

LET'S STAY ACTIVE! (Grades 4-5)

Focus Lesson: Exercising to Stay Healthy

Materials:

Large Calendar of a Week
Small, individual week calendars

KidsHealth.org

Why Exercise is Cool

http://kidshealth.org/kid/stay_healthy/fit/work_it_out.html#

Time: 2 days (30-40 minutes per day)

*Common Core Standards:

CCSS.ELA-Literacy.W.4.8

Recall relevant information from experiences or gather relevant information from print and digital sources; take notes and categorize information, and provide a list of sources.

Thinking Skill: Designing a Schedule, Close Reading, Sorting

Objective:

Students will understand different ways of being active.
Students will recognize how to use their environment and make exercises accordingly.
Students will learn about different types of exercise (aerobic, strength, flexibility/balance).
Students will know how to make a variety of activities so as not to get bored.

Connection:

Eating nutritious food is not the only way to stay healthy. We also have to stay active! What are some ways people are active every day?

Explicit Instruction:

DAY ONE:

Make a list of the ways people exercise. Include things such as jogging, walking, swimming, climbing the stairs, doing sit ups, etc.

Why do people exercise?

Complete a close reading of *Why Exercise is Cool* from KidsHealth.org as a class.

Sort the original exercise list into aerobic activities, strength activities and flexibility/balance activities.

Talk about how doing the same exercise or activities all the time can get very boring, so it's a good idea to switch it up from time to time. Maybe run on the track one day, but go hiking the next, or swim 5 lengths of the pool one day, but bike around the neighborhood the next.



Guided Practice:

DAY TWO:

Create a weekly schedule for ways to exercise as a whole class. Pull up or place a calendar on the board and pencil in activities for each day of the working week, i.e. jumping jacks at our desks, taking a walk around the outside of the building, climbing up and down the stairs multiple times.

Independent Practice:

Have students create their own exercise schedules to use independently. Suggest ways of exercising around their homes or their yards.

Provide students with calendars to pencil in their ideas. Students should turn their schedules into the teacher. Teacher will hand them back once she's had a chance to look them over.

Challenge students to complete their exercises each day and share how they felt afterwards.

Reflection – Group Share:

Ask students to share some of the ideas they put on their individual workout schedules with the class.

Invite students to take their schedules home and share them with their families. Maybe they can convince their brothers and sisters to join in their activities!

-Print out copies of *Be An Active Family* flier from <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html> and distribute to students. Encourage students to bring this home and read with their parents.

Reading List:

KidsHealth.org

Why Exercise is Cool

http://kidshealth.org/kid/stay_healthy/fit/work_it_out.html#

ChooseMyPlate.gov

Be An Active Family

<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>

Teacher Note:

This lesson pairs well with the Intro to My Plate, What is a Balanced Diet?, Design a Day of Meals as an introduction series to nutrition/fitness units.