



## Move Your Way® Classroom Video Challenge

### Teacher's Guide

This guide helps teachers implement the Move Your Way® video challenge in the classroom. The challenge is designed to encourage older middle and high school students to get the facts about physical activity, discover new ways to move, and get active. For this challenge, students will record a short video about their favorite way to move.



Please remember to follow your school's policies on student privacy and media use.

## What Do You Need for the Video Challenge?

Students will need access to a device that can record short videos, like a smartphone, tablet, or camera.

If you want to watch students' video submissions together, you'll also need a device to play videos in the classroom, like a laptop, tablet, or TV with media capability.

## How to Implement the Video Challenge in Your Classroom

### Set the stage

Before assigning the video challenge, consider planning a lesson about physical activity to give students some context.

### Highlight the benefits of getting active

Physical activity can:



Improve mood and help with symptoms of anxiety and depression



Promote better sleep — and boost energy during the day

## Share the facts about physical activity

According to the Physical Activity Guidelines for Americans, teens need **at least 60 minutes of physical activity a day**. Most of it can be moderate-intensity aerobic activity (anything that makes the heart beat faster counts — like running). At least 3 days a week, teens should step it up to vigorous intensity.

As part of their daily 60 minutes of physical activity, teens also need muscle-strengthening and bone-strengthening activities — like jumping, throwing, or climbing — at least 3 days a week.



Use the “talk test” to tell the difference between moderate and vigorous intensity:

- If you’re breathing hard but can still have a conversation easily, it’s moderate-intensity activity
- If you can only say a few words before you have to take a breath, it’s vigorous-intensity activity

## Brainstorm ideas for activities

Lots of things count as physical activity — from team sports to everyday activities that might not feel like exercise. Here are just a few examples:



Taking a brisk walk with a friend or walking the dog



Going roller skating or skateboarding



Doing active chores, like raking leaves or vacuuming



Participating in marching band or drill team

Encourage students to choose activities that feel right for them and work with their schedule.

You can also check out the [Move Your Way Activity Cards](#) for more examples of activities!

## Give guidance

Let students get creative and have fun with this exercise! If you want to establish some ground rules on what students should include in their videos, you can use and adapt the suggestions below.

- **Set a time limit.** Ask students to aim for a video length of 30 seconds to 1 minute.
- **Reinforce physical activity guidance.** Use the videos as an opportunity for students to apply what they've learned about physical activity. For example, ask students to explain whether their activity is aerobic, muscle-strengthening, or bone-strengthening (or more than 1).

- **Encourage reflection.** Why did students choose a particular activity? Did it feel easy or hard to do? How did students feel after getting active? Have them tell it to the camera!

You can also [share these examples](#) of teen video submissions for inspiration.

## Choose your strategies

Motivating teens to go the extra mile (literally!) can be tough. Here are a few strategies to motivate your students to participate in the challenge. Choose the ones that feel right for the students in your classroom.

- **Turn it into a (friendly) competition.** Enlist other classes in your school and see which class submits the most videos — the winning class gets a prize!
- **Assign it as homework.** Make learning about physical activity and completing the video challenge part of your regular coursework.
- **Make it worth their time.** Give students the option to earn perks, like extra free time, by completing the video challenge.
- **Let students work in groups.** Spending time with peers can be a strong motivator for teens. Consider asking students to work on this challenge in small groups and take on different roles. For example, one student could be the script writer, another could be the narrator, and another could act in front of camera.

## Decide how to use students' videos

Once students submit their videos, decide if you want to use them in the classroom.

- If your students are comfortable presenting their work to the whole class, consider having a viewing party — and letting students vote on things like "most creative activity," "most engaging video style," or "activity I'm most excited to try myself."
- If a smaller setting will work better for your students, try splitting the class into groups and letting students present their video to just a few classmates.

No matter what strategy you choose, use the videos as an opportunity to review the amount, types, and benefits of physical activity with students.