

Physical Activity

More or Less

Topic

Physical Activity

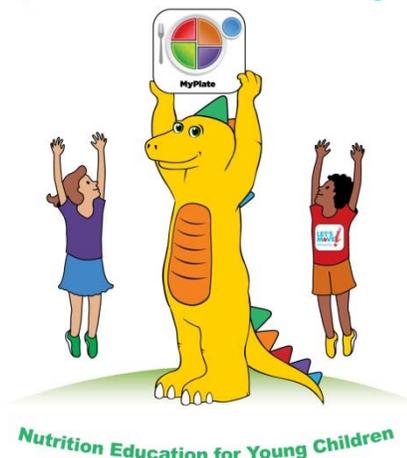
Audience

Young Children

Suggested Time

20- 25 minutes

MP-Saurus Eats



Knowledge Objectives

- ◆ The children will name things they can do to stay physically active.
- ◆ The children will state that they should be active every day.
- ◆ The children will state that being active helps keep our hearts, muscles, and bones healthy.

Behavior Objectives

- ◆ The children will choose activities they like to do.
- ◆ The children will choose activities they intend to do today.

Life Skills

- ◆ The children will make healthy lifestyle choices.

How This Activity Is Behaviorally Focused

- ◆ In step 11, the children name activities they have done or intend to do today.

Early Childhood Education Program Expectations Addressed

SOCIAL/EMOTIONAL DEVELOPMENT

Expectation 1: Outcome 1.5: Participates in discussions with teachers and friends

HEALTH, SAFETY AND PHYSICAL EDUCATION

Expectation 4: Outcome 4.1: Demonstrates large movements (e.g., hopping, galloping, jumping, running and marching)

Supplies Needed

- ◆ Kids MyPlate poster
Available through Learning ZoneXpress (item 410124)
667 E Vine Street
PO Box 1022
Owatonna, MN 55060 1-888-455-7003
Web: www.learningzonexpress.com
- ◆ Healthy Dino hand puppet
Available through Dr. Debra Palmer
dpalmer@njaes.rutgers.edu
- ◆ Laminated color copies of Physical Activity Pictures #1, #2 and #3 from the end of this lesson- 2 sets per class you are teaching; one set will be provided to teacher to request posting in classroom
- ◆ Laminated pictures from magazines of activities children do like running, skipping, jumping, playing catch and throw with a ball or kicking it around, riding a push bike or tricycle, playing on a playground, chasing people or animals, games like Tag; Duck, Duck, Goose; or Ring a Ring o' Roses/Ring Around the Rosie, dancing, or rolling in the grass
- ◆ Laminated pictures from magazines of inactive things children spend large amounts of time doing like watching TV, playing video games or using the computer, or playing games that require little movement, like playing with dolls, building blocks, etc.
- ◆ Physical Activity Home News #1, 1 per child
- ◆ Physical Activity Coloring Sheet, 1 per child

Background Information

See the Educator Pack. For more information, visit www.ChooseMyPlate.gov.

Before You Begin This Activity

1. Hang the Kids MyPlate poster in the front of the class.
2. If you have forgotten what to do to re-focus the children when they get restless, ask the teacher to remind you.

Lesson Opening

1. Put the MP-Saurus puppet on your hand. Tell the children that today you brought a friend with you named MP-Saurus. Have MP-Saurus say “Hi” to the children.
2. Ask the children to say “Hi” to MP-Saurus.
3. Have MP-Saurus ask the children to name the MyPlate poster. When they name it have him tell them how great they are! Remind the children about what they have learned so far. Point to each food group on MyPlate that you have taught and ask them to raise their hands and tell them that when you point to them they should:
 - Name it.
 - Name some foods that belong in it. If a child names an incorrect food say, “Good try, but _____ goes in the _____ group.”

4. Follow by pulling food models or showing food pictures one by one and asking the children to tell you the name of the food and what group it belongs in.

NOTE: During the opening and in all of the activities, if children call out answers before you choose them to answer the question, re-focus the class.

Activity

1. Tell the children that today you are going to talk about something very important called physical activity or exercise.
2. Have MP-Saurus point to a food item playing on the MyPlate Poster. Ask the children to say the words “physical activity” and “exercise” out loud with MP-Saurus. Ask the children to say these words again with MP-Saurus. Hold up MP-Saurus and have him nod his head as if to say the words “physical activity” and “exercise” along with the children.
3. Show Physical Activity Picture #1. Repeat saying “Physical Activity, Exercise” after MP-Saurus three more times. Have them repeat it louder each time.
4. Have MP-Saurus point to the strawberry jumping rope on MyPlate and the items that are exercising on the poster. Ask the children to raise their hands if they can name the physical activities or exercises that the items are doing. Call on the children one by one. Help them as needed.

Answers: Running, jump roping, skate boarding, cart wheel, dancing, hula hooping, stretching, going to the playground, playing soccer and hopscotch

5. Show Physical Activity Picture #3. Tell the children that MP-Saurus likes to exercise.
6. Tell the children that doing physical activity every day keeps us healthy. Have the children say “every day” with you and MP-Saurus. Tell them that you are going to put MP-Saurus away for a little while and that he will come back soon.
7. Tell the children that there are different types of exercise and that the best types make your heart beat faster. Have the children put their hands on their heart and feel their heart beat.. Ask the children to stand up with you and run in place. Count to ten. Ask them to sit down and put their hands over their hearts. Ask them if they can feel their hearts beating fast.
8. Show Physical Activity Picture #2. Tell the children that exercises like running keep our hearts healthy.
9. Ask the children to stand up with you again and touch their toes. Tell the children that this is called “stretching.” Ask the children to say “stretching” out loud with you. Have the children sit back down.

10. Tell the children that exercise that keeps our bones and muscles strong. Ask the children to show you their muscles. Flex your muscles too! Show Physical Activity Picture #3.
11. Remind the class that they should exercise every day. Ask them to tell you a physical activity or exercise that they have already done or will do today. Help them as needed.
12. Ask the class how often they should do exercises like the ones they just said.

Answer: Every day

13. Tell the children that there are also some activities that they should do less often, like watching TV, playing games on the computer, or sitting on the couch. Show pictures of children being inactive one by one. Tell children these activities do not help their hearts to beat faster or help build strong bones and muscles.
14. Tell the class that you are going to play a game. Combine the pictures of children doing physical activity and others of children being inactive and mix the order. Turn the pictures face down. Walk around the room and have one child pick one picture. Ask the child to state the activity in the picture and show the picture to the class. Have the class say, “More” or “Less”. Repeat for each picture as time permits.
15. Once you have gone through all of the pictures, one more time show them the activities that they should try to do.
16. Ask one of the children if they can name a reason why exercise is important. Help them as needed. If they need a hint, flex your muscles.

Answers: Exercise keeps our hearts healthy and our muscles and bones strong.

17. Ask the children to stand up and jump if they want to keep their hearts strong and their bones and muscles healthy. Ask the children to sit back down.
18. Ask one of the children how often they should exercise. Show Physical Activity Picture #1.

Answer: Every day

19. Say goodbye to the class.
20. Give the teacher the Physical Activity Home News #1 handouts. Ask the teacher to send them home with the children so that they can keep the fun going at home! Give the teacher the Physical Activity Coloring Sheet. Ask the teacher to use it in the classroom or send them home with the children. Also, ask the teacher:

- If it would be okay to display the MP-Saurus pictures around the classroom until the next class.
- Remember to pick up the pictures from the last lesson.

Created By

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New Jersey Supplemental Nutrition Assistance Program Education (SNAP-Ed)



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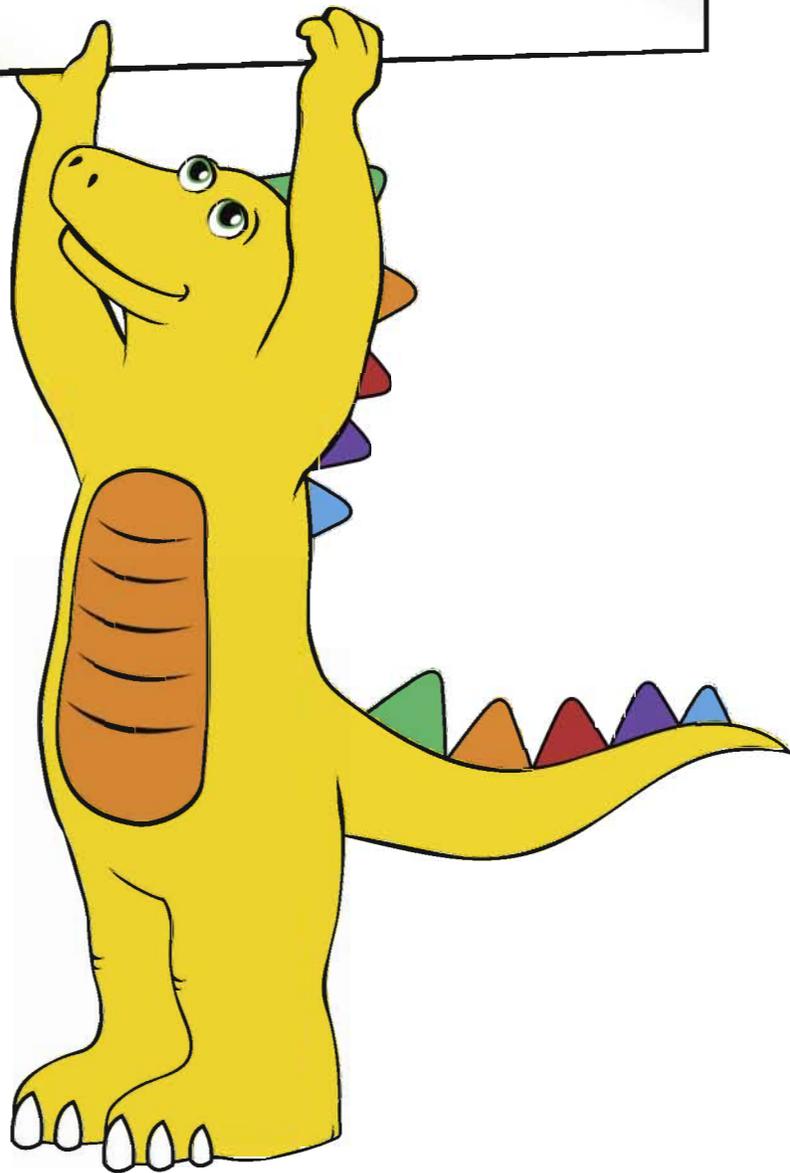
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EXERCISE



Physical Activity 1



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Physical Activity 3



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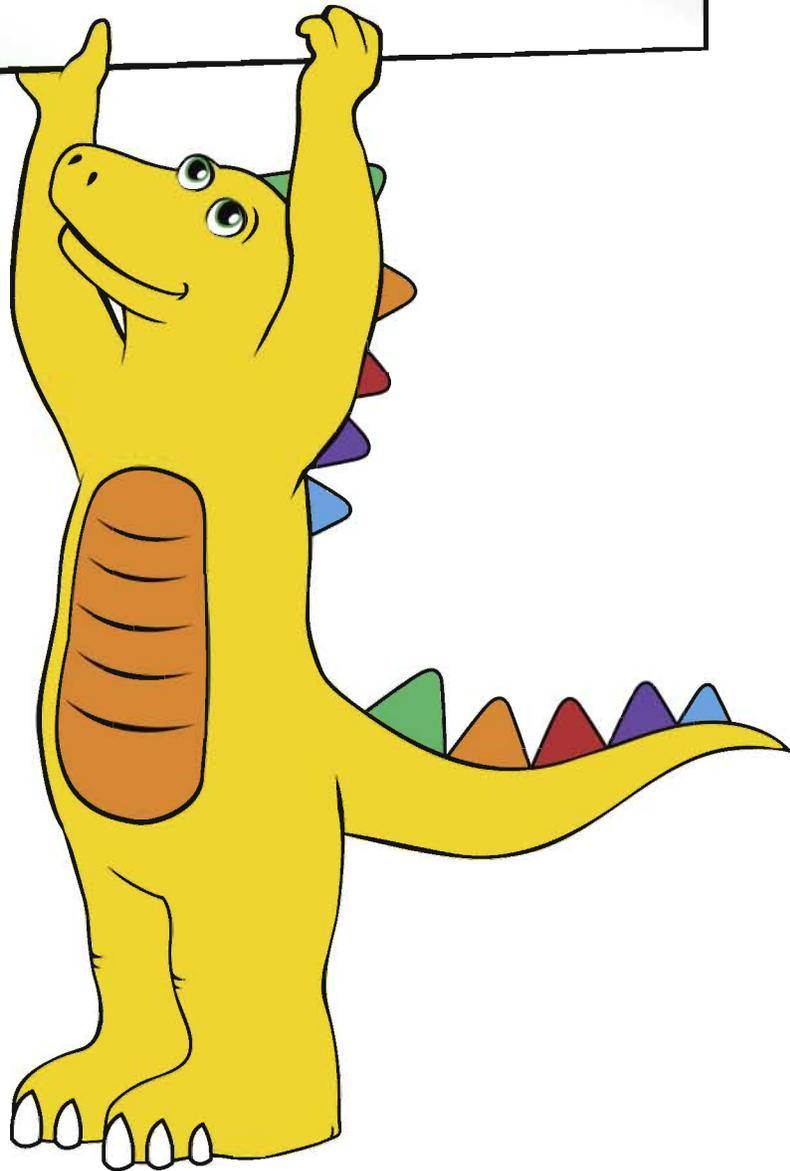
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EXERCISE



Physical Activity 1



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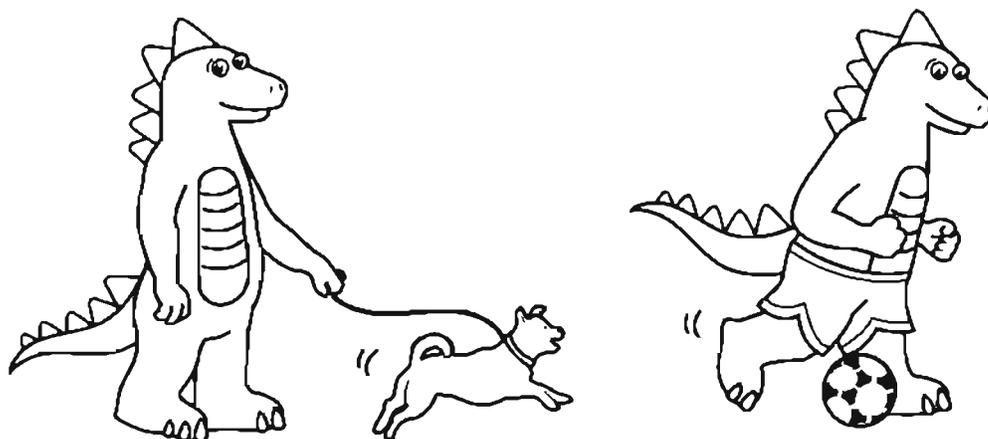
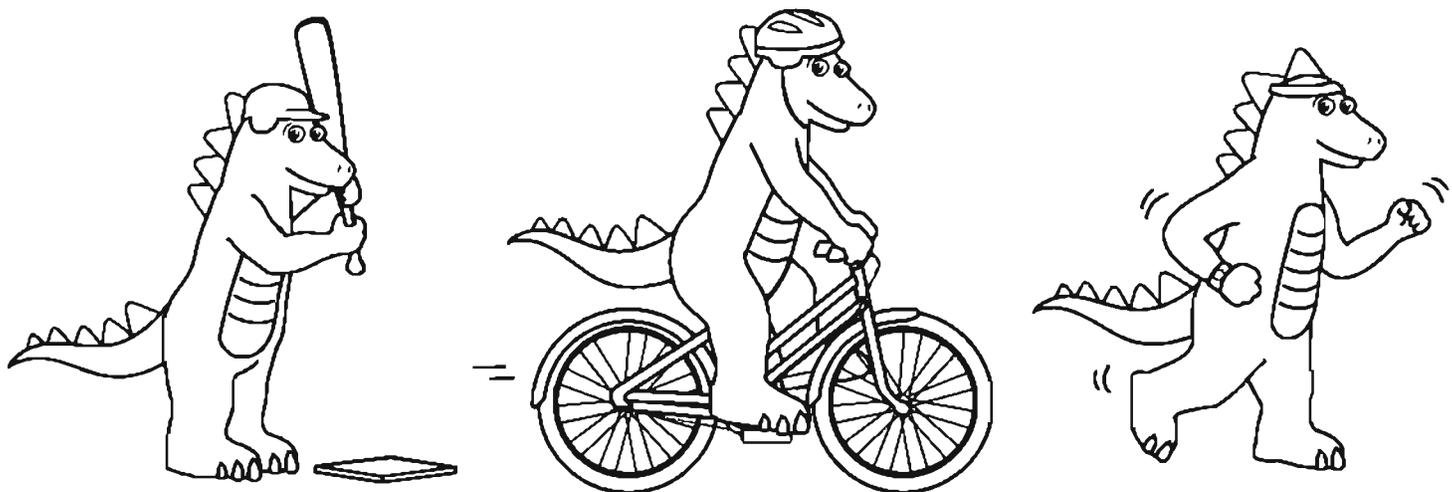
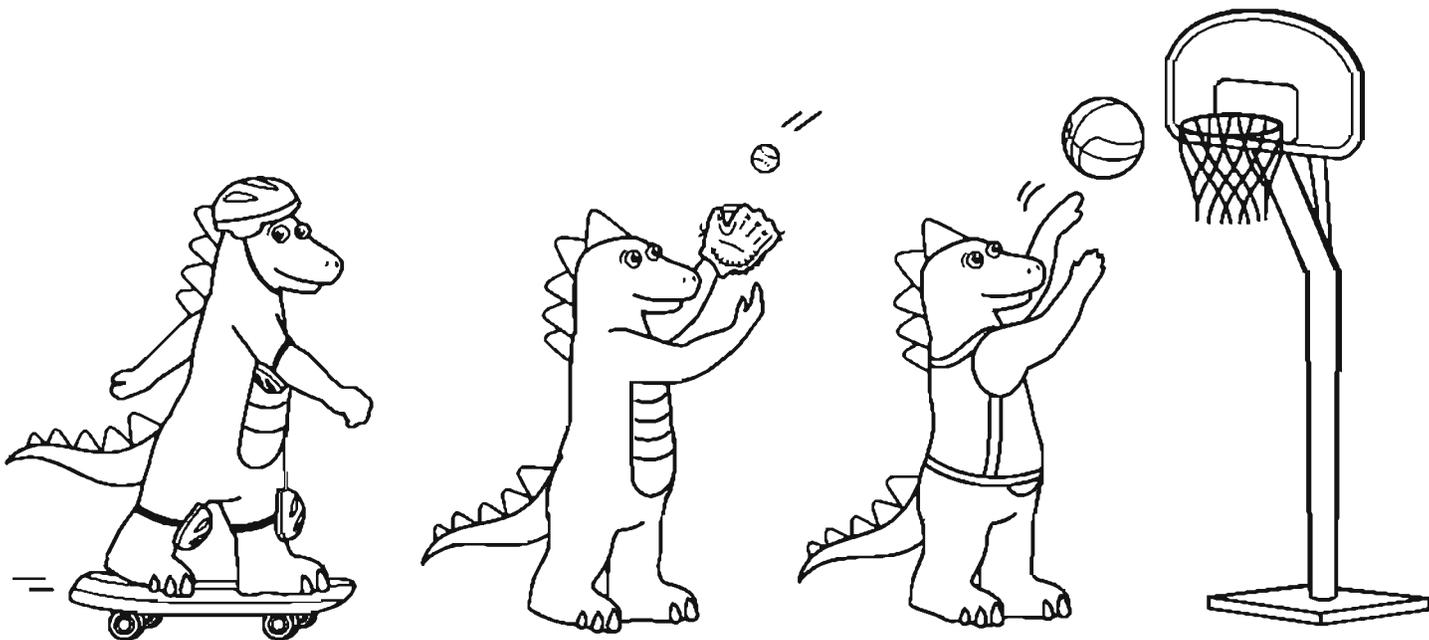


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Actividad Física



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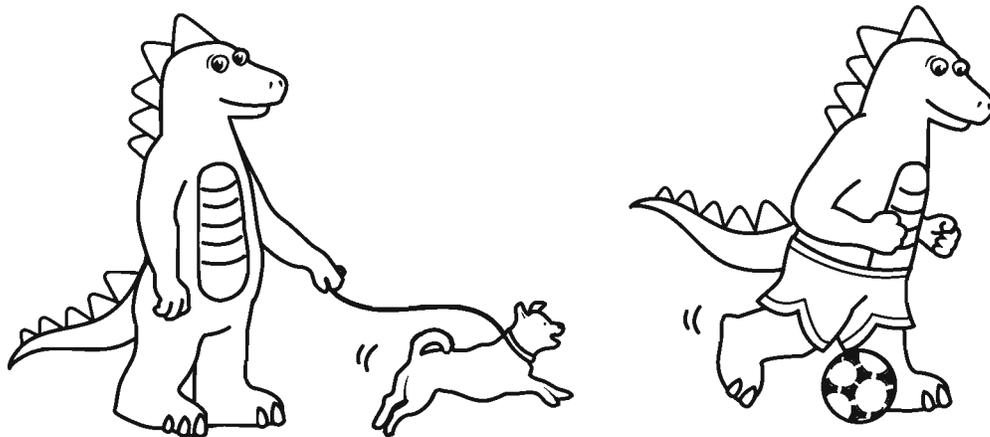


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