



How to play:

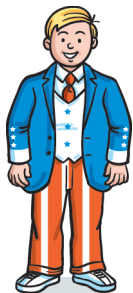
- Students march in place as teacher asks questions related to the government.
- Students raise their hand to answer. The class has three attempts to answer correctly.
- If an answer is correct and it has a number involved in the answer, the students do that number of jumping jacks to reinforce the answer.
- If after three tries a correct answer is not given, the teacher gives the correct answer and the students run in place as fast as possible for 10 seconds (that gets blood flowing to the active citizen's brain).
- The goal is to answer as many questions correctly as possible during the TAKE 10!
- Class continues until 10 minutes of physical activity have been completed.

Beginner:

- Teacher should start out asking questions about only one of the branches.
- If the students end up doing a sprint in place, the teacher should repeat that question later to make sure students remember the correct answer.

Intermediate/Advanced:

- After students have learned each branch individually, questions can be varied and made more difficult.
- Add current event questions or other topics being studied in class.
- Variation: Teacher can list the three branches of government on the black board with a corresponding physical activity. (Example: House of Representatives-lunges, Executive Branch-jumping jacks, Judicial Branch-arm circles.) Teacher then states a fact, the students decide which branch the fact belongs to, then do corresponding physical activity.



How Health Smart Are You?

1. Which city is your state's capitol?
2. What year did the United States of America gain its independence?
3. Where is our country's capital?

Answers:
1. Varies depending on state
2. 1776
3. Washington, D.C.

Active Citizen

The Facts:

There are 3 branches of government.

1. Legislative Branch:

House of Representatives

- Must be 25 years old
- U.S. Citizen for 7 years
- Live in the district that you represent
- 2 year term

Leadership in the house includes:

- Speaker
- Majority Leader
- Majority Whip
- Minority Leader
- Minority Whip



Senate (Upper house)

- Must be at least 30 years old
- U.S. Citizen for 9 years
- Must live in the state you represent
- Each state has 2 senators (50 states)
- 100 total senators
- 6 year term
- Vice President presides over the senate

2. Executive Branch (President):

- At least 35 years old
- Native born U.S. citizen
- U.S. resident for 14 years
- Restricted to 2 terms (8 years) in office by the 22nd amendment

3. Judicial Branch (Supreme Court):

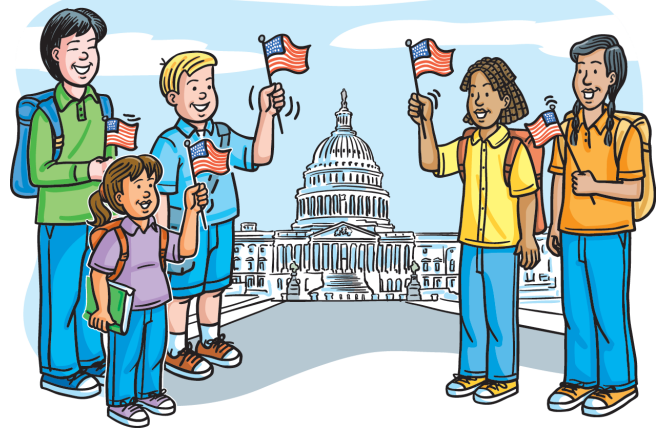
- Interprets the laws
- Highest court in the U.S.
- Justices serve unlimited terms (barring bad behavior)
- Longest term served; 36 years by William O. Douglas
- Appointed by President
- U.S. has 9 supreme court justices, but can have from 5-10

Bush 43rd President

Clinton 42nd President

Lincoln 16th President

Washington 1st President



Three strikes and you're out!

Teacher: Asks questions about the facts.

While citizens (students) are marching.

Students: Raise hand with answer. The class has three tries to answer correctly.

- If answer is correct and it has a number involved in the answer, the students do that number of jumping jacks to reinforce the answer.

- If after three tries a correct answer is not given, the teacher gives them the correct answer and the students run in place for as fast as possible for 10 seconds.

Samples:

How many years can the President of the U.S. serve in office? (When students answer this question, they then do 8 jumping jacks.)

Anyone running for President of the U.S. must be born in which country?

How old does a person need to be to run for the office of President? (When students answer this question, they then do 35 jumping jacks.)