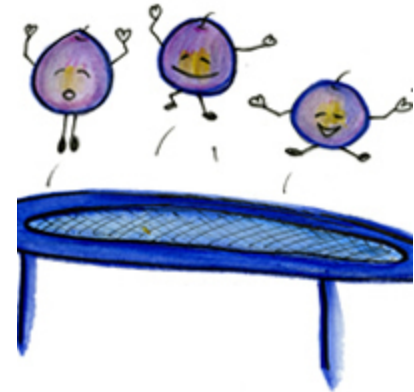




E is for Exercise!



Today we will...

Discuss the importance of getting exercise and physical activity every day to stay healthy, happy and strong.

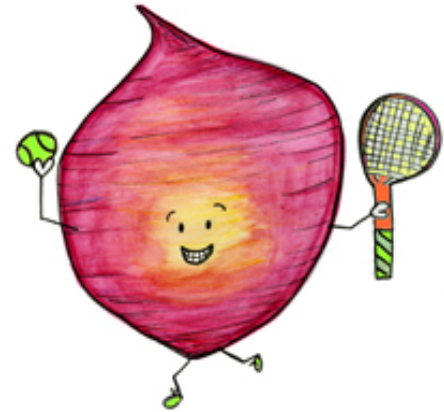


Goals

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

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.



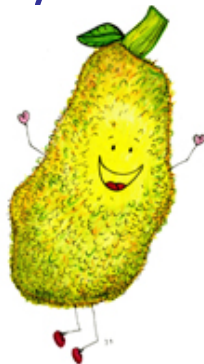
The image features several large, stylized blue question marks scattered around the central text. There are four question marks in the top left, four in the top right, three in the bottom left, and three in the bottom right. The central text is in a bold, blue, sans-serif font.

What are your favorite
exercises?

Ins and Outs of Exercise

Indoors

- Dance
- Yoga
- Jumping jacks
- Wii games
- Hide and seek
- Duck duck goose
- Handstand contest
- Balloon volleyball
- Karate



Outdoors

- Basketball
- Soccer
- Baseball
- Bicycling
- Running
- Skiing
- Hiking
- Lacrosse
- Football
- Frisbee
- Sledding
- Kickball



Fun Physical Activities

- **Shadow Tag:** Players try to step on the shadow of another player to tag them.
- **Bubble Bust:** A few students blow bubbles as the others chase and pop them. Keep track of how many you get!
- **Balloon Volleyball:** In teams of two, bat a balloon back and forth and try not to let it touch the ground.

How much exercise do we need
every day?

60 minutes!

Putting the Pieces Together

- Use your *Track Your Physical Activity* worksheet to track the amount of physical activity you do in a week.
- For every 10 minutes of exercise put a *Fit4Kidz Character* icon under that day.
- Aim for 6 characters each day to get 60 minutes of exercise!

