

## Symbols

These symbols are used throughout the curriculum. They let you know quickly what to do next.

### Physical Activity



### Note



### Handouts



### Discussion



### Journal Pledge



### Community Outreach



## Lesson Length

Most lessons last about one hour and include a classroom lesson, guided physical activity, and goal setting journal activity.

### Appendix for Extra Physical Activities

There will be an Appendix for extra physical activities for youth, adult and seniors at the very end of the curriculum. If you feel like your class needs a different physical activity than the one in the curriculum, feel free to substitute the activity for one that you know of or one in the appendix. You know your class best and the activity needs to be one your class can do.

### Appendix for Other Materials

This appendix has materials that you would use as the instructor: a flyer for promoting the class, an optional physical activity journal for children, a results profile sheet and instructors survey that you will use at the end of lesson eight.