

The Big Game

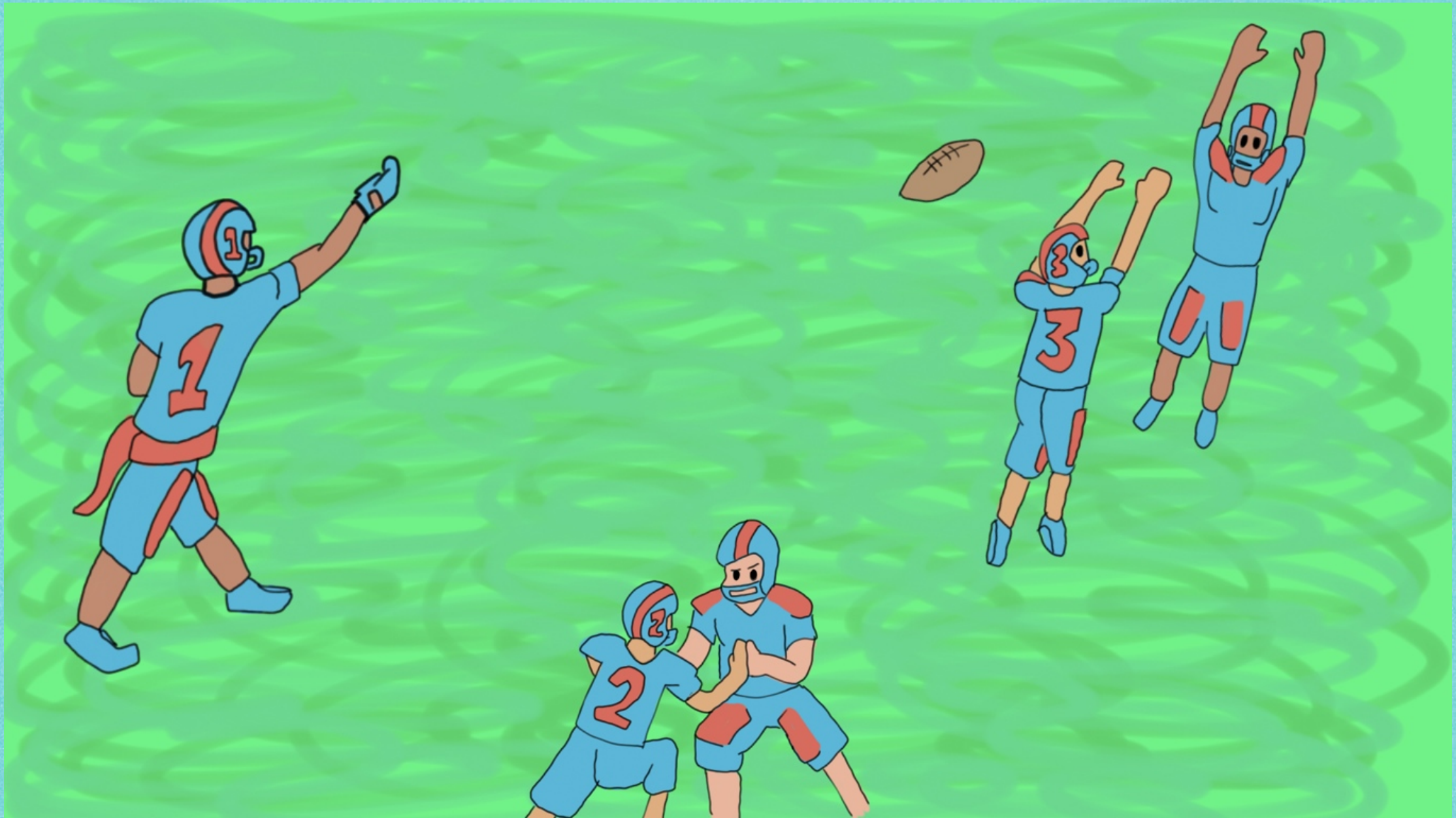
Written and Illustrated by
Christin Faustina

**Gr. 3-5 Exercise, Physical Activity, and
Play**

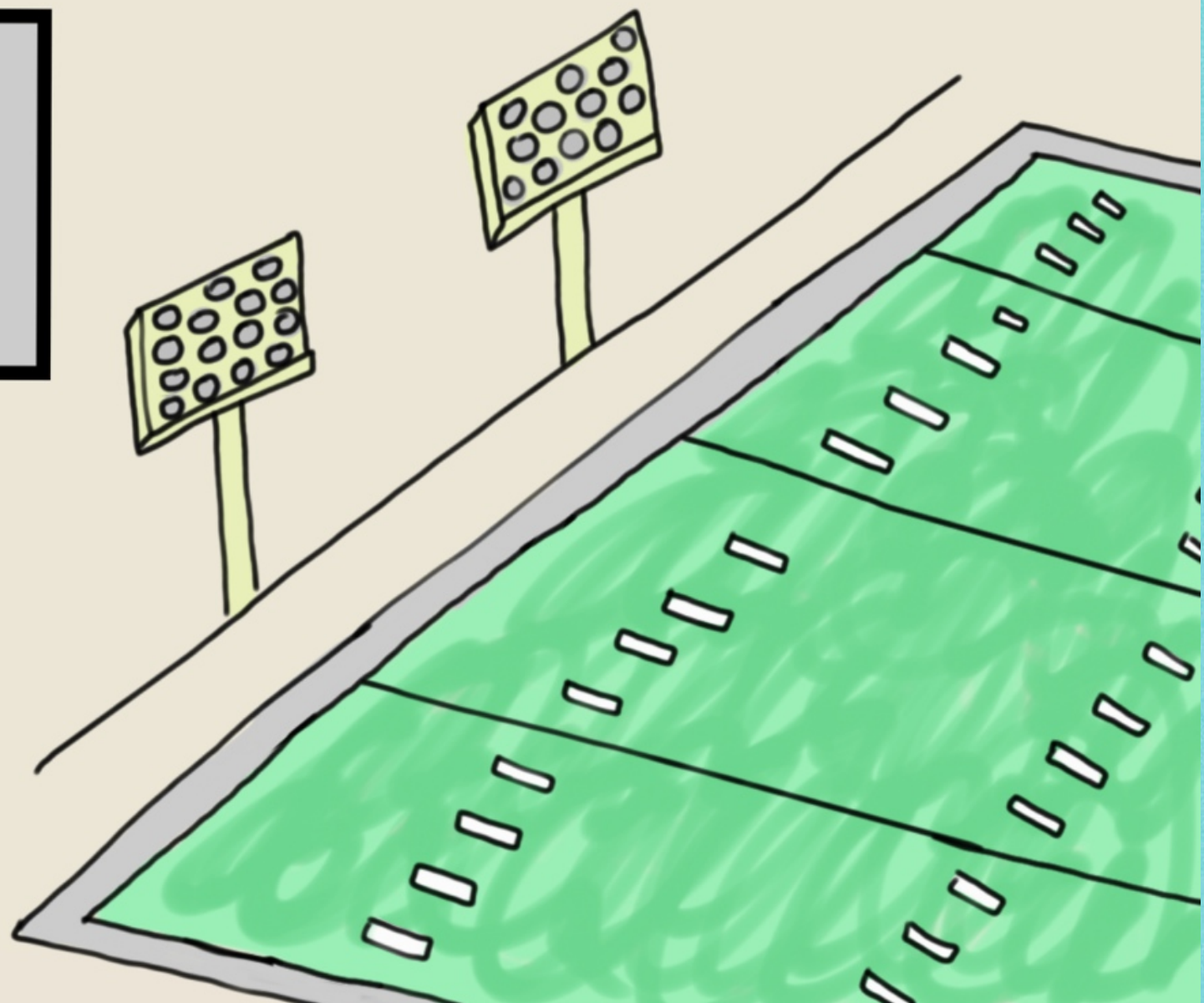
Mālama Honua Digital Storybook Series

Gloria Y. Niles, Ph.D. (Editor) University of Hawai'i West O'ahu

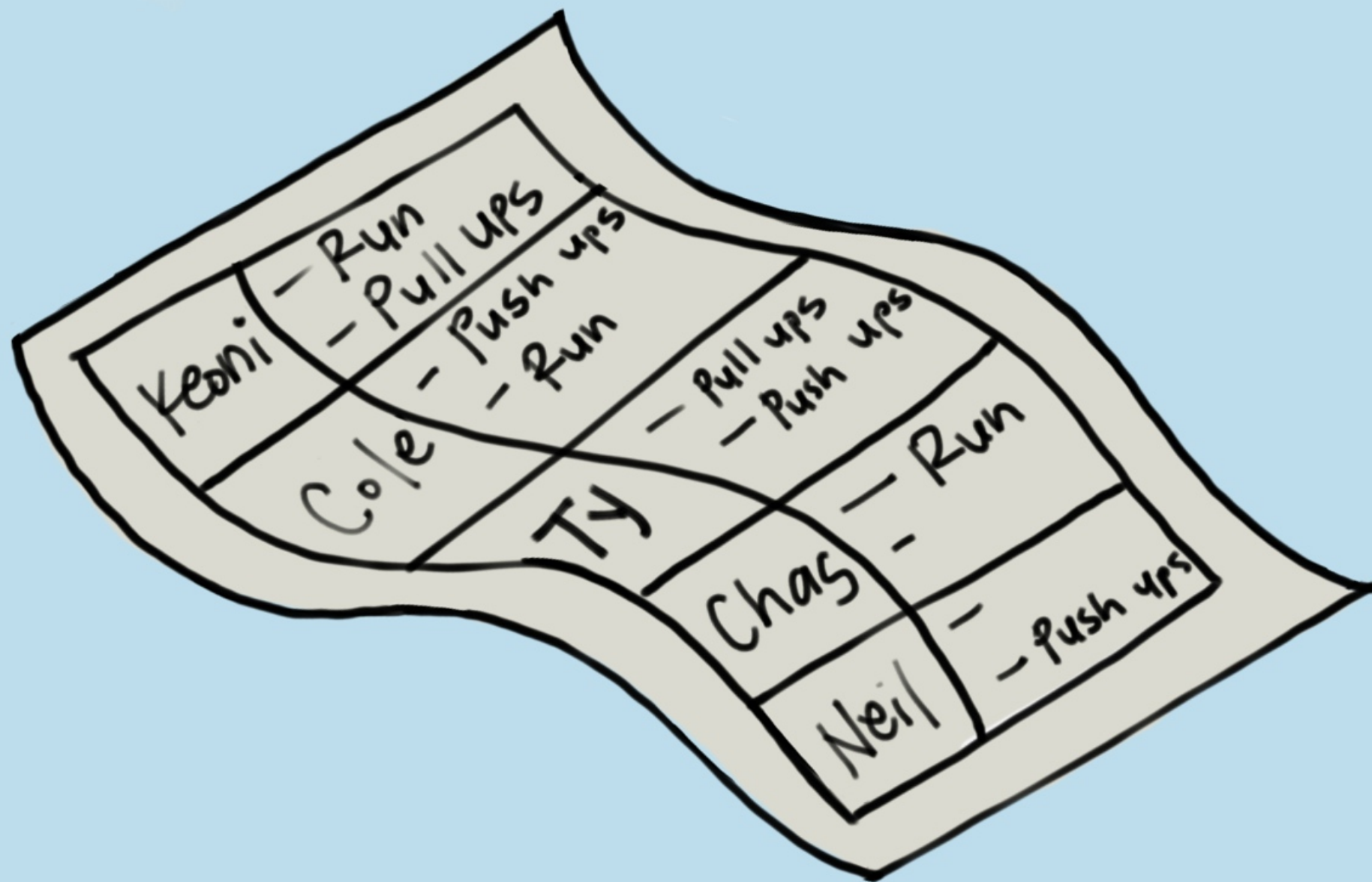
Keoni and his friends love football. They go to the park after school to play at least one hour a day.



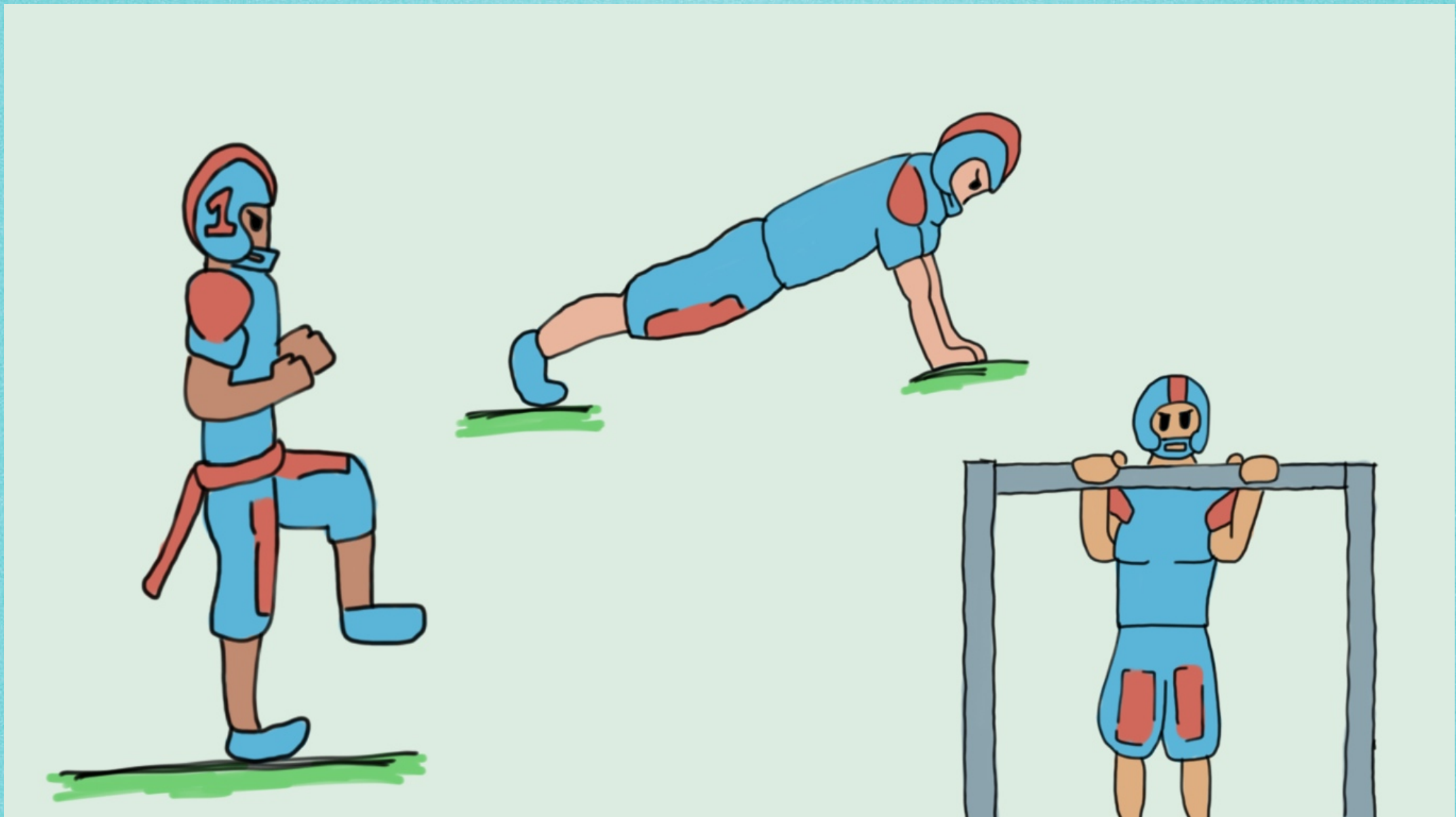
Keoni and his friends have a big game coming up against their rival school. They have never won a game against them. Keoni and his friends decide to meet at the park to practice after school for the big game.



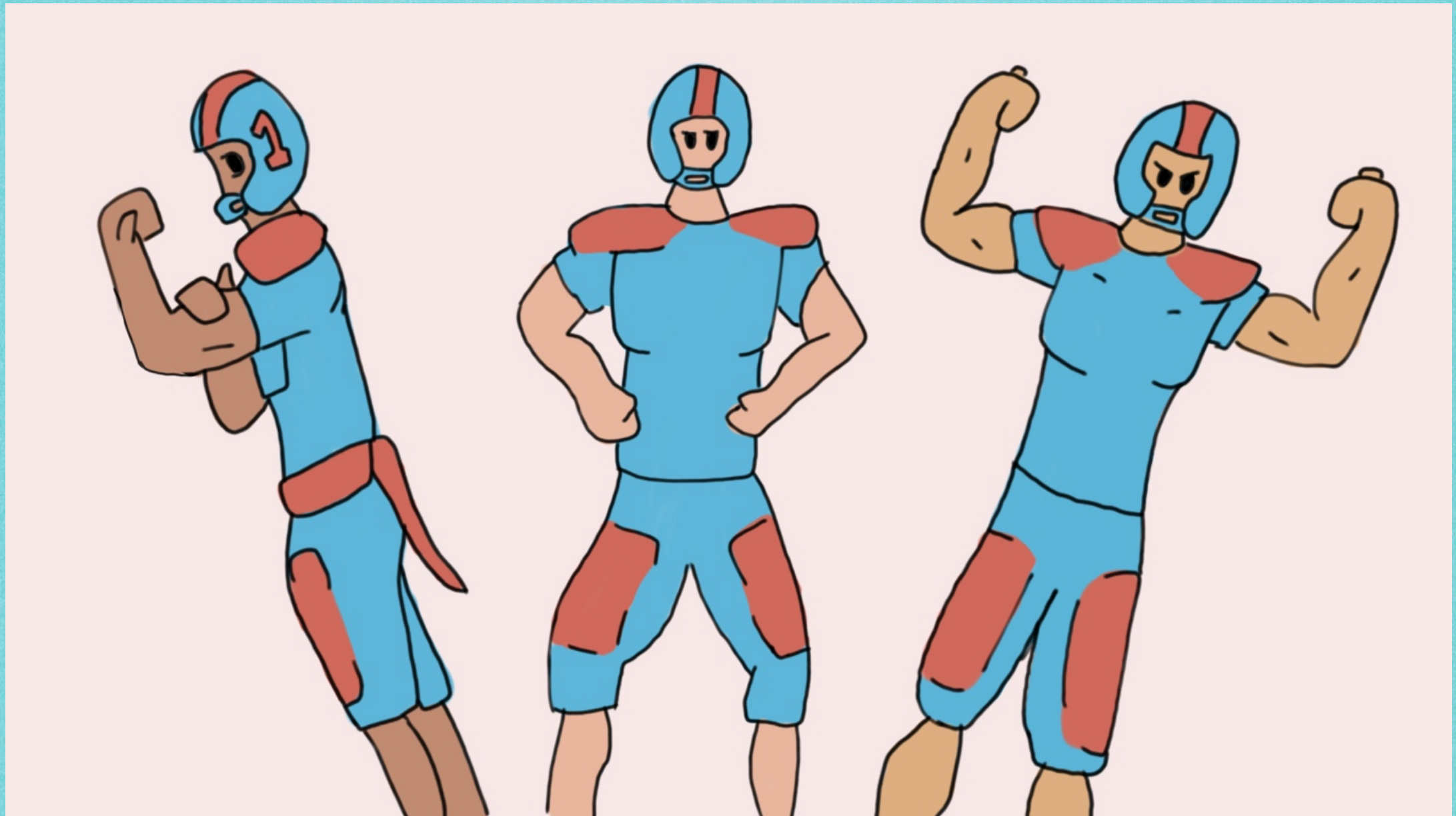
Keoni and his friends wanted to focus on their fitness, so they made daily fitness goals. Their goal was to be stronger and last longer.



To start practice, they ran for 15 minutes to build stamina. To strengthen their arms, they did push ups. To strengthen their backs they did pull ups.

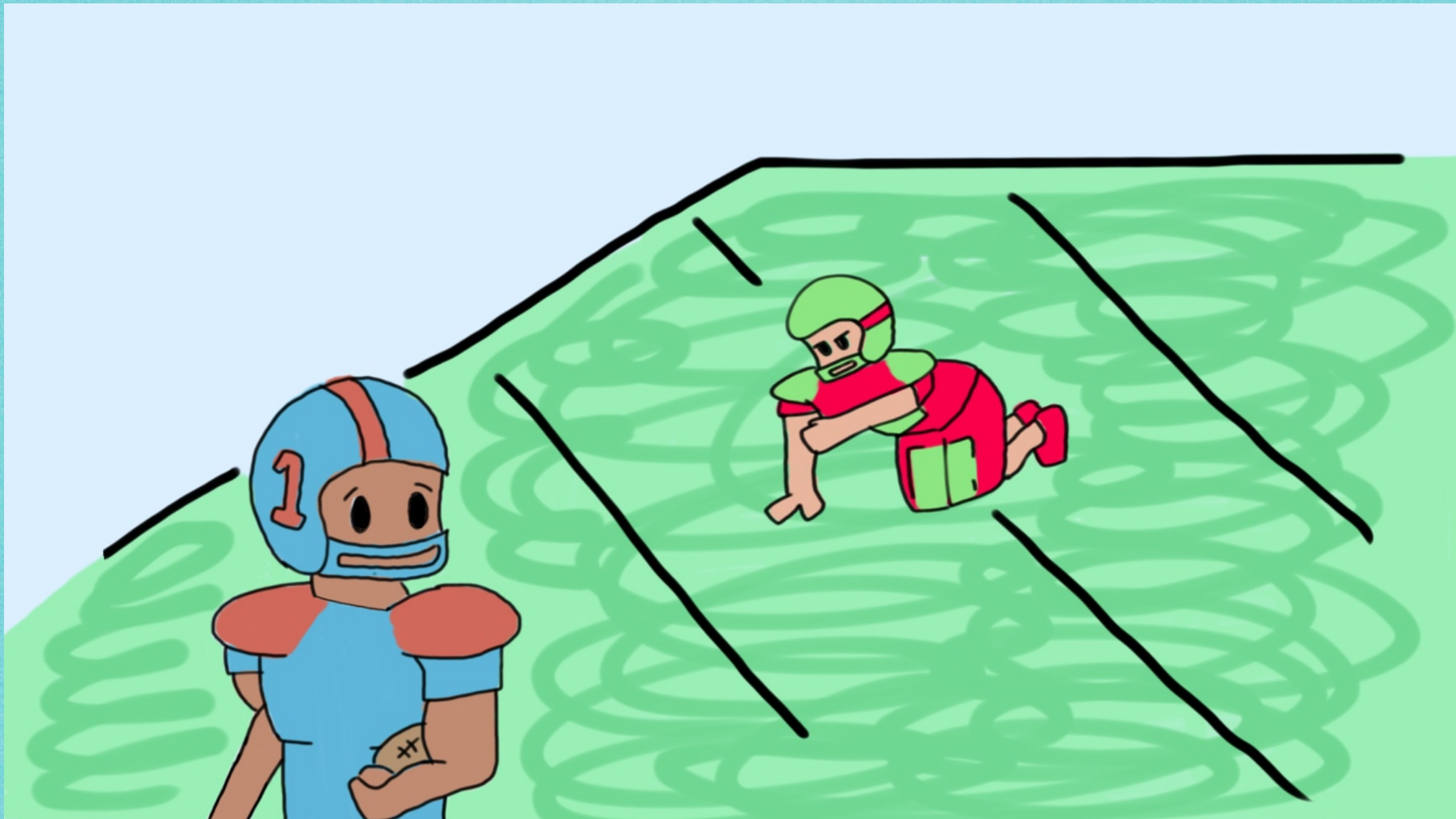


Keoni and his friends noticed that they were losing weight and getting in shape. They could practice longer and their exercises were becoming less difficult.



Keoni and his friends have been practicing for months. Finally, the big day came.

Keoni and his friends noticed that their rival team looked tired when getting onto the field. They looked like they did not practice or exercise.



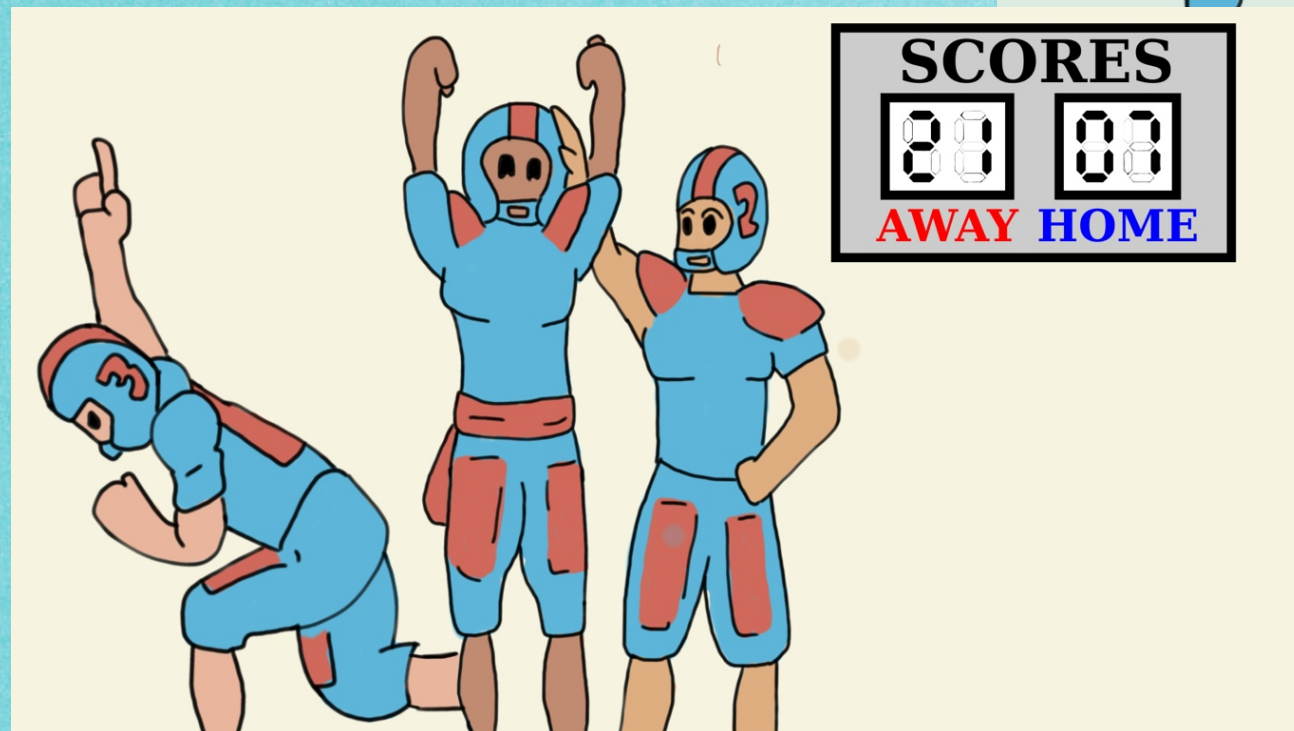
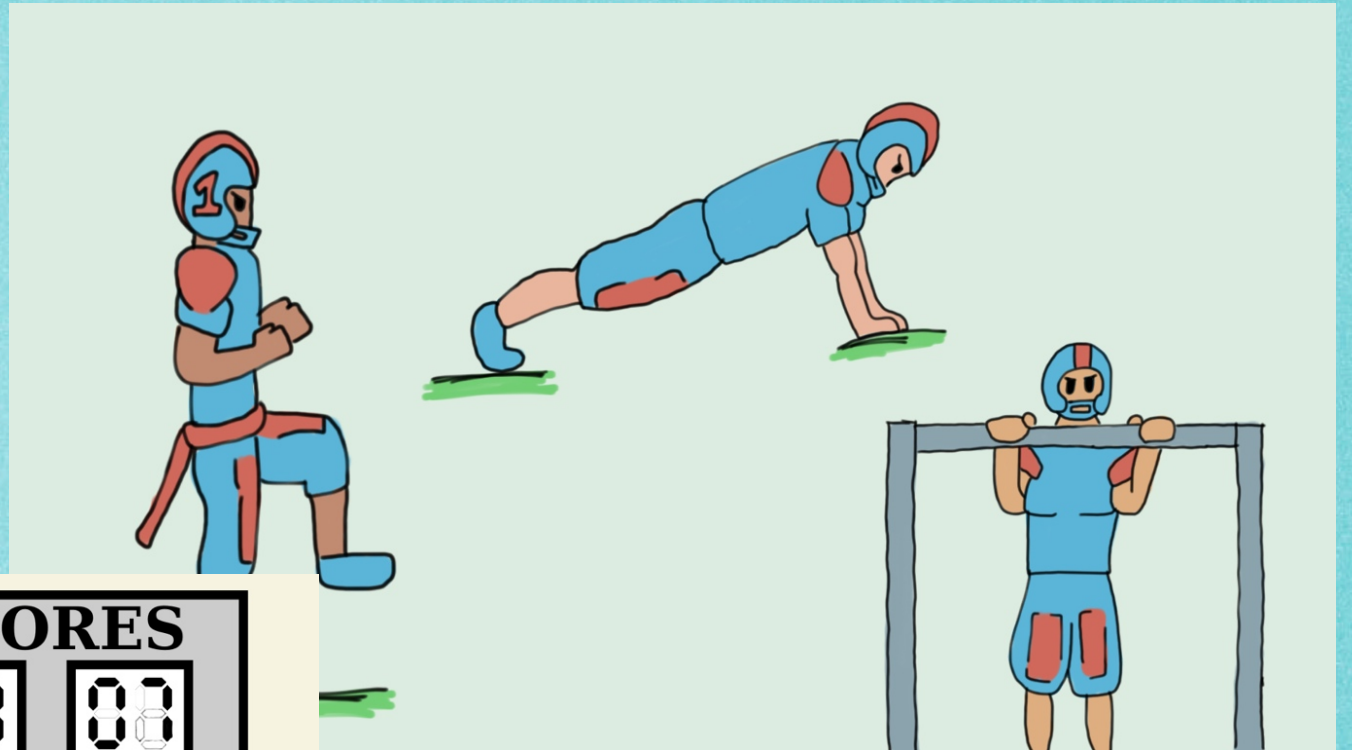
The game started, and Keoni and his friends were having fun. They did not even look at the scoreboard. The other team looked really tired. At the end of the game, the score was **21-7.**



Keoni and his friends won the game! They told the other team they had fun and it was a good game. The other team said “We could have won if we practiced and exercised.”



Keoni and his friends realized that setting a fitness goal and exercising can really help improve how you perform.



HCPS III: STANDARDS

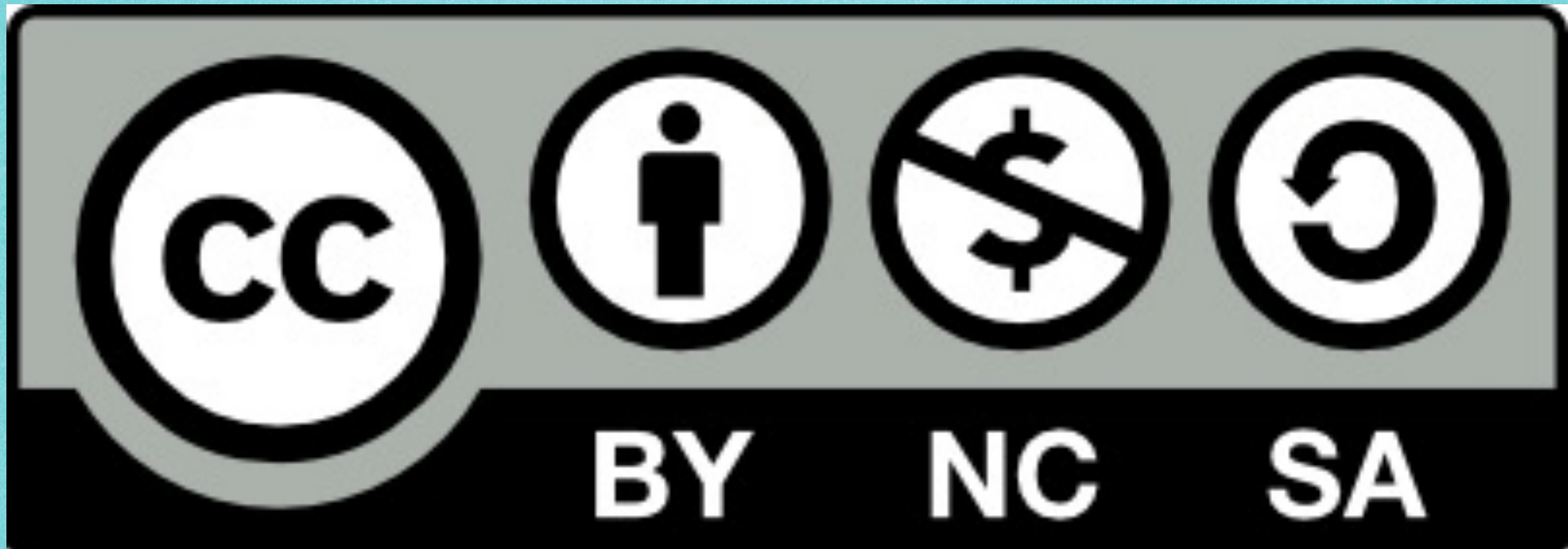
- ▶ Standard 1: Healthy Eating and Physical Activity
 - ▶ HE.3-5.1.2 Describe the importance of physical activity and exercise as part of a healthy lifestyle
- ▶ Standard 6: Decision-Making and Goal Setting
 - ▶ HE.3-5.6.3 Identify appropriate goal-setting strategies to set personal health goals

National Health Education Standards

- ▶ **Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.**
 - ▶ 1.5.1 Describe the relationship between healthy behaviors and personal health.
 - ▶ 1.5.2 Identify examples of emotional, intellectual, physical, and social health
 - ▶ 1.5.3 Describe ways in which safe and healthy school and community environments can promote personal health.
 - ▶ 1.5.4 Describe ways to prevent common childhood injuries and health problems.
 - ▶ 1.5.5 Describe when it is important to seek health care.

- ▶ **Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.**
 - ▶ 6.5.1 Set a personal health goal and track progress toward its achievement.
 - ▶ 6.5.2 Identify resources to assist in achieving a personal health goal.

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