



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

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Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Brrrinnng, brrrinnng! When the bell rings at the end of physical education class, your students' quest for physical fitness has just begun! Knowledge about fitness must be transferred to life outside of school to guarantee an active and healthy future. The following discussion questions and activities will help your students develop an appreciation for the importance of physical fitness – and get their bodies moving in the process!

Related KidsHealth Links

Articles for Kids:

Be a Fit Kid

KidsHealth.org/kid/stay_healthy/fit/fit_kid.html

It's Time to Play

KidsHealth.org/kid/stay_healthy/fit/what_time.html

Why Exercise Is Cool

KidsHealth.org/kid/exercise/fit/work_it_out.html

What if I Don't Like Sports?

KidsHealth.org/kid/stay_healthy/fit/no_sports.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Whether you are rappelling down a rock wall or protecting your goal against the opposing team, there are lots of ways to keep your body moving! How do you stay fit and active? Which physical activities do you like and why? How does being active make you feel?
2. You know you feel great after a long bike ride, but why? What does exercise actually do for your body? List the health benefits of exercising. What could happen if you don't lead a healthy and active lifestyle?
3. No matter how many times you shoot the ball, it just won't go in the basket. How frustrating! Talk about a time when you overcame a physical challenge. What was it? How did you meet the challenge? Why was it important to you to succeed? How did you feel when you succeeded?
4. Do you think you have to be good at a physical activity to enjoy it? Why or why not? Develop strategies for improving your skills in an activity that you love.



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Winning the Game

Objectives:

Students will:

- Design a game, including at least two motor skills, rules, and strategies
- Identify the health benefits of physical activity

Materials:

- Winning the Game handout (available at: KidsHealth.org/classroom/3to5/personal/fitness/fitness_handout1.pdf)

Class Time:

45 minutes

Activity:

Win fame, fortune, and a fit body! How, you may ask? Why, by entering the annual Game Inventors Contest, of course! The contest committee is looking for an exciting new game that gets players' blood pumping and bodies moving. The winning game design will include at least two motor skills (like running, skipping, throwing, jumping, catching, or hitting a ball), materials, rules, and strategies for successful playing. The contest committee also wants the game inventor to identify how playing the game benefits the health of the players. Check out the contest entry form on the Winning the Game handout, and start designing your fitness-enhancing game. Once you fill out the form, you're one step closer to fame, fortune, and fitness!

Extensions:

1. Before sending in your contest entry form, test out your game with some real, live players! First, think about the best way to teach the game in terms of the rules, necessary skills, and strategies for success. Then grab some friends and teach them how to play. After you finish playing the game, evaluate yourself on how well you taught the basics of the game. On a scale of 1 (not so great) to 10 (great!), give yourself a rating of your success and provide a reason for why you assigned yourself this number.
2. The Game Inventors Contest Committee loves your idea, and your game has advanced to the semi-finals. To move forward, they want to know what other kids think of the game. Design a 1-page questionnaire that asks your friends to rate your game. Include at least five questions that friends can answer to rate how difficult your game was to learn and how much fun they had playing it. Then pass out your questionnaires, and see what comments your friends have. Identify at least one improvement you could make to your game based on your friends' comments.



Fitness How-To

Objectives:

Students will:

- Isolate the steps involved in performing a motor skill
- Encourage others to be physically active by writing and illustrating a book

Materials:

- Blank paper
- Art supplies (crayons, markers, colored pencils)

Class Time:

1 hour

Activity:

Do you remember when you learned to kick a ball? Or hop on one foot? Or dribble a basketball? Even though these skills may be easy for you now, they weren't always such a piece of cake! Now that you're a motor-skill master, you can help out some little kids who haven't achieved these important skills yet. Choose a physical skill that you'd like to teach to a preschooler. Then write and illustrate a book for young kids that shows the steps of mastering the skill. Be sure to break the skill down into simple steps with clear illustrations that little kids will be able to follow. Don't forget to emphasize how much fun it is to use the skill once you've learned it!

Extension:

Share your book with a preschool-age child (maybe your little brother or sister, a friend's sibling, or a neighbor). Ask the child what he or she liked and didn't like about your book. If you were to revise your book based on the child's comments, how would you? Identify at least three changes that you would make. And don't forget to let the child try out his or her new skill after reading your informative book!

Reproducible Materials

Handout: Contest-Winning Game

KidsHealth.org/classroom/3to5/personal/fitness/fitness_handout1.pdf

Quiz

KidsHealth.org/classroom/3to5/personal/fitness/fitness_quiz.pdf

Quiz: Answer Key

KidsHealth.org/classroom/3to5/personal/fitness/fitness_quiz_answers.pdf



Name: _____

Date: _____

Winning the Contest

Instructions: After you've designed your fitness-enhancing game, fill out the following contest entry form.

Contest Entry Form

Two motor skills included in your game:

Materials needed for your game:

Rules of your game:

Strategies to win your game:

Health benefits of playing your game:





Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. List five things you can do to be a fit kid:

2. _____ exercise is a kind of activity that requires oxygen.

3. Which of the following is the part of the brain that controls body temperature?

- a. cerebrum
- b. cerebellum
- c. brain stem
- d. hypothalamus

4. Sweat leaves your skin through tiny holes called _____.

5. List three activities that can build strong muscles:

6. What does “full range of motion” mean? _____

7. List three signs of dehydration:

8. These muscles let you kick a soccer ball into a goal:

- a. smooth
- b. cardiac
- c. skeletal
- d. facial

9. List three individual sports:

10. _____ gear is anything you wear that helps you from getting hurt when being active.



Quiz Answer Key

- List five things you can do to be a fit kid:
eat a variety of foods, especially fruits and vegetables; drink lots of water; listen to your body; limit screen time; be active
- Aerobic exercise is a kind of activity that requires oxygen.
- Which of the following is the part of the brain that controls body temperature?
 - cerebrum
 - cerebellum
 - brain stem
 - hypothalamus
- Sweat leaves your skin through tiny holes called pores.
- List three activities that can build strong muscles:
any three of the following: push-ups; pull-ups; tug of war; rowing; running; in-line skating; bike riding
- What does “full range of motion” mean?
Full range of motion means you can move your arms and legs freely without feeling tightness or pain.
- List three signs of dehydration:
any three of the following: feeling lightheaded or dizzy; rapid heartbeat; dry lips and mouth; dark pee; strong-smelling pee
- These muscles let you kick a soccer ball into a goal:
 - smooth
 - cardiac
 - skeletal
 - facial
- List three individual sports:
any three of the following: swimming; diving; running; ice skating; wrestling; gymnastics; golf; tennis; skateboarding; in-line skating; biking; martial arts; bowling
- Protective gear is anything you wear that helps you from getting hurt when being active.