

Grades: 4-5

SciGirls, “Workin’ It Out”

This series showcases bright, curious real girls putting science and engineering to work as they answer questions and make unexpected discoveries in the world around them. Jekima and friends break a sweat in steamy South Carolina hiking, playing soccer, dancing and doing yoga -- all to find out, "what's the best exercise for me?"

After watching this episode, choose from the following questions and/or tasks to extend your learning

Question Box 1

- What are the 4 intensity levels of exercise? Describe each.
- What is an accelerometer? What does it do? How does it work?
- If you don't have an accelerometer, how can you monitor your activity?
- What were the four activities that the girls chose? Why did they select these activities?
- What two scales did the girls develop? Describe each? Why was this important?
- What is the significance of the statement, "What you put into it, is what you'll get out of it?"
- Describe how the girls felt about each activity.
 - What did they like/enjoy? What did they find surprising about each? How did it make them feel?
- Write a summary about the data the girls recorded from the accelerometer.
- What is the big message that the girls can conclude from their research activity?

Question Box 2

- What does the mission statement "fit, healthy, and strong" mean to you?
- Think about the importance of exercise? Think about the activities you do in a day. Think of a way that you can balance your fitness program.
- What would you change about this program?
- If a part 2 of this program was created, what you like them to focus on?
- What would you like to research for extra credit? Why?
- What might you want next year's teacher to know about this program?
- Now that it's over, what are my first thoughts about this program? Are they mostly positive or negative? Explain?

Continued on the next page...

Box 3 (Tasks)

- Research exercise for kids and teens to find the type of exercise you might be interested in. Here are just a few suggestions:
- [How to Get Your Kids to Exercise](#)
- [31 Outdoor Activities for Kids](#)
- [Yoga for Kids!](#)
- [34 Minutes of KIDZ BOP Dance Along Videos](#)
- [Kids Daily Exercise - Day 1](#)
- Research and describe the importance of exercise to young human children.
- How do the SciGirls use science and engineering to discover the best type of exercise for them?

Box 4 (Enrichment)

- Exercise is not enough for healthy living. Think about diet too.
- Review the infographic below:
- <https://images.app.goo.gl/jmcWvWdns8qEoA7s7>
- Make a weekly menu for healthy living. Start with small changes.
- Try making healthy snacks: [50+ Healthy Snack Ideas](#)
- Research and discuss the relationship between eating well and exercise in children.
- Research and discuss the danger of eating sugar substitutes (Splenda, aspartame...)

Box 5 (Extend/Real-Life)

- Develop your own exercise plan: Make a chart and record the activities you do on a daily basis for a week. Categorize the activities you do into 3 groups: physical, mental, others Determine if you have enough physical activity for someone your age
- [Physical Activity Recommendations for Different Age Groups | Physical Activity | DNPAO](#)
- Develop an exercise plan that works for you: what are you going to do, for how long and why?
- [KIDS TEENS ADULTS SENIORS](#)
- Implement your exercise for 2 weeks.... keep a journal.
- Determine the changes that exercising has done for you. Tell whether you plan to continue your plan.
- Research and describe the amount of exercise you should do every day and how many calories you should consume per day.
- Being healthy in body and mind is very important. Exercise is a way to keep your body healthy and also helps with your mind. Yoga is a great form of exercise that also helps build a healthy mind. Explore these different yoga poses with your parents' permission: <https://www.kidsyogastories.com/kids-yoga-poses/>