



## PHYSICAL ACTIVITY AND EXERCISE

# Lesson 5: Sit Less, Move More

Long hours of screen time, like sitting in front of computers at work or watching television, drains our energy and places a lot of strain on our bodies. This lesson will teach athletes what a movement snack is and how to take movement snacks for their body and mind, whenever they find themselves sitting for long periods.

### LEARNING OUTCOMES

- Athletes learn movement snacks they can do at home.
- Athletes, coaches and caregivers are challenged to complete 1-2 movement snacks activities daily, for one week.

### EQUIPMENT NEEDED

- Watch or stopwatch

### LESSON OUTLINE

20 MINUTES TOTAL	DESCRIPTION
3 minutes	Welcome and Gather
11 minutes	Movement Snacks
3 minutes	Athlete Question of the Day
3 minutes	Closing



### WELCOME AND GATHER (3 minutes)

Greet athletes as they arrive. Invite athletes to walk with a partner and discuss their day. *How much time have you spent sitting today? How much time have you spent moving?*

To begin the lesson, call everyone in with your designated signal.

Once athletes are gathered, introduce the Fitness through Sport lesson of the day. *Today's lesson is called Sit Less, Move More. When we sit too long our bodies get stiff and tight, and we may start to feel tired. Going to practice or working out is good exercise, but our body also needs to move throughout the day to keep our muscles from tightening up and our minds clear. Do you ever notice that you feel better and happier after you exercise? We are usually in a better mood when move more often during the day!*

*Today we are going to try some movement snacks. A movement snack isn't about food it is a short exercise session to get you up and away from your chair, desk, or screen!*



## MOVEMENT SNACKS (11 minutes)

**Purpose:** Teach athletes short movement snacks they can do throughout the day.

### Directions:

- We are going to practice two different movement snacks: 'Wring it Out' and 'Walk and Watch'.

### 1. Wring it Out

- Ask athletes to stand, or sit on the ground. If sitting, advise them to "sit tall". If available, or doing the activity at a home, tell athletes that they can sit on the edge of a chair with their feet touching the floor.
- Like a wet towel, tell athletes that they are going to "wring out" the tension in their backs and stretch their spine in three different ways:
  - **Torso Twists:** Stretch your arms out to the sides making a "T" shape. Gently rotate your upper body right and left to give your spine a nice stretch.
  - **Side Bend:** Raise one arm up overhead. Reach up and lean over to one side until you feel a stretch. Repeat on the other side.
  - **Rounded Back:** Stretch your arms out in front of you. Round your back like an angry cat. Tuck your chin toward your chest and look down.



Torso Twists



Side Bend



Rounded Back

### 2. Walk and Watch

- When we are on screens a lot, our eyes get tired from staring at our screen. Walking is a movement snack that is good for your heart, muscles, and eyes. When we are walking and looking farther away, we are "working out our eyes" and helping our eye muscles work at their best. This activity also helps us to be more aware of our surroundings.
- Set out a flat, obstacle free course in your activity space.
- Tell the athletes they are going to go for a 5-minute walk. During the walk you are going to call out what to 'watch' for.
  - For example: *Watch for things that are the color red.*
- Remind athletes they still need to be aware of where they are walking as they watch for the items.
- Options:
  - Athletes can call out the items as they see them.
  - Have athletes point to the objects instead of calling them out.



## ATHLETE QUESTION OF THE DAY (3 minutes)

How did you feel after trying the movement snacks? What did you notice about your mood, energy, or muscles?

- It is important for athletes to learn how to notice the signals their body is telling them.
- Remind athletes to add any new goals to their Weekly Habit Tracker



## CLOSING (3 minutes)

Thank the athletes for their participation and effort. **Share your plans to include movement snacks throughout the week and how you think they will help you feel better.**

*This week I plan to do a movement snack after I've been sitting for \_\_\_\_\_ minutes. I am going to get up and \_\_\_\_\_ (stretch, dance, play with my dog, etc.).*

### Reminders:

- [Homeplay: Hungry for Movement Snacks](#) — *In this week's Homeplay, you will be practicing the movement snacks we did today, and planning when to do them each day, to get you up and away from your chair, desk or screen.*
- Share feedback and praise for effort and healthy habits you observed.

### Coach Reflection:

- What worked?
- What did not work? What can be done differently?

## SUPPORTING RESOURCES

- [Homeplay: Hungry for Movement Snacks](#)