**Month:** January 2019

**Theme:** Healthy Resolution: Class 3

**I. Objective of lesson**:

1. How to use the binder and goals established to develop a healthy lifestyle

2. Find and explore fun with movement

3. Track and discuss what you did in this lesson

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

Activities and Key learning points

[x]  Red team (Center based program)

1. Look through healthy binder and review goals
2. Review on the calendar what you will do today
3. Have participant to put it on the calendar- sticker
4. Have to 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

[ ]  Blue team (Center/community based programs)

1. Look through healthy binder and review goals
2. Review on the calendar what you will do today
3. Have a discussion why is it important to establish goals and put them on your calendar
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

 [ ]  Green Teams (Community Based)

1. Look through healthy binder and review goals
2. Review on the calendar what you will do today
3. Have a discussion why is it important to establish goals and put them on your calendar
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. Explore different place you can do movement from community centers, place within you home base, or different LAI Centers like Lowery Gym.
9. What Activities can you do at home or in your community
10. Record activities in their binder

**IV. Supplies needed**

1. Binders
2. Stickers or writing/drawing material
3. Exercise equipment
4. Pic of exercises
5. Print out of fun activities

V. Feedback on Lesson

1. (Staff inputs)

2. (Individuals input)

3. ( Manager Inputs)