

Health

3.NPA.1.3

Plan activities for fitness and recreation during out of school hours.

Materials:

- Kids Health: It's Time to Play (informational text; 4 pages; auditory and in Spanish)
- http://kidshealth.org/kid/stay_healthy/fit/what_time.html#cat120
- link to K-5 Energizers, https://www.eatsmartmovemorenc.com/wp-content/uploads/2019/08/Energizers_K-5_2015.p
- Appendix 1, Ways to Play!
- Stickers (gold stars or other)

Focus:

Show the, Let's Move! "Move Your Body" Music Video with Beyoncé – from the National Association of Broadcasters Education Foundation:

<http://www.youtube.com/watch?v=mYP4MgxDV2U> (4:18)

Allow students to dance along or learn the steps as they go. At the end of the song, ask students how they feel.

Statement of Objectives:

Regular exercise is needed to achieve fitness, prevent obesity, and build healthy self-esteem. The recommended amount of physical activity is 30 to 60 minutes daily. Getting exercise outside of school can contribute to health and fun. Today we will explore some fun activities that you might do outside of school hours.

Teacher Input:

Using the Kids Health link (http://kidshealth.org/kid/stay_healthy/fit/what_time.html#cat120), either print copies to be divided among the students, one section per student, or have students link to the page and read their respective sections. The article is also available in Spanish and has an audio option.

Sections:

1. When It's Just You
2. When There Are Two
3. When There Are a Lot of You
4. When It's Cold Outside
5. When It's Hot, Hot, Hot
6. When You're Stuck at Home

Working independently, the student should read his/her section about play and take notes on the following:

1. What are some things the article recommends?
2. What is one of your favorite play activities?

After students have completed reading and note-taking, reconfigure the group (jigsaw method) so that there groups (A, B, C, D, and so on) with at least one person from each section. Ask the students to summarize their findings in the order of the sections.

Upon completion, ask the groups to share with the class some of the recommendations from the article and additional ways to play.

Finally use one of the classroom Energizers to create movement in your class. The link is https://www.eatsmartmovemorenc.com/wp-content/uploads/2019/08/Energizers_K-5_2015.pdf . You might want to use Morning Routine (p. 17) to give students an example of one way to increase their physical activity

Assessment:

Distribute Appendix 1, Ways to Play! and several stickers to each student. Tell students they are to plan for the next four weeks ways they might play. In the calendar, students are to write down one way to play in the Monday, Tuesday, Wednesday, Thursday and Friday sections. They are to write down two ways to play for Saturday and Sunday. They should give themselves a star (or other sticker) for every day they played.

Closure:

Today we talked about the importance of physical activity and play. Use your calendar to remind yourself to play every day either by yourself or with others.



Ways to Play!

In the calendar, write down one way to play in the Monday, Tuesday, Wednesday, Thursday and Friday sections. Write down two ways to play for Saturday and Sunday. Give yourself a star for every day you played!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1						1. 2.	1. 2.
Week 2						1. 2.	1. 2.
Week 3						1. 2.	1. 2.
Week 4						1. 2.	1. 2.

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