



ReCharge!

Energizing After-School

Provided by:

Iowa State University Extension
and Outreach, Scott County
875 Tanglefoot Lane
Bettendorf, Iowa 52722
563-359-7577
www.extension.iastate.edu/scott

Information	Program Description
3rd-6th Grade	<p>Brought to you by Action for Healthy Kids and the National Football League, ReCharge! is designed to help students learn about and practice good nutrition and physical activity habits through fun, interactive teambuilding activities. The activities focus on four core concepts:</p> <ul style="list-style-type: none">• “Energy In” (Nutrition)• “Energy Out (Physical Activity)• Teamwork
Curriculum Format	<p>Each lesson can be presented in 45-60 minutes.</p> <p>Teaching Guide with complete instructions is provided.</p> <p>Teaching Kit with materials needed to present lessons is provided. User may need to provide standard classroom supplies (pencils, scissors, glue). If a lesson requires perishable items (e.g. milk), user</p>

Lesson	Overview
One: A Balanced Team	Through an emphasis on teamwork the students learn that improving nutrition and increasing their activity level creates a “winning team” that keeps them healthy.
Two: Nutrition Plays	Students learn how nutrition and physical activity work together to keep us healthy. These lessons teach how to make healthy food choices through activities that incorporate skill-building and physical exercise.
Three: The Ultimate Goal	Students review and apply the concepts they have learned about physical exercise and healthy eating through games and preparation of healthy snacks.

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