

Pathways Physical Activity Component

The goal of the Physical Activity Component is to increase physical activity among students and their families. Having the students be as physically active as possible during the school day is one way to reach that goal. Physical activity during childhood is essential to establish patterns of health related behaviors that will carry over into adulthood.

- **Exercise Break Box** – The purpose of Exercise Breaks is to increase physical activity in the classroom. The activities are short activity breaks (5-10 minutes) done in the classroom environment. The majority of activities are simple exercises that promote health-related fitness that can be done deskside in the classroom with no equipment and no set-up. The activities can be lead by teachers or students.
- **American Indian Games Manual** – The purpose of the American Indian Games is to engage students in daily physical activity through participation in modified traditional games done in the classroom, gym or outside free play area. The American Indian Games manual contains 24 traditional games. The set-up and rules of each game are explained, along with teaching cues, descriptions of the origin and cultural significance of each game.
- **SPARK Physical Education Curriculum** – The purpose of the SPARK (Sports, Play and Active Recreation for Kids) curriculum is to increase physical activity and fitness skills. Daily physical education is recommended for a minimum of 30 minutes per day. The curriculum is composed of 14 health related fitness units, 10 sport related fitness units, warm-up/cool-down activities, and daily conditioning exercises. The curriculum is packaged and ordered from the SPARK Physical Education Program based out of San Diego State University. (If interested, participants are responsible for calling 1800-SPARK-PE and setting up trainings and materials).
- **Recess** – The purpose of recess is to have children engage in free play for a minimum of 15 minutes a day. We recommend that schools encourage children to free play during recess. We also inform teachers on how not to use recess time as punishment.

Any questions, contact Sally Davis at smdavis@unm.edu or call (505) 272-4462.

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Pathways

High and Low Stretches

Type of Activity: Stretches

Approximate Time: 1-3 minutes

Instructions:

1. Gently circle both arms in a forward circle, nice and slow.
Repeat approximately 5 - 10 times.
2. Gently circle both arms in a backwards circle.
Repeat approximately 5 - 10 times.
3. Circle forward, then circle backward. Repeat.

Arm Circles

Type of Activity: Stretches

Approximate Time: 1-3 minutes

Instructions:

1. Gently circle both arms in a forward circle, nice and slow.
Repeat approximately 5 - 10 times.
2. Gently circle both arms in a backwards circle.
Repeat approximately 5 - 10 times.
3. Circle forward, then circle backward. Repeat.

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