



Healthy Habit: ENDURANCE

ENDURANCE – the act, quality or power of withstanding hardship or stress; the state or fact of persevering

LEARNING OBJECTIVES

Students will understand that the harder they work and practice, the easier it will be to exercise and remain healthy.

MATERIALS

- Stopwatch
- Operation Smile Final Mile Mileage Tracker

FITNESS EXPERIENCE

INTRODUCTION

Ask students how they feel when starting something new. Then inquire how they feel once they have done that same thing for a while. Have volunteers provide examples.

ACTIVITY

1. Help students understand that Operation Smile patients, like Wendy, require a lot of endurance in order to have a chance at a new life. For example, Wendy overcame a lot before even reaching Operation Smile volunteers. On their way to the medical mission site in Honduras, Wendy and her parents walked two hours before reaching a taxi. After getting in the taxi, Wendy and her parents rode for an hour before getting on the bus. The family then sat on the bus for five hours before reaching the Operation Smile medical mission site. In hopes of receiving a free surgery to repair her cleft lip, Wendy waited for hours before medical volunteers evaluated her deformity. Finally, after another day of waiting for an answer about surgery, Wendy's parents were told they could not receive surgery during the medical mission, but Operation Smile would send her to Norfolk, Virginia as a World Care patient, to receive surgery under conditions better suited for her needs. Thus began the five hour flight Wendy and her family took



from Honduras to Miami, Florida, and Miami, Florida to Norfolk, Virginia. Even after the long and emotional trip Wendy underwent just to get to the United States, she proved she had endurance left by running the Operation Smile Final Mile with all the other elementary school runners who wanted more children to receive surgery just like her.

2. Ask students what they personally must endure in order to run the Operation Smile Final Mile. Then inquire how it compares to what Wendy had to endure.
3. Explain that many students have a hard time running when they first begin training for the Operation Smile Final Mile. Tell students that today they are going to see how fast they can run a mile. Have students run their mile, and log their time on their Operation Smile Final Mile Mileage Tracker. Then explain that next month everyone will test to see if their endurance has increased by trying to beat the speed they ran today.
Tip: Modify the distance for younger runners.
4. During the next month, have students run a timed mile again. Everyone should record their time on their Operation Smile Final Mile Mileage Tracker; then compare it with their previous time to discover if their endurance has improved. Ask students *how do you know whether your endurance has increased?*

EVALUATION

1. Evaluate student endurance by comparing two running times, and asking who felt their legs have gotten stronger, they breathe more easily, and they believed they were going to be able to conquer the challenge.

Operation Smile

Final Mile



EXTENSION

1. After all students have run the Operation Smile Final Mile, go onto the Shamrock Marathon website (<http://www.shamrockmarathon.com/>) and print out a list of every runner's time for completing the Operation Smile Final Mile. Highlight students' names and allow each one to discover if their endurance increased from when they first started training. Students should reference their Operation Smile Final Mile Mileage Tracker for previous times.