



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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- Discussion Questions
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- Reproducible Materials

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 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

Let's face it – few people are more active than young children! Whether they're bouncing balls on the playground or bouncing in their seats at story time, your students are usually on the move. Supporting the release of energy in appropriate ways throughout the day can encourage students to lead active and fit lives. The following discussion questions and activities will not only get students moving, but will help them understand why exercise is good for them right now and throughout their lives.

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

Five Ways to Avoid Sports Injuries

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

Discussion Questions

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

1. Talk about how you move your body during the day. How does moving around help your body? How does moving your body make you feel?
2. What's exercise? Do you get exercise? How? Does bending down and touching your toes count as exercise? Why or why not?
3. How can you play when you're by yourself? How can you play when you have a friend over? What about when you have a bunch of friends over? Do you have more fun when you are playing alone or with friends? Why?
4. Do you play a sport? Do you have to play a sport to get exercise? How can you get exercise if you don't play a sport? If you think you're not very good at a sport or it's too hard for you, should you keep playing? Why or why not?



Activities for Students

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

Which Way Do I Go?

Objectives:

Students will:

- Engage in enjoyable physical activity
- Change directions quickly in response to a signal
- Work together with a partner

Materials:

- Which Way Do I Go? handout (available at: KidsHealth.org/classroom/prekto2/personal/fitness/fitness_handout1.pdf)
- Art supplies (scissors, masking tape, drinking straws, markers, crayons)
- Bell or whistle

Class Time:

15 minutes

Activity:

Note: Encourage pre-readers to use arrows instead of words on their signs to direct their classmates' movements.

Sure, you can hop, jump, gallop, and slide – no problem! But how quickly can you change direction? This activity will keep you on your toes, as your partner uses signs to keep you moving every which way! Before you get started, you'll need to make your signs. You'll find sign shapes on the Which Way Do I Go? handout. Pick four different directions to write on your signs, like forward, backward, sideways, left, or right. Cut out your four signs. Tape a drinking straw to the back of each sign so that you can hold it up. Now you're ready to get moving! Find a partner, and decide who will move first and who will hold up signs first. The mover should pick a movement, like skipping, hopping, galloping, or sliding, and get moving. The signer can hold up signs, changing the direction of the movement as often as he or she likes. When your teacher rings the bell or blows the whistle, switch jobs with your partner. Have fun, and keep your eyes on those signs!

Extensions:

1. It's fun to play games and stay active with friends. What if you had a friend who didn't really like to play games or sports, and wanted to sit in front of the computer instead? How could you help him or her to play? What could you do? What could you say? With a partner, act out what you would do to get your friend moving.
2. It's good for your body to stay fit and active. Think of one way that you could get more exercise. Could you spend less time in front of the TV? How about taking a walk with your mom after dinner every night? Write down your idea in words or pictures. How are you going to meet your goal of becoming more fit? Can an adult help you? How?



Fitness Scrapbook

Objectives:

Students will:

- Identify favorite physical activities
- Recognize the value of meaningful physical activity

Materials:

- Photos of students being active (should be brought from home in advance)
- Art supplies (paper, glue, markers, crayons)

Class Time:

30 minutes

Activity:

You love to get moving. But what's your favorite activity? Do you like zooming on your scooter, or are you a fan of kicking a soccer ball around the yard? No matter what you like to do, moving is good for you. As a class, you are going to make a fitness scrapbook, showing all of the cool ways that you and your friends like to get your bodies moving! On your special page, glue a picture of yourself doing your favorite activity (you will bring one in from home). Then decorate your page with words and pictures. Make sure you write or draw about how the activity makes you feel. When you're all finished, your teacher will bind the pages into a book. You will have a chance to share your page with your class, and listen as others share their pages. Discuss the types of activities included in the scrapbook. Did anyone else pick the same activity as you? How many different activities did classmates pick?

Extensions:

1. Being active is lots of fun, but you need to be safe! Brainstorm a list of safety rules that you should follow when playing. Your teacher can paste the list in the front of your class scrapbook as a reminder to your classmates to keep themselves safe while staying fit.

Reproducible Materials

Handout: Which Way Do I Go?

KidsHealth.org/classroom/prekto2/personal/fitness/fitness_handout1.pdf

Quiz: Fitness

KidsHealth.org/classroom/prekto2/personal/fitness/fitness_quiz.pdf

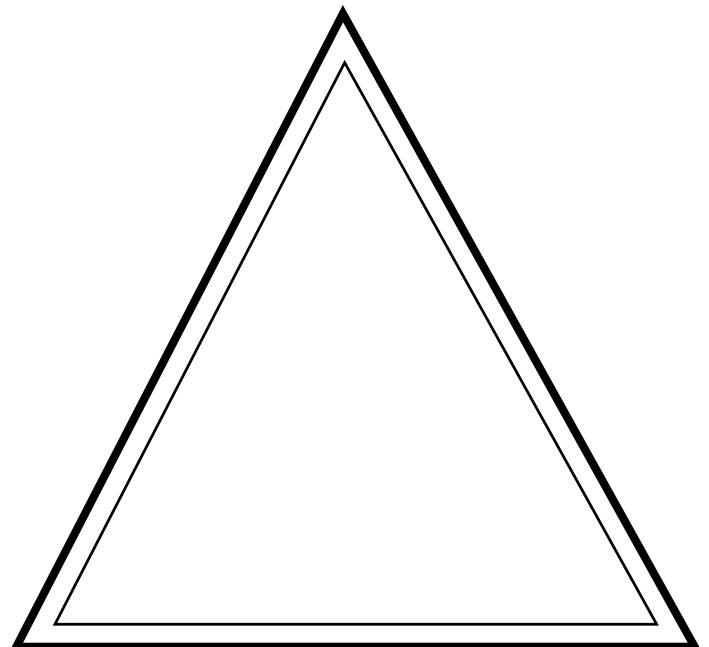
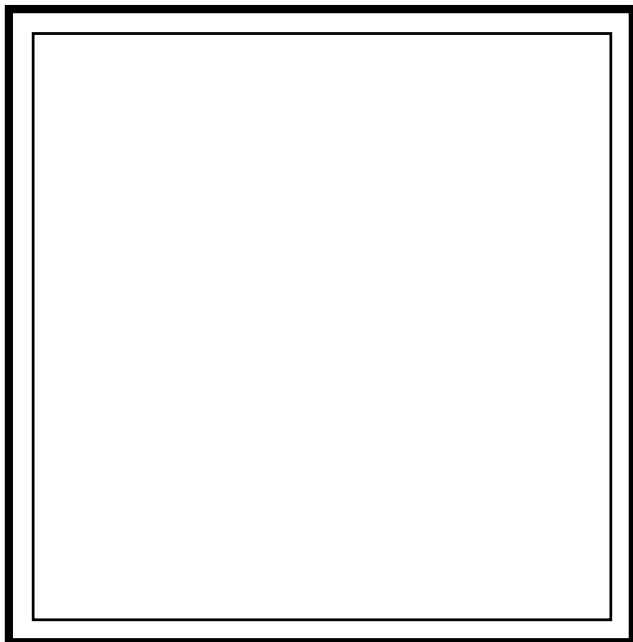
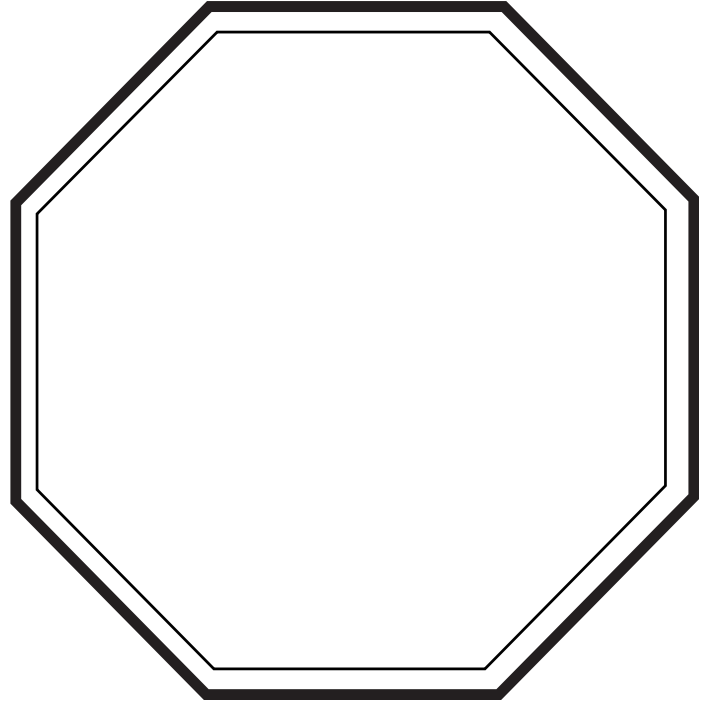
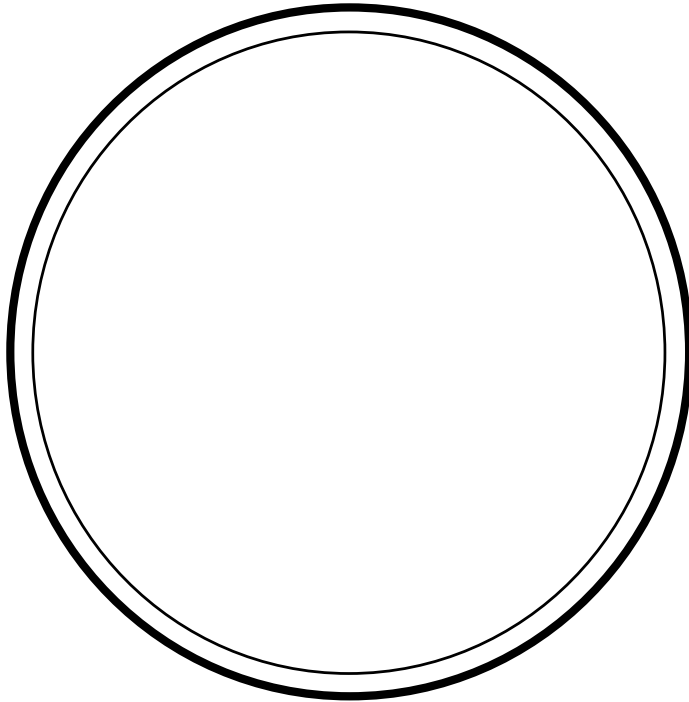
Answer Key: Fitness

KidsHealth.org/classroom/prekto2/personal/fitness/fitness_quiz_answers.pdf



Which Way Do I Go?

Instructions: Pick four different directions to write on the signs below, like forward, backward, sideways, left, or right. Cut out the signs and tape a drinking straw to the back. Pick a partner and decide who will move first and who will hold up signs first. The mover will pick a movement, like skipping, hopping, galloping, or sliding, and get moving. The signer will hold up signs, changing the direction of the mover's movement as often as he or she likes.





Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. List 3 activities that count as exercise.

2. True or false: Kids should spend no more than 3 hours a day in front of a TV, computer, or video game. _____

3. When you exercise, your body releases a chemical called _____.

4. Which of the following is a muscle?

- a. bone
- b. tendon
- c. heart
- d. lung

5. Sweat is also known as _____.

6. Your body works best when its temperature is _____ degrees Fahrenheit.

- a. 100.1
- b. 98.6
- c. 99.4
- d. 97.5

7. _____ means that your body doesn't have enough water in it to keep it working right.

8. You have _____ muscles in your body.

- a. more than 1000
- b. more than 900
- c. more than 800
- d. more than 600

9. Most kids are pretty _____, which means they can bend and stretch their bodies without much trouble.

10. List 3 things you can do to be a fit kid.



Name: _____

Date: _____

Quiz Answer Key

1. List 3 activities that count as exercise.

Exercise is any activity that gets kids moving (such as sports, dancing, push-ups, rollerblading).

2. True or false: Kids should spend no more than 3 hours a day in front of a TV, computer, or video game. false

3. When you exercise, your body releases a chemical called endorphins .

4. Which of the following is a muscle?

- a. bone
- b. tendon
- c. heart
- d. lung

5. Sweat is also known as perspiration .

6. Your body works best when its temperature is _____ degrees Fahrenheit.

- a. 100.1
- b. 98.6
- c. 99.4
- d. 97.5

7. Dehydration means that your body doesn't have enough water in it to keep it working right.

8. You have _____ muscles in your body.

- a. more than 1000
- b. more than 900
- c. more than 800
- d. more than 600

9. Most kids are pretty flexible , which means they can bend and stretch their bodies without much trouble.

10. List 3 things you can do to be a fit kid.

any of the following: eat a variety of foods, especially fruits and vegetables; drink water and milk most often; listen to your body when it tells you that it's full; limit screen time; be active
