

Curricula for

HEALTHY EATING AND PHYSICAL ACTIVITY

Looking for some fresh ideas for adding 5-2-1-0 themes to your program? Numerous curricula aimed at encouraging healthy eating and physical activity in youth are available to out-of-school programs. Here are some of our favorites! Each of these curricula can be accessed online at no cost.



GoNoodle is designed for a classroom environment and features video-led activities ranging from 1 to 20 minutes. Using exercise science and research, GoNoodle activities are designed to be healthy for the body, engaging for the attention, and beneficial to the brain in specific ways.

www.gonoodle.com/



The **HOP'N After School** curriculum includes 26 one-hour modules on healthy eating and active living themes. The curriculum aims to build students' skills and self-efficacy for self-regulation and for changing youth environments. HOP'N After School was developed with support from a grant from the USDA to Kansas State University.

NOTE: You must complete the 'HOP'N After School Curriculum Agreement' at the bottom of the webpage to gain access to this free curriculum.

www.hopn.org



PlayWorks has found, created, and sorted hundreds of games to engage kids in safe and healthy play. Their "Game Library" can be sorted by age, equipment, group size, and length of time.

www.playworks.org/playbook/games



Recess Rocks brings fun, low-cost, non-competitive exercise and kinesthetic learning into recess periods and the classroom. The Recess Rocks Toolkit is loaded with tips, instructions, and sample classes for schools and out-of-school programs.

NOTE: Toolkit is free if you sign up for the Recess Rocks! Newsletter.

www.recessrocks.com/toolkit.php

MaineHealth

LET'S GO!

5-2-1-0