



Lesson #15 E is for Exercise

Time Table

Total Time: 30 minutes

- 2** Minutes: Introduction to Lesson
- 15** Minutes: PowerPoint Presentation/ Lesson
- 10** Minutes: Activity: *Ins & Outs of Exercise* & Physical Activities
- 3** Minutes: Explain Take Home: *Track Your Physical Activity*

Goal: Introduce students to the importance of physical activity for a healthy mind and body.

Objectives:

Students will:

- Understand the importance of getting 60 minutes of exercise every day
- Learn different ways they can get exercise indoors and outdoors
- Realize that exercise can be fun by playing games with classmates or others

Materials:

- Lesson:
 - *Fit4Kidz Ins & Outs of Exercise* teacher reference
 - Chalkboard or dry erase board
 - Chalk or dry erase markers
- Activity:
 - *Bubble Bust*:
 - Bubbles
 - *Balloon Volleyball*:
 - Balloons
- Take Home:
 - *Track Your Physical Activity* student activity worksheet
 - *Fit4Kidz Characters* student activity worksheet

Instructions:

1. Begin the lesson with a quick review of last week's lesson on food labels and ask them to share some of the food labels they brought in.
2. Tell students that this week's lesson focuses on getting exercise and physical activity into their daily routine to stay healthy, happy and strong.
3. Explain to students the many benefits of exercise:
 - Exercise is play and can be fun and exciting.
 - Exercise helps keep your body healthy and mind active.
 - Exercise helps build strong bones and muscles.
4. Ask students to share some of their favorite exercises/physical activities.
5. Using the *Fit4Kidz Ins & Outs of Exercise* teacher reference, discuss with students the variety of different activities they can do both indoors and outdoors. You may want to write these examples on the board as you go through them.

6. **Activity:** Tell students that today as a class, they are going to participate in some of these fun physical activities. Based on the weather, you can choose to remain indoors for the following activities or take the students outside.
7. After the activities, bring students back together and tell them it is important for them to get at least 60 minutes (1 hour) of physical activity like this per day. Challenge them to track their activity this week using the *Track Your Physical Activity* student activity worksheet.

Activity:

Since today's lesson focuses on exercise, we want to encourage students to get more exercise by showing them how fun it can be! Below is a list of activities your students can engage in that will be fun for all:

- **Shadow Tag:** Players try to step on the shadow of another player to tag them.
- **Bubble Bust:** Pick a few students to blow bubbles and have the others chase and pop them, keeping track of how many they get. Allow everyone an opportunity to be a bubble blower and a bubble popper.
- **Balloon Volleyball:** In teams of two, players bat a balloon back and forth and try not to let it touch the ground. If the balloon touches the ground, that team is out. The last team out wins the game.

Take Home:

Have students fill out their *Track Your Physical Activity* student activity worksheet. They should track the amount of physical activity they do next week. For every 10 minutes of exercise they can put a *Fit4Kidz Character* icon under that day. The goal is to aim for 6 characters each day!

For further reference, students and families can visit www.fit4kidz.us.