

Potential Integration:
ELA

Health
1.NPA.3.1 Recognize the benefits of physical activity.
1.NPA.3.2 Recall fitness and recreational activities that can be used during out of school hours.

Materials:

- Physical Activity Charade Cards – print and cut apart
- Book – The Busy Body Book: A Kid’s Guide to Fitness by Lizzy Rockwell (ISBN: 9780307793423)
- Google Earth – one computer with and LCD projector or access through individual tablets or learning devices
- Handout - Carson Needs Advice (copies for each student)
- Optional – Parent handout – Be An Active Family

Focus Step:

Copy and cut apart the physical activity charade cards. Include a few blank or “free” cards in the stack so that students can make up their own activity or demonstrate their favorite physical activity, if they draw a free card. Allow a few turns in the charades game in which the student draws a card and has to act out the physical activity on the card. His/her classmates will offer guesses until they give the correct answer.

Statement of Objectives:

After this lesson, you will be able to describe the benefits of physical activity and identify different activities that you can do for fitness when you are not in school.

Teacher Input:

Physical activity is a way we can help our bodies stay healthy and strong. By being physically active, we are working all of our muscles and especially one very important muscle – our heart. If we exercise, our heart, muscles, and bones will be stronger which allows us to do more things. If we are not strong and healthy, it might take us more time to do what we want or need to do and it might also be harder to do those things. Physical activity is not only good for our bodies it is also good for our minds. It helps to relieve stress, improves our focus and memory. Physical activity is often most fun when we join friends for exercise and sports.

Share The Busy Body Book with students and ask students to try to look for at least three ways that exercise helps our bodies.

We play a lot of games and exercise during recesses and in our physical education classes; however, there are lots of ways to participate in fitness and recreational activities when we are not in school.

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Use the Google Earth app on either a computer with an LCD projector or individual student tablets or mobile learning devices. Enter the address for the school and or their home and look for all of the different locations in your community for fitness and recreation (these might include the ocean, mountain trails, rock climbing, swimming pools, lakes, parks, walking tracks, playgrounds, sidewalks, bike lanes, field space, tennis courts, baseball fields, golf courses, etc). Have students brainstorm and locate as many different fitness and recreation opportunities that they can find/think of.

Assessment:

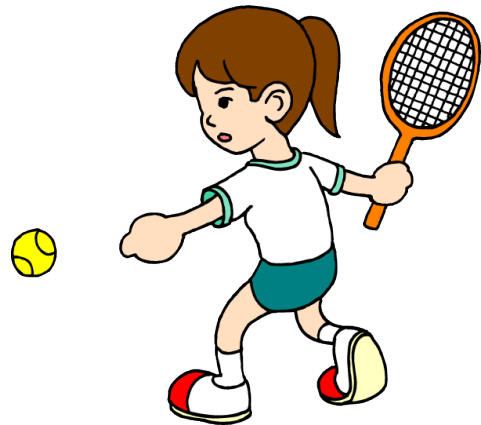
Carson moved and he is new to our school and community. He used to love to ride his scooter up and down the street at his old house but his new neighborhood doesn't have sidewalks and his mom says the street is too busy. Help Carson by drawing three pictures of physical activities that he can do at home or in the community. Write two sentences to encourage Carson to participate in physical activity by describing the benefits of physical activity.

Closure:

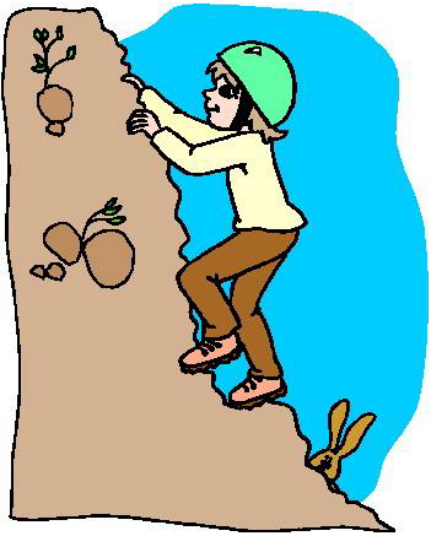
You did a great job describing the benefits of physical activity and how our bodies need physical activity to stay healthy and strong. There are lots of opportunities for physical activity at home and in our community. Try something new and encourage your family to participate with you.

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Physical Activity Charade Cards



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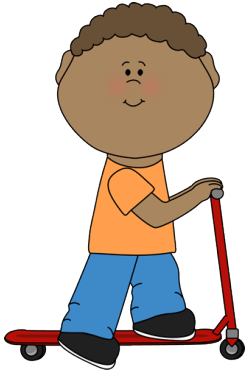
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FREE



FREE





Carson Needs Advice

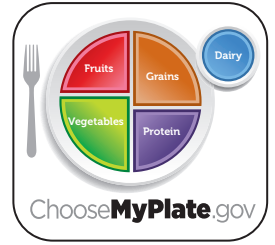
Handwriting practice lines consisting of five sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line.

10 tips

Nutrition
Education Series

be an active family

10 tips for becoming more active as a family



Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.