

Educator Guide: Extreme Peak Game

Recommended for Grades:

5th

Time:

10 minutes

Prerequisites:

For students to be successful in the game, they would benefit from participating in the following lessons:

- 3-2-1-0 Lesson
- Nutrition Lesson
- Physical Activity Lesson
- Healthy Minds Lesson

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 3: Access valid and reliable resources to support health and well-being of self and others.
- Standard 6: Use a goal-setting process to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this game students will be able to:

1. Describe at least three healthy behaviors (including at least one that specifically helps keep the mind healthy) they can do each day.
2. Explain what makes a source of health information valid.
3. List three valid sources of health information, such as a doctor, nurse, nutrition facts labels and dietitian.
4. Identify one health-related situation that requires a thoughtful decision.
5. Identify at least two people or resources that can assist them in reaching a personal health goal.
6. Differentiate between hunger and non-hunger cues to eating.
7. Explain the three main types of physical activity and identify an activity from each type that they may enjoy.

Activity Description:

In this game students will answer questions about nutrition, physical activity and healthy minds. For each correct answer they will be awarded a balloon and will float up the side of a mountain. If they answer incorrectly a balloon will pop and they will float down. If all balloons pop the game is over. When they reach the top, they have won the game. There are three levels, and each requires six balloons to complete.

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Extreme Peak Game. You may choose to use this list in any way that fits your needs.

- Aerobic activities – physical activities where you move your whole body and increase your heart rate and breathing; examples include soccer, swimming, skating, walking at a fast pace, etc.
- Barriers – things that get in the way or make things more difficult
- Goal – something you decide to work towards achieving
- Heart rate – the number of times the heart beats per minute
- Hunger – a feeling of discomfort or weakness caused by lack of food
- Melatonin – a hormone that controls the sleep/wake cycle
- Mindfulness – a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations
- Non-hunger cues – signals or sensations in the body that can be mistaken for true hunger
- Physical activity – any type of activity that gets the body working harder than normal
- Reliable – consistently good in quality and able to be trusted
- Screen time – time spent using a device such as a computer, phone, tablet, television or games console

Family Wellness Bingo

With one or more members of your family, complete as many of the activities as possible and “X” them off. Once you get 5 in a row, vertically or horizontally, you’ve got BINGO!

Went on a 30-minute walk	Made one healthy meal together	Identified one barrier to eating healthy and came up with a plan to address it	Created a list of physical activities you can do in the winter	Went to bed and woke up at around the same time for one week
Went grocery shopping and chose one new healthy snack to try	Had a dance party	Tried one new healthy recipe together	Kept all electronic devices in a different room while sleeping for a week	Had 10 minutes of downtime after school or work (that means no electronics)
Tried making a green smoothie	Played a sport or active game for 20 minutes	Free Space	Looked at four different nutrition facts labels on foods found at home.	Did yoga for 15 minutes
Stretched our muscles every morning or night for one week	Practiced a mindfulness activity	Connected with a family member that we don't see regularly	Had 4 dinners together without anyone using an electronic device or having the TV on	Played a board game
Replaced one sugary drink per day with a less sugary drink for one week	Limited screen time to two hours or less per day	Wrote down an individual health goal to work towards	Ate three meals per day, including at least one that was together as a family	Tried a new fruit or vegetable



Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Nutrition and Physical Activity Resources for Parents, Caregivers and Educators

- American Academy of Pediatrics, [healthychildren.org](https://www.healthychildren.org)
- American Heart Association, [heart.org](https://www.heart.org)
- Centers for Disease Control and Prevention (CDC), [cdc.gov](https://www.cdc.gov)
- Children's Wisconsin, [childrenswi.org](https://www.childrenswi.org)
- KidsHealth, [kidshealth.org](https://www.kidshealth.org)
- Mental Health America, [mhanational.org](https://www.mhanational.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://www.nimh.nih.gov)
- Society of Clinical Child & Adolescent Psychology, [effectivechildtherapy.org](https://www.effectivechildtherapy.org)
- Wisconsin Department of Public Instruction Student Services/Prevention and Wellness, dpi.wi.gov/sspw



Transcript

Instructions

Welcome to Extreme Peak. Can you make it to the top of the mountain?

You will be asked questions about the things you have learned throughout this course. For each question you answer correctly, you will be given a balloon that will move you up the side of the mountain. For each question you answer incorrectly a balloon will pop. If all of your balloons pop the game is over. Make it through all three levels of questions and you will ascend to the top of Extreme Peak! Good luck!

Choose your character.

Level 1

Welcome to level one. You will be given three balloons to help you get started. When you have a total of six balloons you will reach level two. Click continue to start.

Questions (Correct answers are in bold. Questions will appear in random order in the game.)

1. Fifth graders need 7-8 hours of sleep each night.
 - a. True (Not quite. Fifth graders generally need around 10 hours of sleep each night.)
 - b. False**
2. How much physical activity should you try to get each day?
 - a. 30 minutes (Not quite. You should try to get 60 minutes of physical activity each day.)
 - b. 45 minutes (Not quite. You should try to get 60 minutes of physical activity each day.)
 - c. 60 minutes**
3. Which of these is a physical activity?
 - a. Eating (Sorry. Swimming is a physical activity but eating and reading are not.)
 - b. Swimming**
 - c. Reading (Sorry. Swimming is a physical activity but eating and reading are not.)



4. It's ok to skip a meal each day because you really only need two meals per day.
 - a. True (Not quite. Your body needs three meals per day to have enough energy to get through the day.)
 - b. False**
5. What is the maximum amount of time you should spend on inactive, or sedentary, activities, per day, outside of school?
 - a. 2 hours**
 - b. 3 hours (Sorry, but three hours would be too much. You should aim for 2 hours or less of inactivity each day.)
 - c. 4 hours (Sorry, but four hours is too much. You should aim for 2 hours or less of inactivity each day.)
6. Which drink is best for the body?
 - a. Water**
 - b. Soda (Actually, soda has a lot of sugar in it and is not great for the body.)
 - c. Sports drink (Actually, sports drinks have a lot of sugar in them, and they're not usually necessary.)
7. Which of the following would be a good source of nutrition information?
 - a. TV commercial (That's incorrect. A TV commercial is trying to sell you a specific product, which means it's not a valid source of information.)
 - b. Friends (That's incorrect. Friends can be helpful at times, but they're not necessarily a valid source of nutrition information.)
 - c. School nurse**
8. Sugar gives you long lasting energy.
 - a. True (Not quite. Sugar gives you a quick burst of energy, and it only lasts a short time.)
 - b. False**
9. Which of these is a physical sign of hunger?
 - a. The stomach starts to rumble. (Almost. Actually, all of these things can happen.)
 - b. We feel tired and weak. (Almost. Actually, all of these things can happen.)
 - c. It becomes hard to concentrate. (Almost. Actually, all of these things can happen.)
 - d. All of the above**
10. Not enjoying your food, feeling discomfort in your stomach and feeling sluggish or sick, are all signs of what?
 - a. Eating too slowly (Nope. These are all signs of overeating.)
 - b. Overeating**
 - c. Healthy eating (Nope. These are all signs of overeating.)

11. Signals in our body that we may mistake for physical hunger are called:
- Hunger cues (Sorry, but signals that we mistake for physical hunger are called non-hunger cues.)
 - Non-hunger cues**
 - Body cues (Sorry, but signals that we mistake for physical hunger are called non-hunger cues.)
12. What is one way to overcome a barrier to healthy eating?
- Identify your barriers (Not quite. All of these things will help you overcome barriers.)
 - Set goals (Not quite. All of these things will help you overcome barriers.)
 - Have a plan (Not quite. All of these things will help you overcome barriers.)
 - All of the above**
13. What are the three main types of physical activity?
- Aerobic, strength, and stretching**
 - Weight management, jumping, and swimming (That's incorrect. The three main types of physical activity are aerobic, strength and stretching.)
 - Aerobic, stretching, and sedentary (That's incorrect. The three main types of physical activity are aerobic, strength and stretching.)
14. Which type of physical activity gets your whole body moving and your heart rate up?
- Aerobic**
 - Strength (Nope. Strength training is good for you, but aerobic activity gets your whole body moving and your heart rate up.)
 - Stretching (Nope. Stretching is good for you, but aerobic activity gets your whole body moving and your heart rate up.)
15. Sit-ups and push-ups are examples of what type of physical activity?
- Aerobic (Nope. These are examples of strength training.)
 - Strength**
 - Stretching (Nope. These are examples of strength training.)
16. Sedentary activities include:
- Gardening (Not quite. Watching TV is considered a sedentary activity.)
 - Walking (Not quite. Watching TV is considered a sedentary activity)
 - Watching TV**
17. Having more energy, being able to focus better, and sleeping better at night are all benefits of what?
- Sedentary activity (That's incorrect. These are all benefits of physical activity.)
 - Physical activity**
 - Playing video games (That's incorrect. These are all benefits of physical activity.)

18. What is the last step of the decision-making process?
- Make your decision. (That's incorrect. The last step of the decision-making process is evaluate your decision.)
 - Look at your options. (That's incorrect. The last step of the decision-making process is evaluate your decision.)
 - Evaluate your decision**
19. What is the first step of the decision-making process?
- Look at your options. (Nope. The first step is to define the situation.)
 - Define the situation.**
 - List the positives and negatives of each option. (Nope. The first step is to define the situation.)
20. Getting outside can help you concentrate better when you return indoors.
- True**
 - False (Nope. That's actually true!)
21. What does being mindful mean?
- Following the decision-making process (Actually, being mindful means being aware of your thoughts, moods, feelings and sensations that are happening right now.)
 - Being aware of your current thoughts, moods, feelings and sensations**
 - Explaining your feelings (Actually, being mindful means being aware of your thoughts, moods, feelings and sensations that are happening right now.)
22. Down time is a waste of time.
- True (No way! Down time helps our brain recharge.)
 - False**
23. It's best to sleep in for a few extra hours on the weekends so you can catch up on sleep.
- True (Sleeping in a little bit is ok, but it's better to wake up and go to sleep around the same time every day.)
 - False**
24. Watching TV is a good way to fall asleep.
- True (No way! Your room should be dark and quiet when you fall asleep. TV can actually keep you awake.)
 - False**
25. All electronics should be turned off at least how many minutes before bedtime?
- 10 minutes (Not quite. Electronics should be turned off at least 30 minutes before bedtime.)
 - 15 minutes (Not quite. Electronics should be turned off at least 30 minutes before bedtime.)
 - 30 minutes**

26. What is melatonin?
- A hormone that controls your sleep/wake cycle**
 - A hormone that controls your hunger (Sorry. Melatonin is a hormone that your body makes to control your sleep/wake cycle.)
 - A hormone that controls your emotions. (Sorry. Melatonin is a hormone that your body makes to control your sleep/wake cycle.)
27. Where is the best place for electronics while you sleep?
- Under the bed (Not quite. For the best sleep, electronics should be kept in another room.)
 - On the floor next to your bed (Not quite. For the best sleep, electronics should be kept in another room.)
 - In another room**
 - Across the room (Not quite. For the best sleep, electronics should be kept in another room.)
28. What are three healthy behaviors that can be done each day?
- Running a marathon, sleeping 7 hours a night and drinking soda for energy (Well, you can't run a marathon every day, you need more than 7 hours sleep each night, and drinking soda is not a good way to give your body energy.)
 - Sleeping 10 hours a night, getting an hour of physical activity and eating healthy foods**
 - Sleeping 12 hours a night, playing video games and drinking sports drinks for energy (Well, most kids your age need around 10 hours of sleep, playing video games each day probably isn't very healthy, and sports drinks aren't needed for energy. Food gives us energy.)
29. What is one question you should ask yourself when trying to determine if a source of health information is valid?
- Was it easy to find? (Not quite. Just because the information was easy to find doesn't mean it's valid.)
 - Is it free? (Not quite. The cost of information does not make it valid.)
 - Who wrote it?**
30. Who is someone that can help you reach your health goals?
- An adult at home (Not quite. All of these people can help you reach your health goals.)
 - A doctor (Not quite. All of these people can help you reach your health goals.)
 - A school nurse (Not quite. All of these people can help you reach your health goals.)
 - All of the above**

Level 2

Good job! You made it to level two! In this level you will be given a two-balloon head start. When you have a total of six balloons you will reach level three. Click continue to start.

Level 3

Great job! You made it to level three! This is the final level. You will start this level with only one balloon. Collect six balloons and you will reach the top of the mountain. Click continue to start.

Win

Congratulations! You made it to the top of Extreme Peak! Play again, answer more questions and see if you can make it back to the top!

Lose

Sorry. You ran out of balloons, so the game is over. Click play again and give it another try.



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