

# Fit Sticks!

**We think you'll love the fit sticks activity. This is a low-cost, easy activity that can be done in any classroom.**

## HOW TO MAKE IT

- Buy a bag of plain craft (popsicle) sticks and write one physical activity on each stick. For example, 15 punches, 10 hops, or 13 jump shots.
- Place the sticks on a desk.
- Ask your students to choose a stick and find a partner to do the physical activity.

## HOW TO TRY IT

**Make the Case for Physical Activity.** Introduce the practice of classroom physical activity breaks in your faculty meeting, ideally your first one of the school year. If physical activity breaks are new to your school, download our “Why Physical Activity Matters” one-pager to share with your colleagues.

**Practice with Your Colleagues.** Practice the fit sticks activity together at the faculty meeting. Remember that not everyone will be comfortable leading a physical activity break in the classroom, so having fun with it together can go a long way! Enlist the support of your school's physical education teacher, who will likely be excited about incorporating the physical activity breaks. To add another fun element, set the activity to music.

**Show and Tell.** If your school has an assembly coming up, use the opportunity to showcase with your fellow faculty members the fit stick activities. This will give students a peek at what to expect.

**Bring it to the Classroom.** Follow the instructions listed above to get your students moving. This activity is a great way to kick-off a class or energize students if you see energy levels dropping during longer classes. Elementary schools should be offering 10 minutes of physical activity breaks per day, and middle and high schools should be offering 20 minutes. This can be a lot of time for one classroom teacher, so buddy up with your fellow teachers and break it up into 5-minute intervals.



## Have Questions?

**Contact our National Physical Activity Advisor Lisa Perry at [lisa.perry@healthiergeneration.org](mailto:lisa.perry@healthiergeneration.org) or 970-409-9864.**