



# ***HIGH 5 FOR FITNESS***

.....  
For youth ages 8–11 who want to be fit!

***Special  
Olympics***



# Acknowledgements

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**BUILD OUR KIDS' SUCCESS (BOKS)** is a physical activity program designed to get kids active and establish a lifelong commitment to health and fitness. BOKS' mission is to make physical activity and play part of every child's day. Their vision is a healthier and happier generation of active kids.

**AMERICA'S TEST KITCHEN KIDS** has a mission to build a new generation of empowered cooks, engaged eaters, and curious experimenters. They help young chefs understand the hows and whys of food and cooking through their books, monthly subscription boxes, podcast, curriculum, and extensive (free!) digital library.

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# What is High 5 for Fitness?

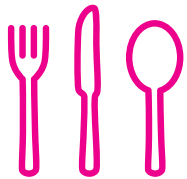


*High 5 for Fitness* is a set of resources to help you take control of your own fitness by making healthy choices. Being fit means that you eat well, drink plenty of water, and move a lot every day.

Fit kids feel good and have lots of energy because their bodies are strong and healthy.

This version of High 5 for Fitness is for youth ages 8–11 who want to be fit!

# ***WORK TOWARD THESE 3 GOALS TO GET FIT:***



## **EAT:**

*Eat from all  
5 food groups  
every day*



## **DRINK:**

*Drink at least  
1 bottle of water  
every day*



## **MOVE:**

*Move for 60  
minutes or more  
every day*

# Eat

.....  
Eating healthy food is important. It gives you energy to move and play with friends.

*Nutrition* means eating a variety of healthy foods like fruits, vegetables, grains, protein, and dairy so your body has what it needs to grow and be healthy.



**EAT:**

*Eat from all  
5 food groups  
every day*

# A Healthy Plate

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A healthy plate is filled with the 5 food groups you should eat to properly fuel your body and mind. Each food group helps your body in different ways.

Your goal is to eat at least 1 serving from each food group every day.



**GRAINS**



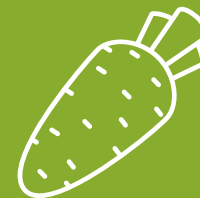
**PROTEIN**



**DAIRY**

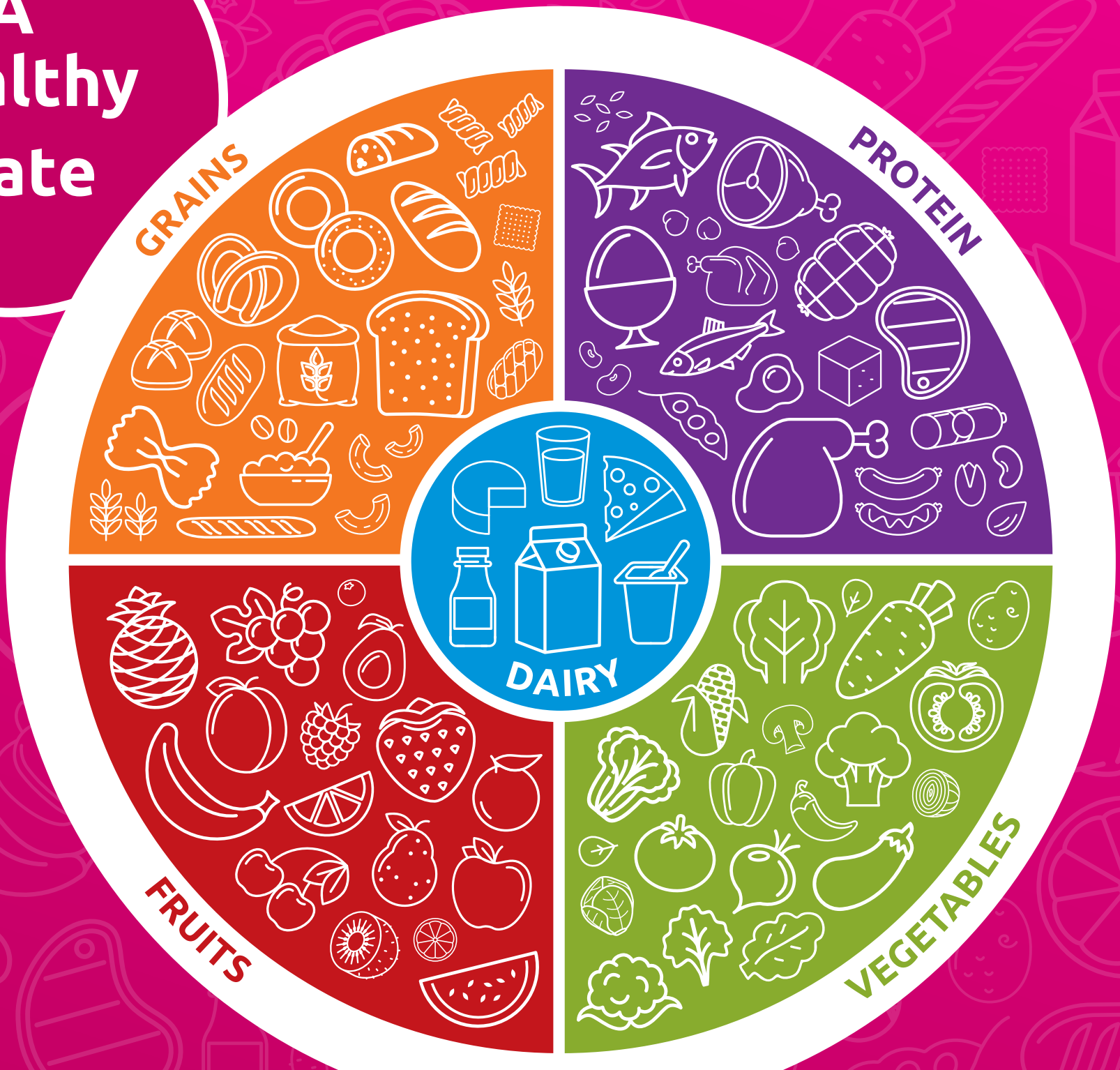


**FRUITS**



**VEGETABLES**

# A Healthy Plate





# Start Simple

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Eat more fruits and vegetables.

Try whole grain foods, like whole wheat bread or brown rice.

Slow down on treats like cookies, candy, and chips.

Drink water and low-fat or fat-free milk.



# Drink

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Drinking water helps your body work at its best. You will have more energy, can learn better, and play harder when you are hydrated.

*Hydrated* means your body has enough water. *Dehydrated* means your body does not have enough water and you might feel tired or have a headache.

You should drink water throughout the day, and try using a reusable water bottle to help you keep track of your goal.



## **DRINK GOAL:**

*Drink at least  
1 bottle of water  
every day*



**Feeling thirsty is a sign that your body really needs some water! But don't wait until you feel thirsty to start drinking water, keep sipping all day.**

**Be sure to drink extra water when you play a lot and when it is hot outside.**

**Limit the number of sugary drinks like soda, sports drinks, and juice that you have each day. Try for zero!**

# Move

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Moving every day will build up your fitness. When you do physical activity and exercise, you get stronger and healthier so you can face all kinds of challenges.

*Physical activity* and *exercise* mean moving your body and using energy like when you walk places, play outside, or do sports. The more you move, the fitter you will be. Try new and different physical activities to find ones you enjoy.



There are many fun ways to exercise, like running, dancing, gardening, playing sports, and playing with friends at recess.

Doing a variety of exercises will help you improve different types of fitness. On the following pages, you will learn about flexibility, strength, and endurance, which are all important for your health and sport performance.



## **MOVE GOAL:**

*Move for 60  
minutes or more  
every day*



# Flexibility

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*Flexibility* lets you bend and move your body easily in all directions.

Being flexible makes it easier to play active games and do sports skills without getting hurt.

You can improve your flexibility by stretching your muscles and doing yoga.

*Activities to Improve Flexibility: Yoga, Stretching*

*Examples of Sports that use Flexibility:  
Gymnastics, Dance, Swimming*





# Endurance

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*Endurance* lets you move your body for a long time without getting tired.

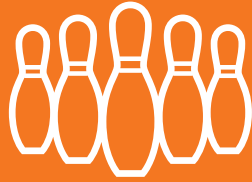
Having endurance means your heart and lungs are strong so you can run farther and play longer.

You can improve your endurance by doing activities that get your heart pumping fast and make you breathe hard like dancing, biking, and swimming.

*Activities to Improve Endurance:*  
Running Games, Hiking, Jumping Rope

*Examples of Sports that use Endurance:*  
Basketball, Tennis, Soccer





# Strength

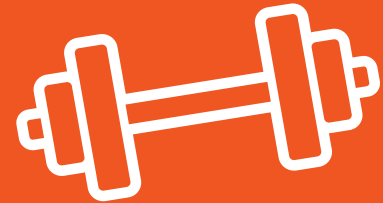
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*Strength* is how strong your muscles are! Being strong helps you jump high, throw far, sprint fast, and kick hard.

You can improve your strength by doing activities that work your muscles like climbing, jumping, and lifting heavy things.

*Activities to Improve Strength:* Pushups, Plank Hold, Hopscotch, Hanging on bars

*Examples of Sports that use Strength:* Volleyball, Bowling, Baseball





# Let's Get Moving!

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High 5 for Fitness has 3 levels. In this guide, we will share a couple of exercises from each type of fitness and level. Are the exercises too easy? You can move to the next level, add more time, do more of each exercise, or reduce rest time between activities.



**LEVEL 1:**

*Basic*



**LEVEL 2:**

*Intermediate*



**LEVEL 3:**

*Advanced*

Want to see all the exercises in High 5 for Fitness? Check out the High 5 for Fitness: Ages 8–11 Cards and Videos.



# Level 1 • Flexibility

Do each stretch for 30 seconds. Make sure to do both sides of your body if the stretch only focuses on one side. Complete 3 times.

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## WARRIOR 1

1. Take a big step forward with your right foot. Raise your arms up straight over your head with your palms facing each other.
2. Turn your left foot to the side so that your toes are pointed out. Bend your right knee.
3. Repeat with your left foot forward.



### HELPFUL HYDRATION TIP:

*Water is the healthiest beverage choice, and you should try to drink water often.*

# Level 1 • Flexibility

## DOWNWARD FACING DOG

1. Start on your hands and knees. Curl your toes under and raise up your hips and straighten your legs as much as possible. Keep your arms straight.
2. Keep your toes pointed forward and let your head hang down.





## Level 1 • Endurance

Do each exercise for 30 seconds. Rest for 30 seconds in between each exercise. Complete 3 times.

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### TWO-FOOT JUMPING

1. Stand with your feet together.
2. Jump up and down on two feet and land softly.



# Level 1 • Endurance

## SIDWAYS SLIDING

1. Stand with your feet shoulder width apart and bend your knees. Put your arms out at your sides.
2. Step with your right foot to the side, and then bring your left foot in beside it.
3. Do 5 slides to the right, then do 5 slides to the left. Keep sliding from side to side.



### **NUTRITION TIP:**

*Try to eat vegetables  
at every meal.*



## Level 1 • Strength

Do 10 of each exercise. Rest for 30 seconds before moving on to the next exercise. Complete 3 times.

### HAND PUSHES

1. Put your hands together in front of your chest, with your elbows bent.
2. Push your hands together as hard as you can and hold for 5 seconds.



### SMART SPORTS TIP:

*Hand pushes build strength in the muscles of your arms and shoulders which improves sport skills like throwing and striking balls.*

# Level 1 • Strength

## CALF RAISES

1. Stand with your feet shoulder width apart and your arms at your sides.
2. Raise up onto your tip toes as high as possible, and hold at the top.
3. Lower your heels down.





## Level 2 • Flexibility

Do each stretch for 30 seconds. Make sure to do both sides of your body if the stretch only focuses on one side. Complete 3 times.

.....

### RAGDOLL POSE

1. Stand with your feet shoulder width apart and raise your arms above your head.
2. Slowly bend forward as your arms fall towards the ground. Let your knees bend.
3. Round your back and let your head hang heavy.



### **NUTRITION TIP:**

*Try to eat mostly whole or cut-up fruits to boost your health.*



# Level 2 • Flexibility

## WARRIOR 2

1. Stand with your feet wider than shoulder width apart and reach your arms out straight to the sides.
2. Turn your right foot to the side so your toes are pointed out, and then bend your right knee.
3. Repeat with your left foot forward.





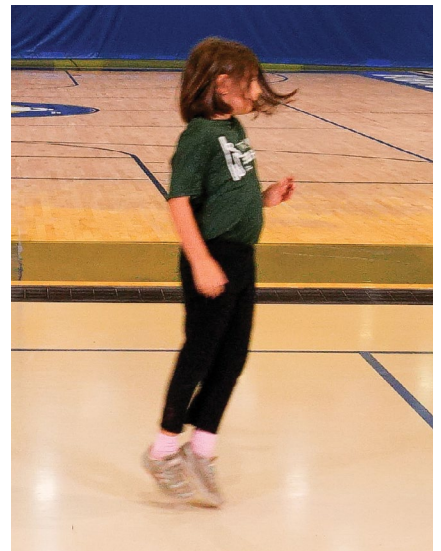
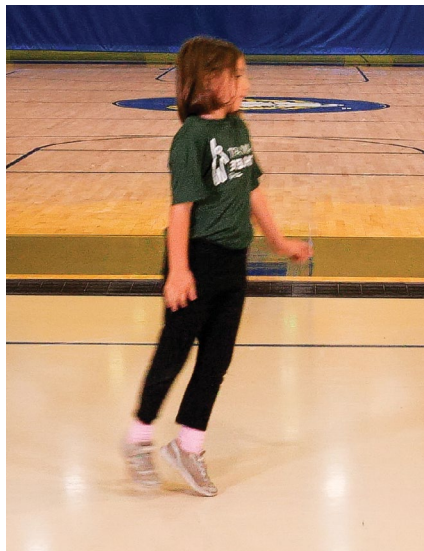
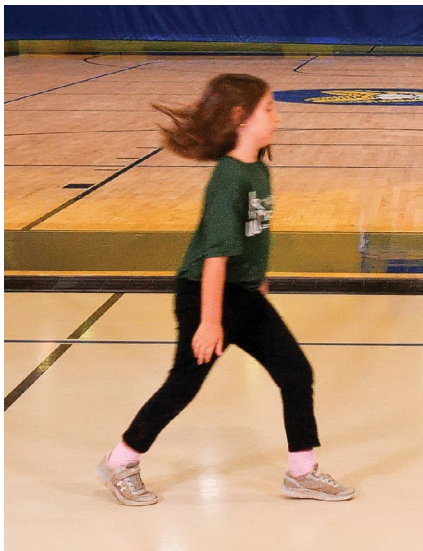
## Level 2 • Endurance

Do each exercise for 30 seconds. Rest for 30 seconds in between each exercise. Complete 3 times.

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### GALLOPING

1. Your right foot is the leader and your left foot follows behind.
2. Take a big step forward with your right foot and then quickly bring your left foot next to it, and repeat
3. Continue galloping and then switch to leading with your left foot.



# Level 2 • Endurance

## ONE-FOOT HOPPING

1. Stand on your right foot only.
2. Hop up and land softly on the same foot.
3. Switch and hop on your left foot.



### SMART SPORTS TIP:

*One-foot hopping builds both endurance and strength in your legs which means harder kicks in soccer and higher jumps in cheer.*



## Level 2 • Strength

Do 10 of each exercise. Rest for 30 seconds before moving on to the next exercise. Complete 3 times.

### SUPERMAN

1. Lie face down with your legs straight and your arms over your head.
2. Raise both your arms and legs at the same time so they are a few inches off the ground.
3. Hold and then lower back down.



### HELPFUL HYDRATION TIP:

*Dehydrated means not having enough water in your body.*

# Level 2 • Strength

## SEATED LEG LIFTS

1. Sit tall with your right leg out straight and your left leg bent with your foot flat on the ground. Hug your arms around your bent leg.
2. Raise your right leg up a few inches and hold. Lower your leg down and repeat.
3. Switch to raise your left leg.





## Level 3 • Flexibility

Do each stretch for 30 seconds. Make sure to do both sides of your body if the stretch only focuses on one side. Complete 3 times.

.....

### SPIDER POSE

1. Stand with your feet wider than shoulder width apart and bend your knees.
2. Bend forward and place your hands on the ground between your feet.
3. Reach behind your legs and grab your heels. Keep your feet flat.



# Level 3 • Flexibility

## TABLE POSE

1. Start in the plank position with your arms straight and your knees on the ground.
2. Look down between your hands, keep your back straight, and hold.



### **NUTRITION TIP:**

*Try low-fat dairy foods and drinks like milk, cheese, and yogurt to help build strong bones.*



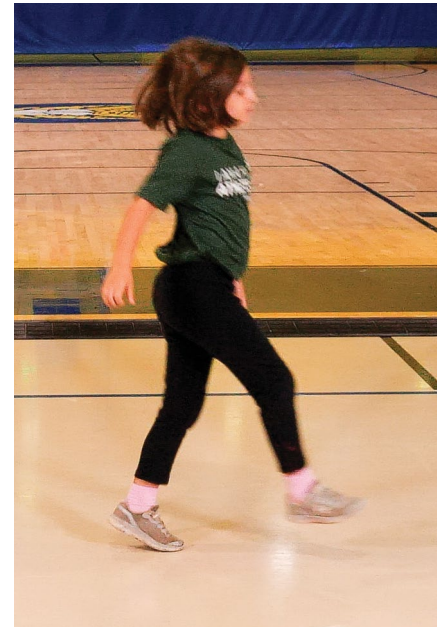
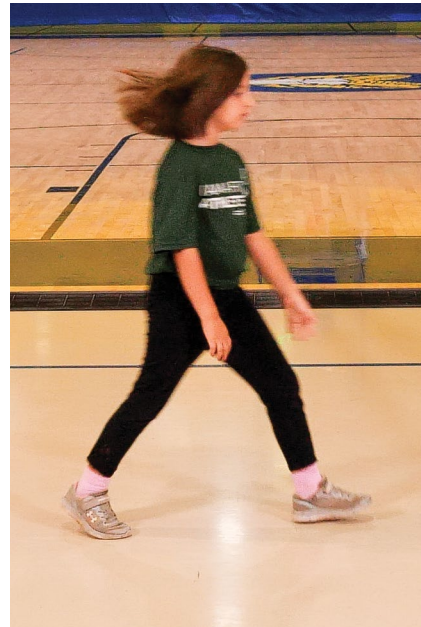
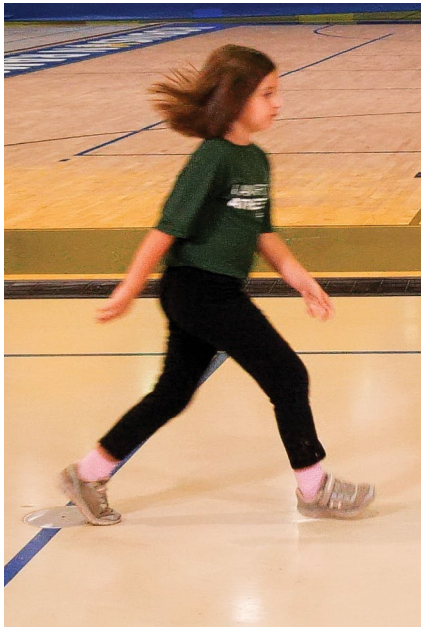
## Level 3 • Endurance

Do each exercise for 30 seconds. Rest for 30 seconds in between each exercise. Complete 3 times.

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### SKIPPING

1. Step forward with your left foot and hop, then step with your right foot and hop. Swing your arms.
2. Skip around the activity area.





# Level 3 • Endurance

## LEAPING

1. For leaping, you take off from one foot and land on the other foot.
2. Step forward with your left foot and push off to leap in the air. Reach your right leg out front to cover a big distance.
3. Keep your arms out to the sides.
4. Leap off your left foot and then try from your right foot.



### **NUTRITION TIP:**

*Proteins help you build strong muscles, give you energy, and help you to feel full after you eat.*



## Level 3 • Strength

Do 10 of each exercise. Rest for 30 seconds before moving on to the next exercise. Complete 3 times.

.....

### DEAD BUGS

1. Lie on your back with your arms above your shoulders. Bend your knees and raise your feet up.
2. Lower your right arm to reach over your head, straighten your left leg out, and hold.
3. Bring your arm and leg back to the starting position and then repeat on the other side.



# Level 3 • Strength

## CRAB KICKS

1. Sit with your knees bent and your feet on the ground. Place your hands on the ground behind you with your fingers facing backward.
2. Raise your hips up so you are in a crab position.
3. Kick your right leg up, lower it down, and then kick your left leg up. Keep kicking and switching legs.



# High 5 & Way to Go

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High 5! You have made it through all the helpful information in this guide, but there is more in the High 5 for Fitness cards and videos!

All the exercises in the cards and videos will help you meet your goal to Move for 60 minutes or more every day.

Start with the Basic exercises. Are the exercises too easy? You can move up to the next level, exercise longer, do more of each exercise, or take a shorter break between exercises.

## **MOVE:**

*Move for 60 minutes or more every day*

## **DRINK:**

*Drink at least 1 bottle of water every day*

## **EAT:**

*Eat from all 5 food groups every day*



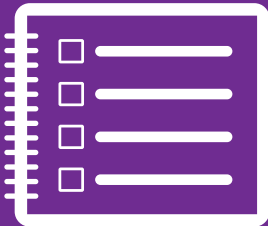
## You Can Do This!

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It is helpful to track your activities as you work toward the Eat, Drink, and Move goals. On the following pages, you will find weekly and 12-week tracker sheets.








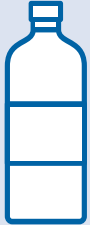
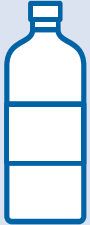

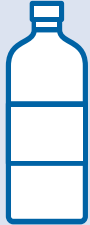













Track your High 5 for Fitness activities every week for 12 weeks. Encourage your family and friends to join you, too! 12 weeks is about the time it takes to get fit. You can do this!

To find more High 5 for Fitness resources, visit:  
[resources.specialolympics.org/health/fitness/high-5](https://resources.specialolympics.org/health/fitness/high-5)







































# Weekly Tracker

Use this sheet to help you track your High 5 for Fitness goals every week. Ask a family member, teacher, or friend to help you stay on track.

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Eat</b> Color in the food groups you ate from today.							
<b>Drink</b> Color in the water bottle if you drank 1 today.							
<b>Move</b> Color in the shoe if you moved for 60 minutes or more today.							
Color the star if you achieved ALL your High 5 for Fitness goals this week.		<b>Eat</b> 		<b>Drink</b> 		<b>Move</b> 	

# 12-Week Tracker

Use this sheet to help you track your High 5 for Fitness goals. You can use this sheet over and over again to keep your fitness and health on track!

WEEK	1	2	3	4	5	6	7	8	9	10	11	12
<b>Eat</b> Color the star if you ate from all 5 food groups every day this week.												
<b>Drink</b> Color the star if you drank at least 1 bottle of water every day this week.												
<b>Move</b> Color the star if you moved for 60 minutes or more every day this week.												



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The contents of "High 5 for Fitness" were developed under generous funding from the US Department of Education, #H380W150001 and #H380W160001. However, those contents do not necessarily represent the policy of the US Department of Education, and one should not assume endorsement by the Federal Government.

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