

Fitness is Fun

OBJECTIVES:

To realize the relationship between exercise and healthy bodies. To learn a variety of ways to exercise and be active.

GROUP SIZE:

6 to 8 children per adult volunteer.

TIME FRAME:

This lesson is designed for a group meeting between 30 and 60 minutes.

BACKGROUND:

Help children become excited about physical fitness! Share these games and activities to promote a better understanding of exercise and how it keeps us healthy. Help the children realize there are lots of ways to exercise our bodies.



LIFE SKILL AREAS

Children will develop social skills through the group games and discussions. Group games that require children to make choices will develop decision making skills. Fine motor skills and eye-hand coordination will be developed through using scissors, markers, and tape. Large motor development will be enhanced by the games and exercises.

HELPS TO THE VOLUNTEERS

Try these suggestions:


- Choose one or two of the following activities from each section.
- Try to create appropriate atmosphere by decorating the room with posters and props, using costumes related to the activity, pre-meeting preparation by the 4-H members, thinking about special seating arrangements and background music.

Fitness is Fun

Healthy Life Style
Group Size: 6-8 children
per adult volunteer

LEARNING ACTIVITIES:

I. GETTING STARTED

 **ACTIVITY:** "What is Physical Fitness?" (4 - 6 minutes)

Grade Level: K - 3

Materials: none.

Gather the children into a circle and tell them you would like to find out about being healthy and being physically fit. Ask and discuss the following questions:

- What does physical fitness mean?
- Why do you think it's important to be physically fit?
- What do you think it's like to not be physically fit?
- What are some ways to keep our bodies healthy and physically fit? (be sure to include getting enough sleep and eating right, as well as plenty of exercise).
- Think of as many ways as you can that we exercise our bodies.
- Can each of you share your favorite way to exercise?

Application: Think about how many times you exercise your body during the day.

Do you:

- walk to the bus stop?
- climb stairs?
- run on the playground?
- play outside with your friends?
- play sports?
- take dance or gymnastics lessons?

 **ACTIVITY:** "Choosing the Right Kind of Exercise" (4 - 6 minutes)

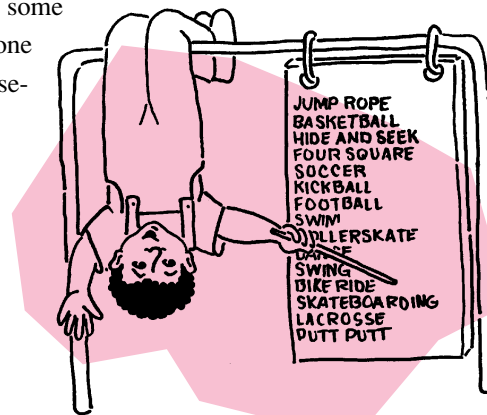
Grade Level: K - 3

Materials: large magazine picture of a person doing some type of physical exercise and a large picture of someone reading or sitting still, activity choice cards, and a baseball cap.

Place the two pictures on the floor. Cut the choice cards out and put them in a baseball cap. Pass the cap around and let each child pick a card. Have each child read their card (help them if necessary) and decide if it is an active exercise or a quiet activity, and place it on the corresponding picture.

Application: What kinds of active exercise do you get everyday?

- at home
- at school
- at a friend's house
- after school



II. DIGGING DEEPER


 **ACTIVITY:** "Aerobics Fun: Our Resting and Racing Pulse" (4 - 6 minutes)

Grade Level: 2 - 3

Materials: clock with second hand.

Ask if anyone has ever heard the word "aerobic." Does anyone know what it means? Explain that it is exercise that makes your heart beat faster. This is good for our bodies. Show the children how to feel their pulse by putting two fingers on their neck under their chin (help them if they have trouble locating their pulse). When everyone can feel their pulse, ask them to count each beat for ten seconds. Ask them to share how many beats they counted. Have them run in place or do jumping jacks for thirty seconds. Have them feel their pulse and count again for another ten seconds. What happened? The rate increases because exercise has made our heart work harder.

Application: Pay close attention to your heart the next time you are really active. Can you feel your pulse racing?

 **ACTIVITY:** "Exercise Spinners" (6 - 8 minutes)

Grade Level: K - 3

Materials: paper plates, scissors, brads or thumb tacks, construction paper strips (1" x 4") and crayons.

Help children divide their paper plates into four sections with crayons. Have them write an exercise (toe touches, jumping jacks, etc.) in each section, and decorate each section with a different color. Give each child a construction paper strip and brad. Help attach them to the center of the plate. Spin it. Does it work? Help children make needed adjustments.

Note to the Volunteer: Have the children make extra spinners to use in the Art Exhibit and Cloverbud Display lessons in the subject area of Community Expressive Arts.

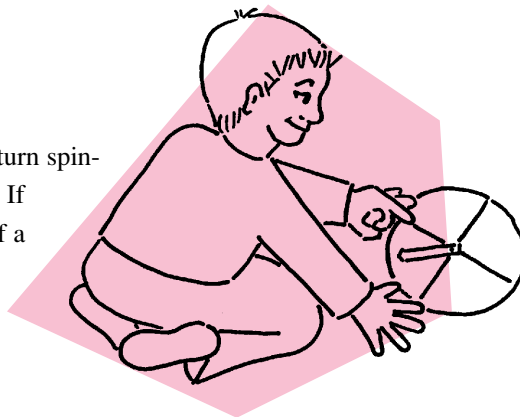
ACTIVITY: "Spin an Exercise" (4 - 6 minutes)




Grade Level: K - 3

Materials: exercise spinners

Have the children spread out. Let each child have a turn spinning a spinner and leading the group in the exercise. If duplications occur, ask the child who spun to think of a special way that exercise could be done differently (backwards, in slow motion, etc.).



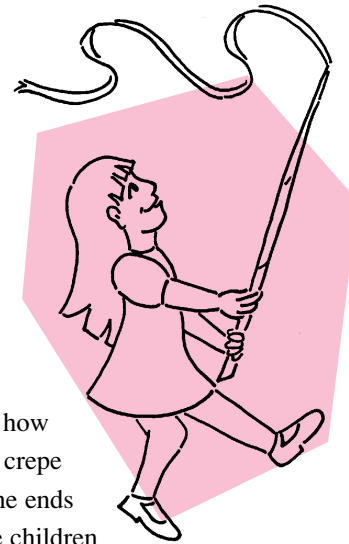
III. BRINGING CLOSURE

 **ACTIVITY:** "Baton with Streamers" (7 - 9 minutes)


Grade Level: K - 3

Materials: newspaper, masking tape, crepe paper, scissors.

Make colorful batons to use while exercising to music! Show the children how to roll a section of newspaper into a short baton. Secure it with tape. Cut crepe paper streamers about 2 - 3 feet long; attach the streamers to the baton at the ends with tape. Demonstrate how the batons should be used safely. Caution the children about having enough space in which to move safely.



Note to the Volunteer: Have the children make extra streamers to use in the Art Exhibit and Cloverbud Display lessons in the subject area of Community Expressive Arts.

 **ACTIVITY:** "Creative Movement - Streamer Style" (7 - 9 minutes)


Grade Level: K - 3

Materials: record or tape player, recordings of lively music (marches are great!), and batons with streamers.

Have the children spread out so they have enough space. Randomly select a leader. Turn on the music and have the leader choose how to move with the batons and streamers. Switch leaders so that every child has a chance to be a star! Help the children make creative choices by offering suggestions like these:

- pretend you are an eagle soaring through the air
- pretend you are a cheerleader
- pretend you are a robot
- pretend you are running out of gas

Application: When you hear music at home, think of ways you can move creatively to it!

 **ACTIVITY:** "Let's Do the Freeze" (6 - 8 minutes)

Grade Level: K - 3

Materials: record or tape player, recordings of lively music to dance to.

Invite the children to exercise their hearts (and legs) by dancing. Explain that while the music is on, they can dance anyway they wish. When the music stops, they must freeze until the music starts up again.

IV. BRINGING CLOSURE

☀ **ACTIVITY:** Song "This is the Way We Keep Fit" (4 - 5 minutes)

Grade Level: K - 3

Materials: none.

Sing this old favorite with the children using their suggestions for different exercises to do for each verse.

This is The Way

(sung to the tune of "Here We Go Round the Mulberry Bush")

This is the way we
(do jumping jacks)
(do jumping jacks)
(do jumping jacks)

This is the way we
(do jumping jacks)
So early in the evening.

Encourage each child to think of an exercise that they like to do.

V. GOING BEYOND

1. Help the children play a game of balloon volleyball with a large balloon (have several on hand, just in case!) and a masking tape "net" on the floor.
2. Encourage the children to invite their parents and siblings to take an evening stroll around the block. Don't forget the flashlight!

Reading Adventures

This listing of reading materials can be used by you as background or for sharing before to set the stage for the lesson or for sharing afterward to reinforce the lesson.

Albert the Running Bear's Exercise Book, by Barbara Isenberg

Bend and Stretch, by Jan Ormerod

Play Ball Amelia Bedelia, by Peggy Parrish

ACTIVITY CHOICE CARDS

ROLLERSKATE	PLAY SOCCER
RUN WITH YOUR DOG	SIT ON A SWING
SQUARE DANCING	EAT YOUR DINNER
READ A BOOK	PLAY A BOARD GAME
PLAY THE PIANO	PAINT A PICTURE
GO SKATEBOARDING	WATCH A MOVIE
WORK A PUZZLE	RIDE A BIKE
JUMP ROPE	PLAY IN THE SWIMMING POOL

This Is Way That We Keep Fit (Mulberry Bush)

The image shows three staves of musical notation for the song 'This Is Way That We Keep Fit (Mulberry Bush)'. The music is written in treble clef with a key signature of one sharp (F#) and a time signature of 8/8. The melody consists of eighth and quarter notes, with some rests. The first staff contains the first line of music, the second staff contains the second line, and the third staff contains the third line, ending with a double bar line.