Welcome to SchoolhouseTeachers.com’s physical education course created by Bethany Learn, founder and CEO of Fit2B Studio.

Fitness isn’t just about movement, and this home education course will open the eyes of your precious family to ALL the amazing ways that everyday movements and postures affect our choices, and how our choices affect our movements.

Each module’s video and further resources can be found at:

http://fit2b.us/schoolhouse-teachers/

** The videos are password protected and are not part of this preview.

**Module #1 - Making Time for Movement**
(Week of January 2-11)

Watch this unit's video at the link above.

- **Module One - Week One: Goal Setting, Scheduling & Prioritizing movement**
  
  - **Teaching: Discuss time with your students.** The way we use our time has a huge effect on our bodies and health. One of the main principles of fitness is, “Form follows Function.” Whatever you do the most will win. Slouch a lot, and you’ll look slouchy.

  Move a lot, and you’ll look like you move. But it’s not really about looks, is it? This whole course will keep circling back to the TRUTH that our choices affect our health and fitness at every level from your deepest core outward. For starters, let’s be sure that we have TIME to move.

  - What are the most important things to spend time doing?
  - What things take a long time and happen slowly? (i.e waiting for a birthday, taking a long walk)
  - What kinds of things happen fast? (i.e. the birthday itself, one jump in the air)
  - Why should we spend time moving?
  - What do you think happens if we don’t move our bodies?
  - Use this week’s printouts to make time for fitness.

- **Watch the video for this month!**
Physical Activity: Play “Freeze” and practice holding different moves for 10-60 seconds to reinforce the muscles needed for slow or still activities.

Physical Activity: Since “hitting our goals” is a lot like hitting a target—it takes practice and focus—set up a basic target game and play for 20-30 minutes.

- Throw toys into a basket
- Play darts
- Pin the tail on the donkey
- Throwing to hit a mark on a tree
- Archery

Movement can last just a few seconds or a longer period of time. Use this chart to brainstorm a few ideas for fast and slow ways to get moving. Make a similar chart (it doesn’t have to be fancy) like this one to brainstorm what types of motions or activities would fit in each section. Spend some time doing them throughout this month.

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<thead>
<tr>
<th>FAST moves!</th>
<th>S ... L .... O .... W ... movements or holds...</th>
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Scheduling: Accumulating an hour of physical activity everyday is the minimum required to keep bones and muscles healthy and happy. However, you don’t have to do it all at once!

Use the basic calendar below to choose a few days when you might have more time as a family to do some longer activities or accumulate several short physical “movement breaks.” Talk with your family about what days are best for your chosen activities. If Sunday is a good day, you might hike, bike, and wrestle on that day. Tuesday you may only have time for a walk. Dare to daydream and write down all ideas voiced. There is also a larger Monthly calendar provided in the printout section.
<table>
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<tr>
<th>Sunday</th>
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Module 1 - Week Two: Creating Patterns of Movement
(Week of January 13-18)

Watch this unit’s video at the link above.

- **Teaching:** Patterns of movement create exercise. The motions we make over and over establish the form of our bones and muscles. Small movements become habits, and little habits become lifestyle patterns that can either benefit or curse us!

  - **Read:** Deuteronomy 30:19: “I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live”

  - Life is full of patterns. Discuss some patterns you see:
    - Habit patterns like a bedtime routine (more on habits next week!)
    - Patterns of objects
    - Patterns around the house
    - Patterns in nature
    - Movement patterns: how do you put on your pants? Sit on the couch? Which hand do you always write with? Those are patterns!

  - Stringing a set of moves together can make a pattern of exercise that is healthy for our hearts, bones, muscles and attitudes!
    - What is a move that is easy, but when you do a lot of it then you feel tired?
      - Example: One squat vs. squatting and jumping repeatedly
      - Example: Carrying one piece of wood vs. carrying wood after you cut the wood and then cutting more wood.

  - Application: Doing the right thing over and over creates a good pattern. When we put movement and healthy choices into our patterns of life, then making healthy choices becomes routine and easy.

  - **Use this week’s printout to create a circuit exercise routine in your own home! Fun!**
Physical Activity: Turn your living room or backyard (or any slightly open space in your home) into a circuit-training arena. Make stations of different moves, and have your family go through the stations 2-4 times. Discuss how you feel the first time through, the second time, the third time … Encourage your kids to find their pulse and notice if it’s faster. Printouts are provided!

Print Out: We've made a list of ideas that you can print, cut out and even laminate for posterity if you choose.