

Move More

April Newsletter

2026-2027 | 3-5

Name: _____

Grade: _____ Teacher: _____



1 HOUR OF PHYSICAL ACTIVITY

The Big Why:

Your body loves to move! Whether you're climbing, skipping, stretching, or dancing, being active helps you grow strong and feel great. Moving your body wakes up your brain, gives you energy, and even helps you feel less worried or grumpy. It's not about being the fastest or the best—it's about having fun and staying healthy. So go ahead—jump, wiggle, play, and move your way to a happy, healthy day!

Why did the golfer bring two pairs of pants?

In case they
got a hole in
one!



Take the Challenge

Directions: Use the activities and times below to create your own 60-minute movement plans. Choose activities and add their minutes together.

- **Walking** - 10 min.
- **Basketball** - 20 min.
- **Bike riding** - 15 min.
- **Dancing** - 10 min.
- **Running** - 15 min.
- **Soccer** - 30 min.
- **Stretching** - 5 min.

Can you make **60 minutes** using only **3** activities?

1. _____
2. _____
3. _____

Can you make **60 minutes** using **5** activities?

1. _____
2. _____
3. _____
4. _____
5. _____

Movement Energy Investigation:

Get ready to be a body scientist! Before you start, notice how your body feels. Then jog in place for 30 seconds. When you stop, notice what changed.

Before Activity:

Heart rate feels: _____
Breathing: ☐ Slow ☐ Normal ☐ Fast

After Exercise:

Heart rate feels: _____
Breathing: ☐ Slow ☐ Normal ☐ Fast

How did moving your body make you feel? Why is it important to move every day?

Get Moving!

Movement

Charades: Move like an animal; everyone copies and tries to guess what it is!

Example:

- ☐ **Hop** like a **bunny**
- ☐ **Fly** like a **bird**
- ☐ **Crawl** like a **bear**

Write what animal and move you chose!



For more information and activities visit:
www.FitnessForKidsChallenge.com



What Fuels you?

Draw a line to connect each healthy choice to how it helps your body run strong.



Dairy



Fruits & Veggies



Water



Moving your body



Practicing hygiene habits



Fuel for your body



Strong brain & heart



Be your best YOU



Strong bones



Hydration



Family Corner

Family Challenge:

Start a new daily movement habit together!

Choose one:

☐ Walk ☐ Dance ☐ Play outside ☐ Stretch

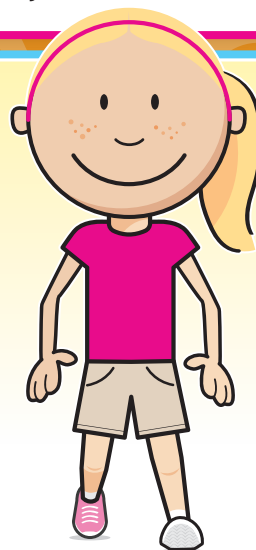
☐ Your idea: _____

Can your family move together for 5 days?

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri

Our favorite activity: _____

Dream big and share your family's answers with us for a chance to **WIN!** ADULTS: Scan the QR code monthly and take the quick survey.



Sign up for a **FREE** soccer program near you!

Visit us at BUFFALOSOCKERFORSUCCESS.COM for a list of dates and sites.



Ready! Set! Go!
Kids Run Buffalo is back at Delaware Park on Saturday, June 5th.

Sign up for this **FREE** family run today—visit KIDSRUNBUFFALO.COM for registration and for more information.



Practice can change your brain! When you practice a new skill—like riding a bike or catching a ball—your brain builds and strengthens connections that help you get better at it!

Fun Fact!



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