

23. "The questions on this part are about physical activities that you did yesterday. Today is (say today's date) so yesterday was (say the name of yesterday). Let's circle (say the name of yesterday).

YESTERDAY'S ACTIVITIES

K. Which day was yesterday? (Circle)
 Sunday Monday Tuesday Wednesday Thursday Friday

• "Think about activities you did outside of school yesterday."

24. "Outside of school means before school in the morning or anytime after school. Physical activities that you did during school time such as P.E., lunch, or recess will not count."

• "Check (✓) each activity you did for 15 minutes or more at one time."

25. Draw a checkmark on the board. "Let's think about how long 15 minutes is. How long is your recess? Is that shorter or longer than 15 minutes? Is the Cosby show longer or shorter than 15 minutes? Think about activities that you do for 15 minutes or more. Great, you've got the idea. Now I will read aloud the list of activities. Place a check by each activity you did outside of school yesterday for 15 minutes or more at one time.

26. "It is OK if you did not do any activity yesterday."

27. Read the list of activities aloud.

OUT OF SCHOOL, 15 MINUTES OR MORE

L. ACTIVITY	DID ACTIVITY YESTERDAY
1. WALKING	
2. _____	
3. _____	
4. VOLLEYBALL	
5. HORSEBACK RIDING	

"Remember you had to have done the activity yesterday, outside of school for 15 minutes or more."

6. DANCING	
7. HIKING/CLIMBING	
8. TENNIS/SMASHBALL	
9. BASEBALL/SOFTBALL	
10. BASKETBALL	
11. FOOTBALL	
12. FRISBEE/KICKBALL	

13. JUMPING ROPE	
14. RUNNING/JOGGING	
15. SOCCER	
16. SKATEBOARDING/SKATING	
17. SWIMMING LAPS	
18. BICYCLING	
19. BOOGIE BOARDING/SURFING	
20. AEROBIC DANCE	
21. OTHER _____	

29. "Now on the same page, look at the activities you checked..."

30. "If you did an activity so HARD that it made you get tired or breathe hard or sweat, mark an H beside the check." (✓ H) Draw an H beside the checkmark that you drew on the board earlier) Read the list of activities again. Say this halfway through, "Remember, if the activity you did yesterday made you get tired, or breathe hard, or sweat, write an H."

31. "Please turn to Page 6. Thank you."