

Manchester College  
Education Department  
Chase Estepp

**Lesson:** \_\_\_\_ **Kids Get Moving!** \_\_\_\_\_

**Length:** \_\_\_\_ **25 Minutes** \_\_\_\_\_

**Age or Grade Level Intended:** \_\_\_\_ **1<sup>st</sup> Grade** \_\_\_\_\_

**Academic Standard(s):**

**Health 1.7.1** Describe healthy practices to maintain personal health and wellness.

**Performance Objective:** The student will complete the “Let’s Move” worksheet while correctly answering 4 out of 5 questions correct.

**Assessment:** After the students have finished answering the questions I will walk around and check to make sure that they got the correct answers. I will then put a check mark or star at the top and they will place it in their mailbox to take home.

**Advanced Preparation by Teacher:**

- Copy off the worksheet to give to the students
- Collect all of the magazines to be passed out

**Introduction/Motivation:**

How many people exercise on a daily basis? What type of exercising do you guys do? Well today we are going to read Time For Kids and learn some cool, interesting ways to stay active and be healthy.

**Step-by-Step:**

- 1.) Let’s look at the front page and someone raise their hand and tell me what the girl is doing. Do you think it would be fun if Ms. Purdy had a rock climbing wall in the gym for you guys to use?
- 2.) Now as we turn the page we see three different pictures of ways that people are staying on the move and staying healthy. Let’s look at the top left picture, what are those

students playing? Even though you are still playing games, the Wii is a great way to stay active because you get to be up and move around while playing.

- 3.) If we look at the top right picture we see a group of students walking and riding their bikes to school. This is a great way for staying active instead of riding the bus. How many students in our class walk or ride their bike to school?
- 4.) When we look at the bottom picture there are a couple students who are doing yoga in what looks like gym class. Has anyone in class ever tried doing yoga? Yoga works on your balance, do you guys have good balance?
- 5.) Turn the page and we see a woman running around with some kids in the yard. Can anyone tell me what that big house is in the background? Yeah that's the White House where the President lives. The woman in the picture is the First Lady, which means she is the President's wife.
- 6.) Let's turn to the back page and now we see a skeleton. What is the skeleton of? A human body. When we exercise we are making sure that our bones are strong and healthy. There are 6 blank spaces where the line is pointing to a bone on the hand, as a class let's try and figure out which bones they are.
- 7.) We are then going to vote on our favorite way to exercise to compare it to the class who voted on the worksheet I will pass out afterwards. The choices will be: jumping rope, walking, riding a bike, and playing basketball.
- 8.) Then I am going to pass out the worksheet and explain to the students that a class voted for their favorite ways to exercise. And then we are going to go over how a tally mark equals 1 and when they are together with a slash that means 5. Then ask the students to answer the questions on their own.

### **Closure:**

Remember that it is very important to stay healthy and to live a good life. Exercising is an important aspect of living that healthy life and keeping those bones in your body strong for awhile.