

Fairfax County School Health Promotion January & February Morning Announcements



One Hour of Play Every Day

Announcements (Elementary)

Two-Way Student/Teacher Dialogue

START

Teacher: Today in PE class we're going to learn how to play basketball.

Student: Oh man, I don't like basketball. Running makes me feel tired.

Teacher: Running can get easier the more you exercise. What kind of activities do you like to do?

Student: When I get home from school, I like to walk my dog and play tag with my friends.

Teacher: Those are great ways to be active. You'll feel better and have more energy when you are physically active for at least 60 minutes every day.

Student: I'll exercise more every day so I can be ready to run. I want to try that fast break you taught us next time we play.

END

