**Month:** January 2019

**Theme:** Healthy Resolution: Class 4

**I. Objective of lesson**:

1. To develop healthy goals and set up calendar for the month of March

2. Continue to develop the fun with movement, try new activities and exercises

3. Tracking their movement in binder and providing feedback on how the lesson went.

**II. Activities and Key learning points: Time: 30 mins**

Activities and Key learning points

Red team (Center based program)

1. Look through healthy binder and review goals
2. Review on the calendar what you will do today. Set up Calendar for Month of February
3. Have participant to put it on the calendar- sticker
4. Have two or three things from the movement resource page to do with you your group
5. Incorporate 4-5 exercises from Abilities movement-( Use Pictures of exercise)
6. Two fun activities like balloon volley ball and sumo ball
7. Key is to provide feedback on movements that are successful and those that are not. Also allow them to explore or add movements that they come up with
8. Record activities in their binder
9. Develop reward for people who completed 4 days in the month of January

Blue team (Center/community based programs)

1. Look through healthy binder and review goals
2. Review on the calendar what you will do today and discuss when you will do this in February
3. Have a discussion why is it important to establish goals and how they can build this into their everyday life.
4. Have to or three things from the movement resource page to do with you your group
5. Incorporate 5-6 exercises from Abilities movement-( Use Pictures of exercise)
6. Two fun activities like balloon volley ball and sumo ball
7. Key is to provide feedback on movements that are successful and those that are not. Also allow them to explore or add movements that they come up with
8. What Activities can you do at home or in your community
9. Record activities in their binder
10. Develop reward for people who completed 4 days in the month of January

Green Teams (Community Based)

1. Look through healthy binder and review goals
2. Review on the calendar what you will do today and discuss when you will do this in February

a. Have a discussion why is it important to establish goals and how they can build this into their everyday life.

1. What are fun things they can do in February
2. Have to or three things from the movement resource page to do with you your group
3. Incorporate 5-6 exercises from Abilities movement-( Use Pictures of exercise)
4. Two fun activities like balloon volley ball and sumo ball
5. Key is to provide feedback on movements that are successful and those that are not. Also allow them to explore or add movements that they come up with
6. Homework- try to do some of these activities at home
7. Record activities in their binder
8. Develop reward for people who completed 4 days in the month of January

**IV. Supplies needed**

1. Binders
2. Stickers or writing/drawing material
3. Exercise equipment
4. Pic of exercises
5. Print out of fun activities
6. Rewards for completing healthy living work in January

V. Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)