

Move-It Card Game



Knowledge
Through
Entertainment

FILM

- ▶ **Sci-PY Reporters - Be Happy, Stay healthy**
- ▶ **Youth and Corona**
- ▶ **Knietzsche and Health**

KEY OBJECTIVES

- 1) **Inspire children to get active.**
- 2) **Include much needed physical exercise into their daily routine.**
- 3) **Transpire into a family bonding activity where they can set their own fitness goals and follow the instructions to lead a healthy and fit lifestyle.**

INTRODUCTION

Children have been subject to a lot of restrictions due to the pandemic. They have been stuck indoor and they have been using various gadgets and devices for learning as well as entertainment purposes. This has reduced their physical activities tremendously in the last year. This activity en-sures that they get some much needed physical exercise without using fancy equipments or the need to go outside. Physical activity can boost our mental well-being and form part of an effective daily routine. Apart from physical well-being, exercising together in a group (with friends/ family members) has a variety of benefits as it aids emotional well-being.

GUIDING QUESTIONS

- Have you missed your training session or PE classes?
- Do you think physical activity is important to maintain good health?
- What does exercise do to our body?
- Do you enjoy exercising with your family?
- Does physical activity have any effect on our mental health?

TOPICS

Physical education health & fitness
biology human body
mental wellbeing hobby

KEYWORDS

Exercise activity
physical well-being mental well-being
daily routine family bonding
neurotransmitters muscle mass
mind & body energy perspiration
pulse rate cardio

LEVEL

All Ages

RESOURCE TYPE

Card Game

INTENDED AUDIENCE SIZE

Unlimited

MODE OF DELIVERY

Large venue setting small group
live online

TIME FOR ACTIVITY

20-30 min.

Move-It Card Game



MATERIALS/PREPARATION

- Die or a pair of dice
- MOVE-IT activity sheet or google slide presentation or card printouts.

Instructions on how to print and cut the cards out

- 1 Print the card images on the last page onto a card paper or any paper.
- 2 Cut along the black dotted lines.
- 3 Then fold along the red dotted line.
- 4 Stick the blank surfaces together to make your 'Move-IT' cards.

TASKS/PROCEDURE

The children have three age appropriate sets of cards (Elementary, Primary, Secondary) with six routines each to choose from. They may choose to do all the 18 exercises or can choose any particular category to follow. There are two ways to play the game- using the card printouts or using the digital presentation.

Steps to follow while using the card printouts:

Lay the chosen cards on the floor or on a table in a row, with the exercise side facing down. Roll the dice and flip one of the cards over. Repeat the exercise shown on the card as many times as shown by the dice. Alternatively, the children may choose to intensify the same- X sets of 10 reps of the particular exercise (X stands for the number shown on the dice). Keep rolling the dice until you have turned over all the cards.

If the children do not have dice at home, they can ask a family member to randomly choose a number for each of the cards.

Bring the family together for a fitness challenge- Set a target and try to achieve it

You can track your progress in your diary/ notebook by recording the numbers of reps per day. At the end of each week, analyze your data and consider upgrading your fitness goals.

AGE GROUP	ELEMENTARY	PRIMARY	SECONDARY
MATERIALS NEEDED	Dice	Dice	Dice
Exercises	Jumping jacks, frog jump, Jog on the spot, kangaroo jump, tree pose, wobble like a jelly	Lunges, high knee jogging on the spot, squats, twists, Robot walk, crunches	Burpees, push-up, scissor kicks, triceps dips on a chair, mountain climber, bicycle crunches

Move-It Card Game



To do the activity digitally on your device (laptop, tablet, mobile phone):

Use the link

and follow the steps mentioned on the slides to play the game and track your progress.

To track your progress

- Click on the age appropriate links to view the Move-It Card Game tracking sheet.
- Download this sheet onto your device and customize it as per your requirement.

Elementary Progress Tracking Sheet

Primary Progress Tracking Sheet

Secondary Progress Tracking Sheet

FOSTERING DISCUSSIONS

- 1) How does physical activity improve our mental well-being?
 - a) Physical activity has a huge potential to enhance our well-being. Even a short burst of 10 minutes' brisk walking increases our mental alertness, energy and positive mood. Participation in regular physical activity can increase our self-esteem and can reduce stress or anxiety.
 - b) Introduce the connection between physical activity and neurotransmitters like endorphins, dopamine, serotonin etc. Can our physical activity boost the functions of these neurotransmitters?

- 2) What physical changes do you notice when you exercise or do cardio activities?
 - a) Building muscle mass, calming your mind & body, more energy.
 - b) Perspiration- how does sweating help your body?
 - c) Pulse rate- what is the normal pulse rate? What happens when you exercise? Why is there a change in the rate?

SAFETY INSTRUCTIONS

- 1) Check with an adult if the exercises mentioned in the cards are suitable for you.
- 2) Wear comfortable clothing.
- 3) Keep yourself hydrated.
- 4) Ensure enough space around you before starting the activity.

POSSIBLE EXTENSIONS

- 1) Make your own list of 'MOVE-IT' activities to help you stay fit and healthy.
- 2) Involve your family members- This can be an excellent group activity.
- 3) Try another great card based activity to keep yourself productive and active at home. For example another Science Film Festival 2021 Activity titled 'Boredom Fighter'

AUTHORS AND SOURCES

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MOVE - IT*Elementary*

FROG JUMP: Pretend you are a frog. Squat low & rest your hands on the floor in front of you. Jump forward & end up back on your feet in a squat position. Repeat.

MOVE - IT*Elementary*

KANGAROO JUMP: Pretend you are a kangaroo and jump! Stand with your feet shoulder width apart, sit into your back gently and jump forward, landing on both feet. Repeat.

MOVE - IT*Elementary*

TREE POSE: Stand on your left leg with your right leg folded and resting on your left thigh. Keep your arms folded above your head. Maintain balance. Swap your leg and try the same.

MOVE - IT

Elementary



JOG ON THE SPOT: Stand comfortably and start jogging on the spot. Lift your knees unto your waist and swing your arms backwards and forwards as you move. Repeat.

MOVE - IT

Elementary



JUMPING JACKS: Start with your feet apart and arms outstretched. Then jump and bring together. At the same time move your arms up over your head. Repeat.

MOVE - IT

Elementary



JELLY WOBBLE: Imagine you are are a jelly. Keep your joints loose and wobble and shake. Move your arms all around and up & down. Don't forget to smile.

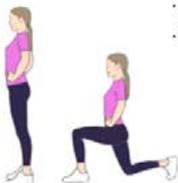
MOVE - IT



Primary

BENEFIT

- Lower body strength
- Endurance



LUNGES: Keep your upper body straight, with your shoulders back and relaxed. Engage your core and breathe normally. Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Repeat on the other leg.

MOVE - IT



Primary

BENEFIT

- Lower body strength
- Strengthen core
- Endurance



TWISTS: Stand with your feet shoulder width apart. Rest your arms on your waist & rotate your upper body from side to side, ensuring your feet are firmly on the ground. The movement must be quick & powerful from side to side.

MOVE - IT



Primary

BENEFIT

- Strengthen core
- Tones abdominal muscles
- Improves posture



CRUNCHES: Lie down on your back. Plant your feet on the floor, hip-width apart. Bend your knees and place your fingertips behind your head. Contract your abs and inhale. Exhale & lift your upper body keeping your head & neck relaxed. Inhale and return to the starting position.

MOVE - IT



Primary

BENEFIT

- Fun inducing
- Family interaction



ROBOT WALK: Move like a robot is a fun dance move- use body isolations to move one part of your body separately from the rest. Wobble back & forth whenever you stop or shift into a new position. Keep your feet on the ground, and focus on moving your arms, torso, and head while you dance. Remember to have fun.

MOVE - IT



Primary

BENEFIT

- Cardio boost
- Tones lower body muscles
- Strengthen core



HIGH KNEE JOGGING: Start by standing with your feet hip-distance apart. Lift up right knee as high as it will go and raise the opposite arm, then quickly switch so that your left knee is up before right foot lands. Continue pulling knees up for as long as desired. Remember to breathe and keep your back straight while doing this exercise.

MOVE - IT



Primary

BENEFIT

- Strengthen core
- Reduces risk of injury
- Lower body strength



SQUATS: Stand tall, with your back straight, feet kept a little more than hip-width apart and relax your shoulders. Look straight ahead, keeping your back straight, engage your core. Inhale, push your buttocks out, and start bending your knees. Exhale and get back to original standing position.

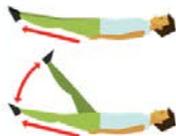
MOVE - IT



Secondary

MUSCLES WORKED

- Core muscles
- Quads
- Glutes



SCISSOR KICKS: Lie on your back with your arms by your sides. Lift both your legs a few inches off the ground & separate them slightly into a 'V' shape. Engage your core & press your lower back into the floor. Keeping both legs straight, bring your legs together & cross your right leg over the left. Widen your legs into a 'V' & bring your legs together, this time left leg over the right.

MOVE - IT



Secondary

MUSCLES WORKED

- Chest
- Shoulders
- Triceps
- Abdominals
- Legs



PUSH UP: Get down on all fours, placing your hands slightly wider than your shoulders. Straighten your arms and legs. Lower your body until your chest nearly touches the floor. Pause, then push yourself back up. Low intensity variations- Bent knee push up or Wall push up.

MOVE - IT



Secondary

MUSCLES WORKED

- Legs
- Hips
- Glutes
- Abdominals
- Arms
- Chest
- Shoulders



BURPEES: Start in squat position. Lower hands to the floor in front of you. With your weight on your hands, kick your feet back to get into a pushup position. Keep your body straight from head to heels & do 1 pushup. Jump back to your feet into starting position. Jump quickly into the air reaching your arms over your head & land back where you started.

MOVE - IT



Secondary



MUSCLES WORKED

- Triceps
- Chest
- Shoulders
- Increases stability

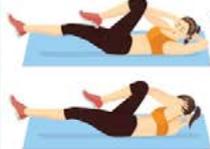


TRICEP DIPS: Sit on the edge of the chair & grip the edge next to your hips. Keep legs extended & feet about hip-width apart. Press into your palms to lift your body & slide forward just far enough so your behind clears the edge of the chair. Lower yourself until your elbows are bent between 45 - 90 deg. Slowly push yourself back up to the start position & repeat.

MOVE - IT



Secondary



MUSCLES WORKED

- Obliques
- Hips
- Core



BICYCLE CRUNCHES: Lie down on your back. Bend your knees & plant your feet on the floor, hip-width apart. Place your fingertips behind your head. Engage your abs. Lift your knees to 90 deg & raise your upper body. Exhale & rotate your trunk, moving your right elbow & left knee toward each other while straightening your right leg. Pause. Inhale & return to starting position. Exhale. Repeat same with your left leg.

MOVE - IT



Secondary



MUSCLES WORKED

- Hamstrings
- Triceps
- Core
- Quads
- Shoulder



MOUNTAIN CLIMBER: Start on all fours, hands shoulder-width apart & knees hip-width apart. Brace your core. Move your right thigh toward your chest & place your toes on the floor. Straighten your left leg behind you, flex your foot, & place it on the floor. Swiftly switch legs without moving your arms. Repeat.