

NCDs NINJA



AGE RANGE

10–13

OVERVIEW

Students will learn about nutrition and different types of physical activities, including cardio and seated. Students will design an obstacle course to learn about cardio physical activity and participate in information stations about nutrition and seated physical activities.

ACTIVITY DURATION

45–60 minutes

OBJECTIVES

Students will:

- Discuss nutritious food choices
- Learn how to reduce the risk of developing certain noncommunicable diseases through physical activity
- Critically think about physical activities during sitting activities
- Design obstacle courses to demonstrate cardio physical activities

MATERIALS NEEDED

- Pencils, 3–4 for the Nutrition station
- Masking tape
- Stopwatches or cell phone timers, 2 or 3
- **Start Line** handout, one for display
- **Finish Line** handout, one for display
- **Nutrition Station** sign, one for display
- **Cardio Station** sign, one for display
- **Cardio Station** handout, one for display
- **Do While You View** sign, one for display
- **Do While You View** handout, one for display
- **Say What?** sign one for display
- **Say What?** handout one for display

For more information about the Future Well Kids program, please email

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