

Weller Health Education Center

Kids in Motion

Healthy Bodies and Healthy Eating series

45 minute, outreach program

Grades 1 - 3

Course Description

Kids will “get moving” during a mini workout designed for their age group. The program emphasizes the importance of exercising every day for good health. Sneakers are a must!

Objectives

1. Name three activities that increase the heart rate.
2. Discuss two appropriate safety precautions when exercising.
3. Participate in at least 10 minutes of group physical activity.

PA Standards

Health, Safety and PE Standards:

- 10.3.3.D Identify and use safe and unsafe practices in physical activity settings.
- 10.4.3.A Identify and engage in physical activities that promote physical fitness and health.
- 10.4.3.B Know the positive and negative effects of regular participation in moderate to vigorous physical activities.
- 10.4.3.C Know and recognize changes in body responses during moderate to vigorous physical activity.
- Heart rate
 - Breathing
- 10.5.3.A Recognize and use basic movement skills and concepts.
- 10.5.3.D Identify principles of exercise to improve movement and fitness activities.

Cross Curricular Opportunities

Science, Technology and Engineering:

- 3.2.3.B1 Explain how movement can be described in many ways.

Math:

- 2.3.2.C Tell time on an analog and digital clock to the nearest minute.

Reading, Writing, Speaking and Listening:

- 1.1.1.D Demonstrate listening and reading comprehension/understanding before reading, during reading and after reading through strategies such as think aloud, retelling, summarizing, connecting to prior knowledge and non-linguistic representation.

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- 1.6.1.A Listen actively and respond to others in small and large group situations with appropriate questions and ideas.
- 1.6.2,3.A Listen actively and respond to others in small and large group situations.
 - Respond with grade level appropriate questions, ideas information, or opinions.
- 1.6.1,2.B Use appropriate volume, clarity and gestures in individual or group situations.

RELA Lesson Ideas

- 1.5.1.A Identify and write about one specific topic.
- 1.5.2 A Write with a focus, with an understanding of topic and audience.
- 1.5.3.A Write with a focus, with an understanding of topic, task, and audience.

1st Grade: Write a story explaining why exercise is important.

2nd Grade: Write a letter to a friend and explain why exercise is important. Be sure to include how much exercise he/she should get every day.

3rd Grade: Write a letter to an adult explaining why it is important for you to exercise every day.

The **Healthy Bodies** series also includes these outreach programs:

- Dental Detectives, grades Pre-K – 1
- Handful of Healthy Habits, grades Pre-K – 1
- Kids in Motion, grades 1 – 3
- Odorology, grade 4
- Life Begins, grades 5 – 6
- Body Smarts, grades 5 – 7
- Big Changes, Big Choices, grades 6 – 8
- NoBody's Perfect, grades 6 – 10
- Stress Less, grades 6 – 12
- Who Do You Trust?, grades 8 – 12
- Better Start Early, grades 9 – 12

The **Healthy Eating** series includes these outreach programs:

- Kids in Motion, grades 1 – 3
- Food for Thought, grades 2 – 3
- Food Label Mabel, grades 2 – 3
- Health Adventure, grades 2 – 3
- Kitchen Nutrition, grades 2 – 4
- Jambalaya Jeopardy, grades 4 – 6

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Body Smarts, grades 5 – 7

Media Wise, grades 5 – 7

Chew on This!, grades 6 – 8

NoBody's Perfect, grades 6 – 10