



Balancing the Energy Equation - 10 Week Step Counting Lesson Plan

Lesson 1 (Week 1 - Ideally done on a Monday)

digital.organwiseguys.com/book/balancing-the-energy-equation

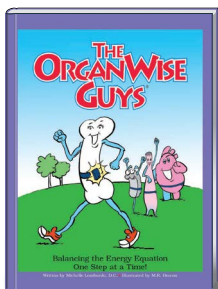
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Calci M. Bone®



Prior to starting the book, introduce all of The OrganWise Guys characters. [Click here to view/download the Meet The OrganWise Guys page.](#) You can project it onto the screen or print a copy for each student. If you have an OrganWise doll and/or beanies, you can incorporate the beanies into the introductions. You can call on students to read and introduce each character.



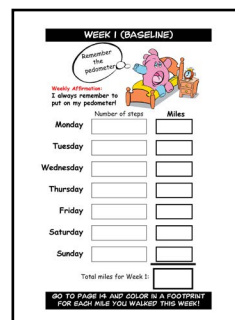
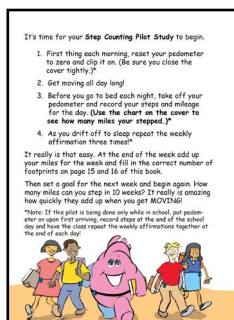
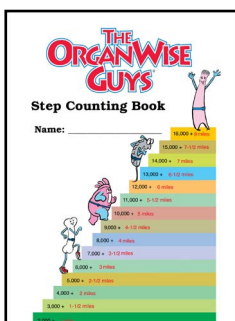
Read **Balancing the Energy Equation pages 1-17**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.



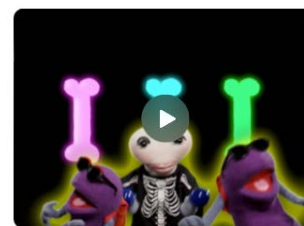
As you read page 11, hand out the step counting devices you will be using for this "Pilot Study." Have students count 100 steps to learn how the device works and how to reset it. Then, starting on pages 13-17, have the students use the chart on the cover of the book to learn how to transfer the steps into number of miles. Instruct the students to begin tracking steps each day for their baseline week.

Discuss the following activity pages (If you have activity books, this chart is on the back cover and will help students determine the number of steps each day.)



NOTE: It is important to have the classroom teacher on board to remind students each morning to record their steps from the previous day and to reset their device.

Watch this short companion video found below the activity sheets in this lesson. Have the students dance or march in place while the video is playing. (Note: Prior to viewing the video, have the students look at their step count and then again following the video to see how many steps they accumulated.)



KEEP YOUR BONES MOVING.MP4

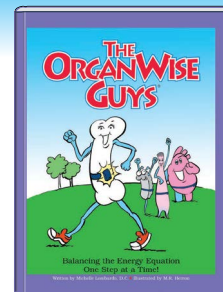


Balancing the Energy Equation - 10 Week Step Counting Lesson Plan

Lesson 1 (Week 1 - Ideally done on a Monday)

digital.organwiseguys.com/book/balancing-the-energy-equation

(Use this link to access all content.)



Below are details for **Lesson 1** of the 10 Week Balancing the Energy Equation - One Step at a Time content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Healthy weight, sedentary lifestyle, chronic disease, obesity, healthy foods, physical activity, step-counter use

Storybook - Lesson Objectives/Key Concepts:

- To introduce the children to The OrganWise Guys characters/names
- To discuss the words overweight, sedentary, chronic disease and obesity
- To discuss the concept of balancing food and physical activity for optimal health
- To show a visual representation of the unbalanced energy equation
- To challenge children to list reasons that cause a sedentary lifestyle
- To discuss the environmental barriers to getting physical activity
- To introduce the concept/function of a pedometer to track steps
- To demonstrate how to use a pedometer
- To teach children the number of steps per mile
- To show how to calculate number of miles per day

Activity Sheets - Lesson Objectives/Key Concepts:

- To show the number of steps per mile in a representative image
- To provide clear directions on how to use their step counting device
- To help children set step goals each week

Short Videos - Lesson Objectives/Key Concepts:

- To show how physical activity is good for your bones

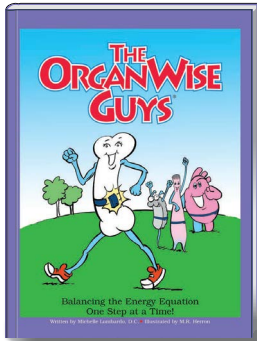
Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- Balancing the Energy Equation Step Counting activity book (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



Balancing the Energy Equation - 10 Week Step Counting Lesson Plan

Lesson 2 (Week 2)



Reintroduce each of the characters from Lesson 1 and do a short recap of the story thus far. Pick back up starting on page 10. If you have the beanies, hold up each one and have the kids call out their name. Turn off the sound button and quickly flip through the pages from previous lesson giving a short narrative as a recap thus far. Turn the sound button back on to continue the story for today's lesson.

Read **Balancing the Energy Equation pages 16 - 31**

Note: You may want to turn off the automatic "turn the page" button to provide an opportunity to have a short group discussion after each page is read.



These pages can be used during or after the story is read. (Remind teachers to have students record the previous day's step count and reset device each morning.)

WEEK 1 (BASELINE)

Weekly goal: _____ miles this week!

Weekly affirmation: I always remember to put on my pedometer!

Day	Number of steps	Miles
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Total miles for Week 1: _____

GO TO PAGE 16 AND COLOR IN A FOOTPRINT FOR EACH MILE YOU WALKED THIS WEEK!

Week 1 (baseline)

Review and add total miles for baseline week.

Track your total miles over the 10-week goal. At the end of each week, total up your miles for that week and color in a footprint for each mile you walked that week.

1 Footprint = 1 Mile

How fun! Take a jog! Take a walk!

Footprint Tracking Tool

Fill in at the end of each week to view student progress.

WEEK 2 - HERE WE GO!

Weekly goal: _____ miles this week!

Weekly affirmation: I am a healthy, step counting machine!

Day	Number of steps	Miles
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

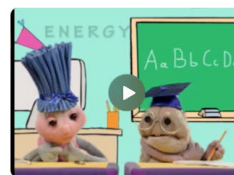
Total miles for Week 2: _____

GO TO PAGE 16 AND COLOR IN A FOOTPRINT FOR EACH MILE YOU WALKED THIS WEEK!

Week 2

Set weekly goal and track daily steps. Repeat the affirmation daily.

Watch these short companion videos found below the activity sheets in this lesson:



WISERCISE THE SMART WAY TO EXERCISE.MP4



TAME YOUR TV.MP4

Now it's time for WISERCISE to get in some steps!

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the specific daily march or a fun movement song). Then choose **Spelling** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos

SPELLING LIST

ballet
baseball
basketball
bike

Spelling - Choose the appropriate grade level spelling list and the Wheel-o-Health will start automatically. Or you can copy and paste the following list into the Spelling List template: **ballet baseball basketball bike dance golf hike jog jump karate move play run skate soccer walk**

Then spin the wheel and have the class recite each word aloud as it appears and then get moving while spelling it!

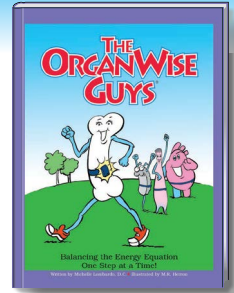
SPIN THE WHEEL-O-HEALTH!



Balancing the Energy Equation - 10 Week Step Counting Lesson Plan

Lesson 2 (Week 2 - Ideally done on a Monday)

digital.organwiseguys.com/book/balancing-the-energy-equation



Below are details for **Lesson 2** of the 10 Week Balancing the Energy Equation - One Step at a Time content. This session is designed for a 30-60-minute session depending on how much time you have. Feel free to modify as needed.

Nutrition/Health Topics Covered:

Physical activity, step counting use, being a healthy role model

Storybook - Lesson Objectives/Key Concepts:

- To show how to calculate number of miles per day
- To encourage children to get in the habit of setting step goals
- To highlight all the creative ways to get in more steps each day
- To show how fun it can be to get moving
- To encourage children to be healthy role models for others

Activity Sheets - Lesson Objectives/Key Concepts:

- To help children track their miles and goals each week
- To show children how to monitor their progress each week

Short Videos - Lesson Objectives/Key Concepts:

- To demonstrate how physical activity can get the brain moving too
- To show children how to take control of their screen/TV time

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice grade-level-specific spelling words while doing a fun exercise

Materials Needed/Suggested:

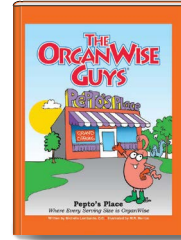
- Access to digital platform
- Print out activity sheets, if you don't have activity books
- Balancing the Energy Equation Step Counting activity book (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)



Balancing the Energy Equation - 10 Week Step Counting Lesson Plan Quick Monday Morning Sessions (Weeks 3-10) Page 1



For the next eight weeks, the students should wear their step counting devices. The first thing each morning, they should record their steps from the previous day, then reset their device. (This should take a couple minutes).



NOTE: Educators can add the companion Pepto's Place book/lesson which focuses on balancing the energy equation as it pertains to food choices during these weeks. Click link below for content:

digital.organwiseguys.com/book/pepto-s-place

Reminder for each week . . .

- Each **Monday** morning, the students should add up the miles from the previous week and color in the correct number of "footprints." (1 footprint = 1 mile)
- Students will need to set and record a personal goal for the new week.
- Recite the weekly affirmation as a group and remind them to repeat it each day throughout the week.

Footprint Tracking Tool

Color the correct number of footprints at the end of each week to assess student progress.

Use the following activity pages over the next 8 weeks as the students complete their 10-week Pilot Study. Use the additional sheets for motivation and fun along the way!

WEEK 3 - KEEP ON MOVING!

Weekly goal: _____ miles this week!

Weekly affirmation: I do whatever it takes to reach my goals!

	Number of steps	Miles
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Total miles for Week 3: _____

Check box if you met your goal:

GO TO PAGE 14 AND COLOR IN A FOOTPRINT FOR EACH MILE YOU WALKED THIS WEEK!

Week 3

There are lots of ways to get moving!

Find the activities from the word search list in the puzzle below.

Activities: BASKET, BALLET, BASEBALL, BASKETBALL, BISE, DANCE, FOOTBALL, GOLF, HIDE, JUMP, KARATE, MOVIE, PLAY, RACE, SKATE, SOCCER, SWIM, WALK, YOGA

E E F F A S K I P F
K G B M C D A B Z O
I C I B W S G A K O
H W S C K L O L L T
S T P U R V L L A B
K U M E D E F E W A
A P U B A T A T B L
T I J H D A H L K L
E A G N U R L I J I
V J U Q P A A J K J
B I K E B K N M O L
W M E D A N C E G
F Z S V O G O H T K
V A U O N P L A Y R
B T Y M S M B P O L
Q S O C C E R O G V
L L A B T E K S A B
R S P A O T R W U C

WEEK 4 - CHALLENGE YOURSELF!

Weekly goal: _____ miles this week!

Weekly affirmation: I feel good when I challenge myself!

	Number of steps	Miles
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Total miles for Week 4: _____

Check box if you met your goal:

GO TO PAGE 14 AND COLOR IN A FOOTPRINT FOR EACH MILE YOU WALKED THIS WEEK!

Week 4

WEEK 5 - YOU'RE DOING GREAT!

Weekly goal: _____ miles this week!

Weekly affirmation: I am good at balancing my eating with my physical activity!

	Number of steps	Miles
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Total miles for Week 5: _____

Check box if you met your goal:

GO TO PAGE 14 AND COLOR IN A FOOTPRINT FOR EACH MILE YOU WALKED THIS WEEK!

Week 5

Continued on next page . . .

Balancing the Energy Equation - 10 Week Step Counting Lesson Plan Quick Monday Morning Sessions (Weeks 3-10) Page 2

WEEK 6 - LIFE IS GOOD!

Weekly goal: _____ miles this week!

Weekly Affirmation: Every day in every way I am getting better and better!

	Number of steps	Miles
Monday	<input type="text"/>	<input type="text"/>
Tuesday	<input type="text"/>	<input type="text"/>
Wednesday	<input type="text"/>	<input type="text"/>
Thursday	<input type="text"/>	<input type="text"/>
Friday	<input type="text"/>	<input type="text"/>
Saturday	<input type="text"/>	<input type="text"/>
Sunday	<input type="text"/>	<input type="text"/>

Total miles for Week 6:
 Check how it went over goal!

GO TO PAGE 14 AND COLOR IN A FOOTPRINT FOR EACH MILE YOU WALKED THIS WEEK!

Week 6

play cat

The Organwise Guys love playing word games. Using the letters in "physical activity," make as many words as you can.

physical activity

WEEK 7 - VERY IMPRESSIVE!

Weekly goal: _____ miles this week!

Weekly Affirmation: I know hard work pays off and I am proud of what I've accomplished!

	Number of steps	Miles
Monday	<input type="text"/>	<input type="text"/>
Tuesday	<input type="text"/>	<input type="text"/>
Wednesday	<input type="text"/>	<input type="text"/>
Thursday	<input type="text"/>	<input type="text"/>
Friday	<input type="text"/>	<input type="text"/>
Saturday	<input type="text"/>	<input type="text"/>
Sunday	<input type="text"/>	<input type="text"/>

Total miles for Week 7:
 Check how it went over goal!

GO TO PAGE 14 AND COLOR IN A FOOTPRINT FOR EACH MILE YOU WALKED THIS WEEK!

Week 7

WEEK 8 - NOW YOU'RE ROLLIN'!

Weekly goal: _____ miles this week!

Weekly Affirmation: I love the way exercise makes me feel!

	Number of steps	Miles
Monday	<input type="text"/>	<input type="text"/>
Tuesday	<input type="text"/>	<input type="text"/>
Wednesday	<input type="text"/>	<input type="text"/>
Thursday	<input type="text"/>	<input type="text"/>
Friday	<input type="text"/>	<input type="text"/>
Saturday	<input type="text"/>	<input type="text"/>
Sunday	<input type="text"/>	<input type="text"/>

Total miles for Week 8:
 Check how it went over goal!

GO TO PAGE 14 AND COLOR IN A FOOTPRINT FOR EACH MILE YOU WALKED THIS WEEK!

Week 8

WEEK 9 - YOU ARE AWESOME!

Weekly goal: _____ miles this week!

Weekly Affirmation: I am my own best cheerleader when it comes to being a success!

	Number of steps	Miles
Monday	<input type="text"/>	<input type="text"/>
Tuesday	<input type="text"/>	<input type="text"/>
Wednesday	<input type="text"/>	<input type="text"/>
Thursday	<input type="text"/>	<input type="text"/>
Friday	<input type="text"/>	<input type="text"/>
Saturday	<input type="text"/>	<input type="text"/>
Sunday	<input type="text"/>	<input type="text"/>

Total miles for Week 9:
 Check how it went over goal!

GO TO PAGE 14 AND COLOR IN A FOOTPRINT FOR EACH MILE YOU WALKED THIS WEEK!

Week 9

WEEK 10 - GREAT JOB!

Weekly goal: _____ miles this week!

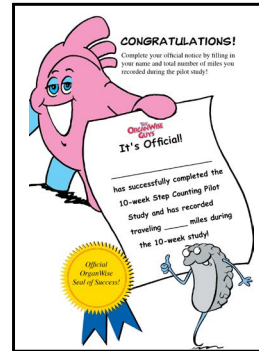
Weekly Affirmation: I am a complete and total SUCCESS and it feels great!

	Number of steps	Miles
Monday	<input type="text"/>	<input type="text"/>
Tuesday	<input type="text"/>	<input type="text"/>
Wednesday	<input type="text"/>	<input type="text"/>
Thursday	<input type="text"/>	<input type="text"/>
Friday	<input type="text"/>	<input type="text"/>
Saturday	<input type="text"/>	<input type="text"/>
Sunday	<input type="text"/>	<input type="text"/>

Total miles for Week 10:
 Check how it went over goal!

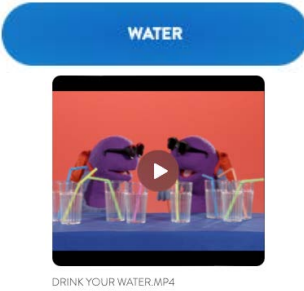
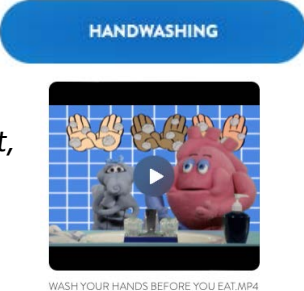
GO TO PAGE 14 AND COLOR IN A FOOTPRINT FOR EACH MILE YOU WALKED THIS WEEK!

Week 10



SHORTS! BY TOPIC
80 1-minute videos - great for transition time

To add in a wide variety of health and well-being content, use the SHORTS! BY TOPIC level. Choose a topic and video to watch while the students march in place to get more steps. (See samples here.)



If time allows, add WISERCISE to get in more steps!

WISERCISE
Math/spelling desk-side physical activity

To start, choose a **Warm-up Video** (either the specific daily march or a fun movement song). Then choose **Spelling** for this session's physical activity. digital.organwiseguys.com/wisercise/warm-up-videos

SPELLING LIST

- ballet
- baseball
- basketball
- bike

Spelling - Choose the appropriate grade level spelling list and the Wheel-o-Health will start automatically. Or you can copy and paste the following list into the Spelling List template: **ballet baseball basketball bike dance golf hike jog jump karate move play run skate soccer walk**

Then spin the wheel and have the class recite each word aloud as it appears and then get moving while spelling it!

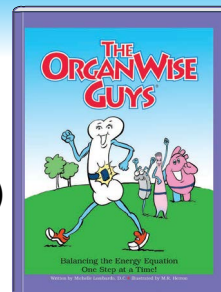




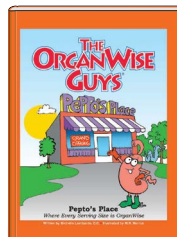
Balancing the Energy Equation - 10 Week Step Counting Lesson Plan

Lessons for Weeks 3 - 10 Ideally done on a Monday)

digital.organwiseguys.com/book/balancing-the-energy-equation



Below are details for **Lesson 3 -10** which consist of 5-10 minutes of recording previous week's step tracking total and filling in the Footprint Tracking Tool to assess progress. Lesson can also include watching one or two SHORTS! which contain a wide variety of health messages in 30-60 second videos as well as using WISERCISE! to add in academically linked desk-side physical activity.



NOTE: Educators can add the companion Pepto's Place book/ lesson which focuses on balancing the energy equation as it pertains to food choices during these weeks. Click link below for content:

digital.organwiseguys.com/book/pepto-s-place

Nutrition/Health Topics Covered:

Physical activity, step counter use

Activity Sheets - Lesson Objectives/Key Concepts:

- To help children track their miles and goals each week
- To show children how to monitor their progress each week
- To highlight all the fun physical activities that will help them reach their step goals

Short Videos - Lesson Objectives/Key Concepts:

- To encourage a healthy lifestyle, choose from a wide variety of short videos which include bone health, breakfast, character development, exercise, fruits and vegetables, handwashing, water and more!

WISERCISE – Lesson Objectives/Key Concepts:

- To incorporate physical activity into today's lesson
- To practice spelling the names of a list of fruits while doing a fun exercise

Materials Needed/Suggested:

- Access to digital platform
- Print out activity sheets, if you don't have activity books
- Balancing the Energy Equation Step Counting activity book (optional)
- OrganWise Gal/Guy doll and/or set of The OrganWise Guys beanies (optional)