

ACTIVE Like Me! Is ACTIVE Life's elementary physical activity-based after school program. ACTIVE Like Me! (ALM) utilizes theme-based activities to create a fun, physically active environment for participants. These activities include tag games, individual challenges, group/cooperative games, obstacle courses, and relay races. ACTIVE Like Me! class activities align directly with a significant percentage of the Physical Education and Health TEKS (Texas Essential Knowledge and Skills) for grades K-5. The curriculum matches up with the National Standards and Best Practices for Physical Education as well.

ACTIVE Like Me! Themes

- Super Heroes
- Alternative Sports
- Adventure Challenges
- Time Jump
- Ocean Adventure
- Outta This World
- Olympics
- Safari Stomp
- Fantasy World
- Monsters
- Team Sports
- Wild Card
- Name the Game
- Planet Power

A key component of the ALM program is the presentation of fitness, nutrition, and respect topics. These topics are presented in a unique, interactive manner. A character named B is used to accomplish this. B has no gender, race, or age so that all the students can put themselves in B's shoes. Each day the instructor presents the class with a "Story of B", which includes a scenario that challenges the students to determine the ACTIVE course of action for B or give their reactions to B's choices. The instructor asks questions that inspire introspection and facilitate the discussion. Immediately after the Story of B there is a physical activity that directly reinforces the topic of discussion.

The topic for the day is further reinforced via ACTIVE Missions. ACTIVE Missions are verbally given to the students at the end of each class as take-home challenges related to the topic of discussion that day. To encourage family awareness of the ACTIVE Missions, the participants are also given wristbands that include the ACTIVE Mission on them.

Fitness/Nutrition/Respect Topics

- Reasons for Eating
- Nutrients
- Warm Ups/ Cool Downs
- Respecting/ Accepting Others
- Protective Gear
- Importance of Water
- Food Groups
- Sportsmanship
- Sun Protection
- Food Labels
- Serving Sizes
- Small, Frequent Meals
- Cardiovascular Exercise
- Strength Exercise
- Flexibility Exercise
- Carbohydrates
- Protein
- Fat
- Sleep
- Exercise Recommendations
- Breakfast
- Stress
- Sodium
- Candy/ Sweets
- Soda
- Smoking
- Setting Exercise Goals
- Respecting Property
- Heat Safety
- Creative Fitness