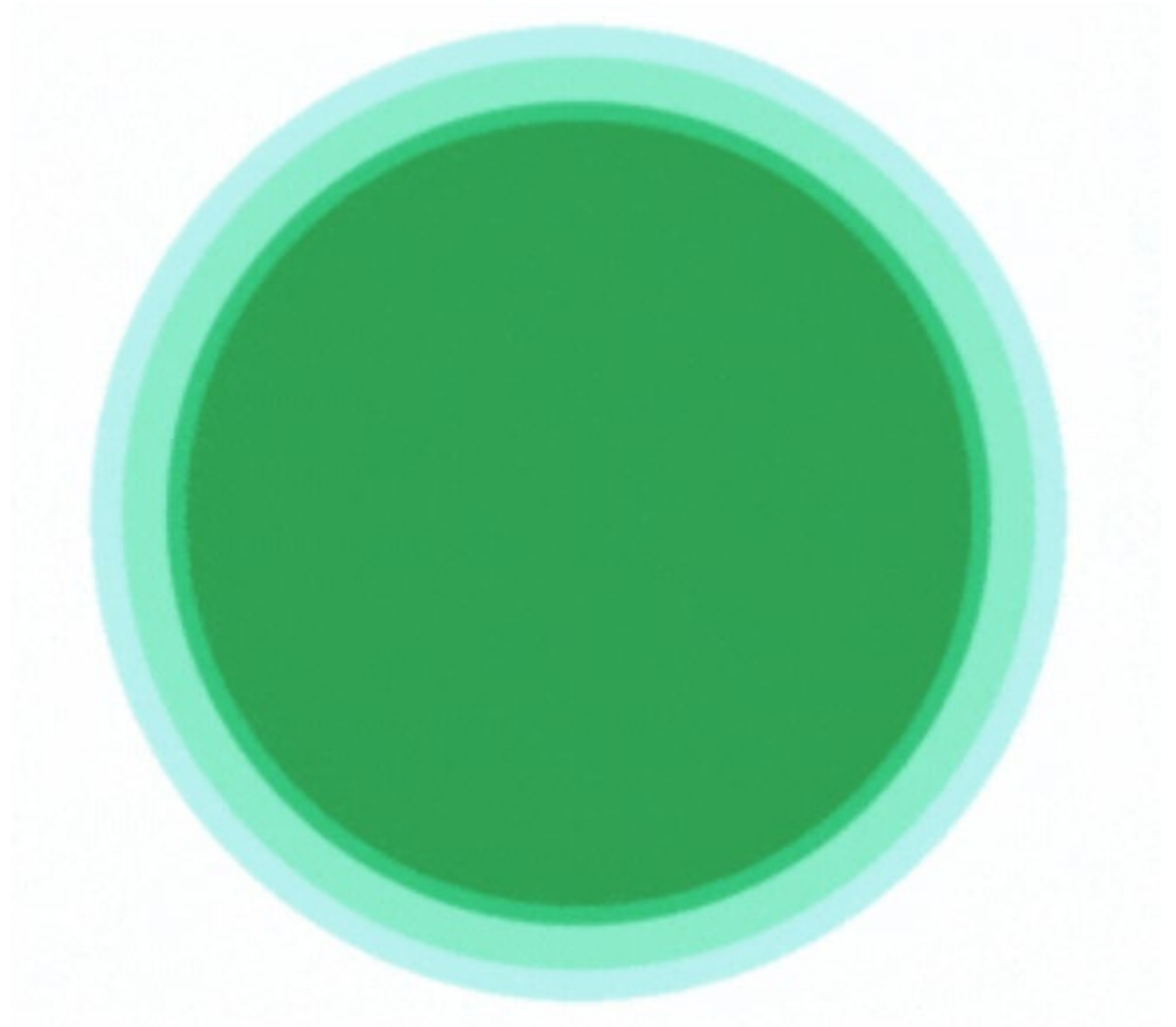
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# Breathing – Green Circle -



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