



Ted Alejandre, County Superintendent

San Bernardino County
Superintendent of Schools
Transforming lives through educ



Tuesday, June 23
11:30pm

SciGirls, "Workin' It Out"
4th – 8th grades.

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?

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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/>



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