



Class Title: Green Healthy Heros

Teacher Name: Brandi Williams

Class Day: Monday

Class Size: 14

Class Cost: \$40

Class Fee: \$96

Ages or color group served: Green

What level is this class: Level 0

Prerequisites: NA

Graduation Requirements: NA

Homework Requirements: NA

Class Description:

Healthy Heroes: Move, Play & Learn is a fun, 12-week outdoor class designed for kindergarteners to get active, explore movement, and learn about healthy habits. Each week, children participate in exciting games and fitness activities that build strength, coordination, and confidence. Through play-based lessons, they'll also learn why exercise and nutrition are important for growing bodies, brains, and hearts. Activities are hands-on, age-appropriate, and designed to encourage teamwork, imagination, and a love of staying healthy—all while having fun outdoors!

Week 1:

Welcome Healthy Heroes

Children start with warm-up stretches and tag games. We introduce why moving our bodies helps us grow strong, happy, and healthy.

Week 2:

Animal Adventure

Kids move like animals—hop like frogs, slither like snakes, waddle like penguins—learning how exercise strengthens muscles

Week 3:

Fruit & Veggie Relay

Fun relay races carrying fruit and veggie props. We talk about how different foods give us energy and help our bodies grow.

Week 4:

Obstacle Fun

Climbing, jumping, and balancing challenges help develop coordination and strength. Discussion focuses on how staying active keeps our hearts healthy.

Week 5:

Colorful Plates Game

Running to colored cones representing food groups, children learn the importance of eating a rainbow of fruits and vegetables

Week 6:

Nature Movement Hunt

A scavenger hunt combined with skipping, hopping, and running. Kids learn how exercise and healthy foods give them energy to play and explore.

Week 7:

Parachute Power

Group parachute games promote teamwork, coordination, and fun. We discuss why playing together and moving together is good for our bodies and minds.

Week 8:

Water & Fitness Fun

Safe, water-based movement games like sponge toss or water relays. Children learn the importance of hydration in staying healthy.

Week 9:

Ball Skills Adventure

Throwing, catching, and kicking games build coordination and practice skills. We discuss how healthy snacks give us energy for play

Week 10:

Fitness Circuit Challenge

Mini-stations of jumping jacks, hopping, and crawling reinforce the benefits of exercise and healthy eating.

Week 11:

Storybook Fitness

Kids act out a story while moving and exercising. We highlight how fitness and good nutrition help our brains and bodies grow strong.

Week 12:

Healthy Heroes Celebration

A fun recap of favorite games and activities. Children share what they've learned about being healthy and active. Optional participation certificates are given to celebrate their accomplishments.