Planning with BAM Body and Mind

In this activity, explore the Center for Disease and Control's BAM! website. This website contains resources that you may want to share with school-age children and their families.

Visit https://www.cdc.gov/healthyschools/bam/pe_pa.htm and answer the following questions:

1. Select the Activity Information Sheets link at https://www.cdc.gov/healthyschools/bam/cards.html. Then click on one of the images (such as ballet, baseball, etc.). Each “card” contains information about parts of the body the sport helps condition, how to safely participate as well as other information and resources.

   - How could you use these activity cards with school-age children?

   - Can you think of ways to incorporate these cards into your activity plans?

2. Go back to the BAM! Body and Mind Classroom Resources for Teachers site here: https://www.cdc.gov/healthyschools/bam/pe_pa.htm.

   - How could you use this to help motivate school-age children to be active?

   - Can this information help children that have special learning or health needs?
3. Explore 3 other sections or area of the BAM website of your choosing.

1) Title:

Summary of information found:

How could you use this with school-age children?

2) Title:

Summary of information found:

How could you use this with school-age children?

3) Title:

Summary of information found:

How could you use this with school-age children?