

Fit for Life

Subject: Phys. Ed/Health **Grade Level:** 6-8

Concept: Economic Concepts **Method:** Students as Leaders

OVERVIEW

Students will research ideas on why it's important to stay fit for life. They will incorporate their ideas to offer classes, recipes, food choices, and exercises to encourage all students to be more healthy. The earlier we teach kids the importance of healthy choices at a young age, the better our society will be as whole for the future. Groups will create a recipe book and submit to sell to raise funds for more exercise equipment at school. The students will market their project by creating exercise videos and how to make healthy choices or meals videos. Students could upload or update new items weekly as created at a meeting once a week after school.

Connection to Entrepreneurship: Students will develop, create, and sell a recipe book. They will also create quick healthy tips and fitness videos to promote a healthy lifestyle.