



## Recommendations for Sleep

- Kindergarten (5/6-year-olds) students should be getting 10–13 hours of sleep (including naps if they need them throughout the day).
- 1st graders – 4th graders (6–11 years old) should be getting 9–12 hours of sleep.
- Stick to a consistent sleep schedule.

### ROUTINES

- Limiting light exposure and technology use in the evenings (“media curfew,” limit where they use it, i.e., not their bedroom)
- Make sure their bedroom is quiet, dark, relaxing, and of a comfortable temperature.
- Avoid large meals and caffeine before bedtime.
- Get exercise during the day.

## Recommendations for Nutrition

Fueling our bodies is vital physically, mentally, and emotionally. Healthy eating is important at every age. Eating fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are FULL of nutrients and limited in added sugars, saturated fat, and sodium.

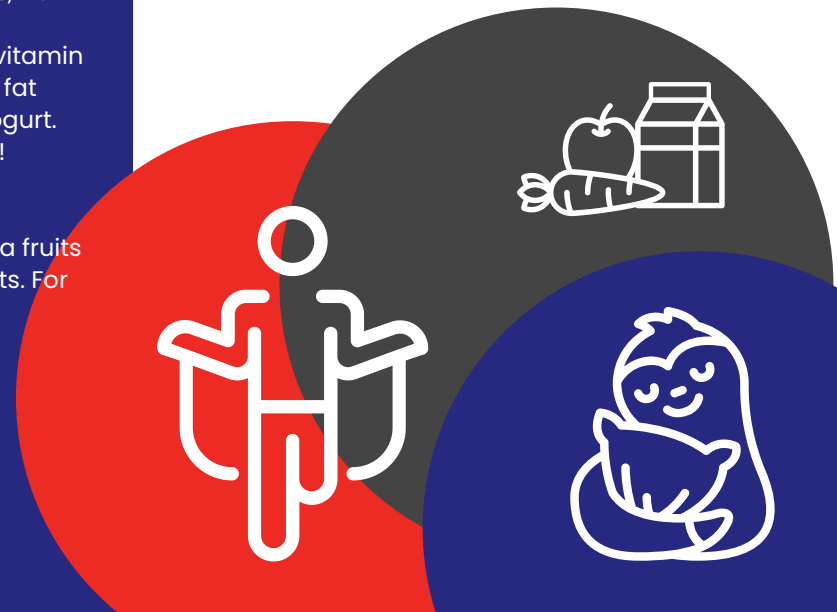
Tips to follow: Planning is KEY!

- Learn what YOU need: Do you know what foods and what amounts are best for YOU? Get your own personalized MyPlate Plan.
- Eat a variety of foods: Make choices from all food groups – fruits, vegetables, grains, protein foods, and dairy and fortified soy alternatives – every day. Each group provides you with different nutrients, and you need all of them.
- Be active: Squeeze in some physical activity between homework, going out, and other activities. Walk the dog, ride your bike with a friend, or do an online workout.
- Keep water handy: Water is a better option than most drink choices. Keep a reusable water bottle in your bag. Try to avoid the sugary sodas, fruit drinks, and energy and sports drinks.
- Build strong bones: Get the calcium and vitamin D that your growing bones need! Choose fat free or low fat dairy milk, soy milk, and yogurt. You can get vitamin D from sunshine, too!
- Get active in the kitchen.

Learn how to make a few dishes. Include extra fruits and vegetables for added flavor and nutrients. For recipes, visit the MyPlate Kitchen website at <https://www.myplate.gov/myplate-kitchen>.



**NATICK PUBLIC SCHOOLS**



# Recommendations for Physical Activity

- The CDC recommends school-aged children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous intensity physical activity each day.
  - This includes daily aerobics and activities that strengthen bones (like running or jumping), three days each week.
  - This also includes activity that build muscles (like climbing or doing push-ups), three days each week.
- Students know the benefits of physical fitness to good health and increased active lifestyle and identify major behaviors that contribute to wellness, including exercise, nutrition, hygiene, rest, and recreation.
- The following strands contribute to the physical health and well-being of the child.
- At the elementary level we strive to have all children active, involved, learning, and having fun! We are aware that children are at different developmental levels, various needs and interests. For this reason, in every class, the children are provided with an opportunity to work at their own pace, lending individual support where needed. The listed concepts and skills are important stands each student will be able to achieve and understand how to maintain to continue their fitness journey beyond elementary school.

# Recommendations for Social-Emotional Learning



Physical education embodies the whole child. By the end of fourth grade they are aware and able to demonstrate skills like teamwork, responsibility, cooperation, problem solving, being leaders and role models, having a growth mindset and life lessons that sometimes we take for granted daily. We focus a lot of our lessons on perseverance, grit, and resiliency.

In elementary school, the physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. When they move onto middle school, they have these skills and recommendations to help achieve and maintain a healthy lifestyle.

## What Kind of Mindset Do You Have?



- Self-Management: The ability to successfully regulate one's emotions, thoughts and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.
- Responsible decision-making: The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns and social norms. The realistic evaluation of consequences of various actions and a consideration of the well-being of oneself and others.
- Analyzes the situation and makes adjustments to ensure the safety of self and others.
- Able to recognize the type of throw, volley or striking action needed for different games and sports situations.
- Identifies positive and negative results of stress and appropriate ways of dealing with each.
- Practices strategies for dealing with stress, such as deep breathing, guided visualization and aerobic exercise.
- Demonstrates basic movements used in other stress-reducing activities such as yoga-mindfulness.
- Identifies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.
- Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.
- Engages actively in the activities of physical education class without teacher prompting.
- Participates in self-selected physical activity outside of physical education class.
- Participates in a physical activity two times a week outside of physical education class.
- Participates in a physical activity three times a week outside of physical education class.
- Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day.

# Physical Activity Concepts & Skills

## Movement Concepts & Skills

- An exploration of how and where the body moves relative to space and other people.

## Locomotor Concepts & Skills

- Children learn various ways to move from one place to another, like skipping, running, hopping, etc.

## Fitness Concepts & Skills

- Children learn about the four concepts of muscular strength, muscular endurance, cardiovascular fitness, and flexibility and how they apply to everyday movements.

## Manipulative Concepts & Skills

- Children learn the basic skills of throwing, catching, kicking, dribbling, etc.

## Non Manipulative Concepts & Skills

- Skills children develop to perform stationary balances, moving balances, rolls, cartwheels, etc.

## Social Concepts & Skills

- These are everyday skills that include safe practices, teamwork, communication, cooperation, and positive social interaction.