



I'm A Fit Kid

Purpose:

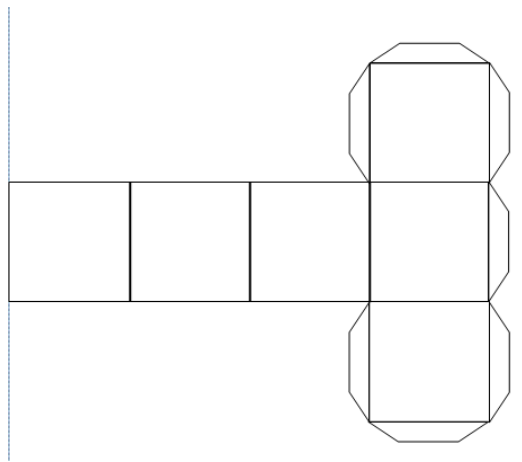
Children learn that active play helps them be physically fit.

Key Concepts:

- We can move our bodies in many ways.
- Movement and active play make us stronger.
- Water is important to drink when we're active.

Supplies:

- Create a "Wonder Box" by covering a shoe box with bright paper and stickers. Place a remote control and a small toy ball inside.
- Make a "Body Cube"
Use diagram below to make a pattern for a cube with sides that are at least 3" wide. Use a manila folder or lightweight cardboard or poster board for stiffness. On each side paste a diagram or photo of six body parts: head, mouth, hands, arms, legs, feet (or others if desired).



- Masking tape or string to make tightrope on the floor
- Outline of child drawn on poster board or newsprint
If desired, draw facial features, heart, lungs, stomach/intestines, leg/knee bones, etc.
- Basket, to hold benefits of exercise cards, 3X5" index cards with one benefit of exercise written on each one (see list in lesson), tape, to attach cards to "child"
- Balloons to toss and catch
- Bubble soap and blowers
- Small cups, Water pitcher(s)
- Choose a story from the "Suggested Stories" list and obtain from library

Introduction/Assessment and Anticipation:

DO: *Show items in Wonder Box...*

SAY: **What is this?** *hold up ball*

What do we do with it?
(throw, catch, bounce, roll)

We can do a lot with a ball can't we?

What is this? *hold up remote*

What do we use it for?

Are we more active when we play ball or when we watch TV?

Today we're going to have fun moving our bodies and playing active games to learn how we can have fit and healthy bodies.

“Move That Body”

DO: *Hold up body cube.*

SAY: **This is my “body cube.” On each side is a picture of a different part of our bodies. Let’s see if you know what they are . . .**

What’s this? *Show each side of cube, name body parts.*

Where’s yours?

Everyone point to on their body.

Now let’s take turns throwing the cube and whatever part is facing up we’ll move.
Allow every child to have a turn tossing the cube. Move corresponding body part.

We can move our bodies in many ways, can’t we?

What do we move when we talk?

What do we move when we draw a picture?

What do we move when we run?

Let’s put some of those body parts together.

Can you touch your ear to your shoulder . . .

your knee to your nose . . .

your foot to your elbow . . .

your fingers to your toes . . .

Let’s put our two hands together and give ourselves a big hand.

Optional:

Use two cubes and move both body parts at the same time.

Additional activity ideas:

- Play “Simon Says” without elimination by always giving directions with “Simon Says.”
- Play “Follow the Leader” moving in a variety of ways: crawl, walk, walking on tiptoe/on heels, going backwards, jog/run, march, hop, jump, skip, glide, gallop, etc.

“Morning Glory Stretch”

SAY: To be healthy and strong we need to move our bodies every day in many ways. We’re going to move our bodies today in ways that will make us stronger and healthier in all kinds of ways.

When we’re going to move and be active it is always a good idea to stretch and warm-up our muscles before we work them harder. To get warmed up and stretched out, we’re going to pretend to be a flower opening in the sun.

DO: *Sit in circle, and follow all directions as spoken...*

SAY: Let’s sit in a circle with our knees bent and our feet touching in the middle. We’re all part of one big flower that opens every morning when the sun comes up. It’s still before dawn so we need to close up.

Curl up your body with arms around knees and head resting on your knees.

The sun is slowly coming up now, lift up your head and turn it up to the sun. Roll it this way. Now roll it this way. Feel that sun on your face.

Breathe in that morning air . . . big breath in and out.

Now roll your shoulders, lift each one up towards the sun, first one, then the other. Slowly reach your arms up towards the sun. Higher, higher, as high as you can reach. Stretch out your fingers. Breathe deeply again. It’s time to really make our flower bloom. Grab your chest and slowly roll down onto the floor. Straighten your knees and stretch your legs and toes to be as long as you can. Stretch your arms over your head, let’s make our flower fill the room. Feel your body get longer and longer.

We made a beautiful morning glory!

“I Can Be A . . .”

SAY: Pretending is a great way to move in many ways. Let’s pretend we are . . .
animals:

chicken, horse, rabbit, monkey, bird, turtle, elephant, duck, frog, fish, tiger, dog, snake, kangaroo, cat, spider . . .

things:

yo-yo, bouncing ball, clock ticking, toy soldier, sun rising, rain falling, balloon floating, bell ringing . . .

foods:

popcorn, Jell-O™, sizzling bacon, jumping beans, toast popping out of the toaster, milk pouring . . .

transportation:

car, truck, train, airplane, bicycle, bus, motorcycle, rocket, boat . . .

“people”:

robot, astronaut floating in space, cowboy, ballerina, conductor, tightrope walker (place tape or string on the floor for one or more “tightropes” to balance on) . . .

sports:

basketball, baseball, soccer, diving, skiing, skating (works best in stocking feet), tennis, swimming . . .

“Moving Makes Me Strong”

SAY: Moving our bodies makes us stronger and healthier in many ways.

We call this being “fit.” Say that with me . . . “fit.”

In my basket I have cards that tell us some of the ways moving and being active help our bodies stay fit. You’ll each get a turn to pick one out. I’ll read what it says and then you can tape it up on this child to show what part of the body is made stronger.

List of what to write on card, how to act out with children and where to tape on large “child.”

- **makes our muscles stronger**
have children make a muscle with their arms, tape card by upper arm
- **makes our hearts stronger**
have children place hands over heart to feel it beating, tape card in center of chest
- **makes our lungs stronger**
have children breathe deeply, tape on upper chest
- **gives us energy to move even more**
tape card next to feet
- **helps us learn and makes us smarter**
tape card next to head (improves brain function and development)
- **helps our bodies digest food and keeps us going to the bathroom like we should**
tape card over lower abdomen
- **makes our bones stronger**
tape card near a bone such as the knee
- **makes us more flexible, which means we can move in more ways**
see if children can touch their hands behind their backs, or touch one foot to the opposite ear, etc., tape card near an arm or leg
- **makes us feel good**
tape card on imaginary smile
- **helps us fight off disease and keep from getting sick**
tape card in center of child
- **fun to do with my family and friends**
tape card anywhere

“Exercise Songs”

“Exercise Cheer”

(tune: “Head, Shoulders, Knees, and Toes”)

**Feel the difference it can make, it can make.
Feel the difference it can make, it can make.
When you exercise and eat right every day.
Feel the difference it can make, it can make!!**

Song Lyrics: © 1986, B.J. Mayfield, M.S., R.D.
Noteworthy Creations, Inc.

“This Is The Way We Exercise”

(tune: “Here We Go “Round the Mulberry Bush”)

**This is the way we exercise,
Exercise, exercise.
This is the way we exercise;
To keep us strong and healthy.**

**This is the way we march in place,
March in place, march in place.
This is the way we march in place;
To keep us strong and healthy.**

**This is the way we reach up high . . .
This is the way we touch our toes . . .
This is the way we twist and turn . . .
This is the way we circle our arms . . .
This is the way we take a walk . . .**

**This is the way we sit right down,
Sit right down, sit right down.
This is the way we sit right down;
For we are strong and healthy.**

Song Lyrics: © 1991, B.J. Mayfield, M.S., R.D.
Noteworthy Creations, Inc.

“Let’s All Exercise”

(tune: “Father Abraham Had Many Sons”)

**When we exercise aerobically,
We grow strong and have vitality.
I have energy and so do you.
So let’s all exercise !!**

1. **right arm** *clench fist, bend and extend arm upward repeatedly throughout song*
2. **right arm, left arm** *add left arm in same motion alternating with right arm*
3. **right arm, left arm, right foot** *add right foot stepping up and down*
4. **right arm, left arm, right foot, left foot** *add left foot stepping up and down*
5. **right arm, left arm, right foot, left foot, chin up** *add head nodding up and down*
6. **right arm, left arm, right foot, left foot, chin up, turn around**
add turning in place to all other motions
7. **... sit down!!**

Song Lyrics: © 1986, B.J. Mayfield, M.S., R.D.
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“Moving and Playing for Fun and Fitness”

SAY: There are so many ways we can move and be active:

DO: Select one or more activities from the list:

- Play a musical circle game such as . . .

“Ring Around the Rosie”

Walk in circle holding hands and singing: “*Ring around the rosie, a pocketful of posie, ashes, ashes, we all fall down.*” Everyone sits down.

“Charlie Over the Water”

Children walk in circle holding hands around a child who is “Charlie,” singing: “*Charlie over the water, Charlie over the sea, Charlie can catch a blackbird but he can’t catch me!*” Children drop hands and run to designated safe spot. If a child is tagged he/she becomes next Charlie.

“The Hokey Pokey”

Children stand in circle facing center. Select body parts to put in and out of circle then do “Hokey Pokey” dance (turn around and wiggle): *“We put our arms in, we put our arms out, we put our arms in, and we shake them all about. We do the Hokey Pokey and we turn ourselves around. That’s what it’s all about!”*

- Move with a partner:
 - Hold hands and be jumping beans (both feet, one foot then the other),
 - Row a “boat” together (sit on the floor facing each other with one child’s legs inside the other’s, hold hands. Sing “Row, row, row your boat” and lean back and forth.)
 - Play “mirror” with one child imitating whatever action partner performs, switch.
- Dance to music. Variations include:
 - stopping the music and being a frozen statue;
 - giving each child a small beanbag and having them dance while they balance it somewhere on their bodies; wave ribbons or scarves.
- Movement races or relays. Move across the room in a variety of ways: crawl, tiptoe, walk backwards, glide, hop, jump, jog, skip, gallop, march, etc.
- Take a walk, inside or outside. Could even be an imaginary mountain climb, a trek through the Amazon jungle, a hike on a snowy day, or a walk on the beach. Play at a playground or park.
- Set up an obstacle course. Include over, under, around and through activities.
- Play “Jump the Brook” Use pieces of string or yarn to designate the banks of the brook. Start with them very close together and have everyone jump across in turn. Increase the width of the brook until everyone gets “wet.”

“Quiet Play to Cool Down”

SAY: After we’ve been moving and playing hard it’s a good idea to cool down by playing more quietly. I’m going to play some slower music and we’re going to move gracefully.

For extra fun we’re also going to

. . . throw and catch balloons, try to keep them from touching the ground

. . . blow bubbles and imitate their movements

pretend to be . . . graceful birds flying, skaters gliding on ice, ballerinas dancing, leaves falling and drifting in the breeze

reverse “Morning Glory Stretch” and have “flower” close-up from open position.

“Water — The Ideal Thirst Quencher”

SAY: Is anyone thirsty?

That’s your body telling you that you need a drink of water.

When we’ve been active it’s very important to drink water to put back what you’ve lost by sweating and breathing out lots of moist air while you’ve been moving and playing.

Let’s take a water break.

DO: While drinking, discuss the body’s need for healthy foods for energy. Have them suggest smart choices for snacks before and after active play. Refer to MyPlate if desired and suggest ideas from all food groups.

“Story Time”

DO: *Choose a story from the “Suggested Stories” list at the end of the lesson. Read.*

SAY: It’s nice to sit and listen to a story and get some rest. Our bodies need to rest and sleep every day to stay healthy and grow well. Can you imagine never, ever sleeping?!
Wow, would you ever be tired!!
What are some of the ways we rest?

Closing and Commitment:

SAY: Let’s see what you can remember about moving and getting fit:

What are some ways moving helps our bodies be strong and healthy?

What are some ways you can move?

What did we do before we played hard? (warm-up, stretch)

What did we do after we played hard? (cool-down, play slower and more quietly)

What do we drink when we’re thirsty?

Let’s make a Promise:
(raise right hand)

**I will move my body . . .
every day . . .
to stay fit and healthy.**



SUGGESTED STORIES

The Berenstain Bears and too much Junk Food

by Stan and Jan Berenstain.

The cubs and Papa Bear learn to exercise and choose healthier foods.

The Berenstain Bears and too much TV by Stan and Jan Berenstain.

Mama Bear is worried her cub's muscles will turn to pudding from watching too much TV. She limits TV and teaches them new active games to keep them from getting bored.

From Head to Toe by Eric Carle

A playful and rhythmic question-and-answer word game with animals introduces children to the basic body parts and body movements.

Jump, Frog, Jump ! by Robert Kalan.

A cumulative tale of a frog that escapes many perils by jumping. Act out the story for a fun activity. (Available in Spanish)

Monkey see, monkey do an animal exercise book for you!

by Anita Holsonback

Rhymes and colorful illustrations show children how to move like their favorite animals.

Toddlerobics by Zita Newcome.

A book for really young children.

The following pages provide a parent newsletter and a coloring page for children.

I'M A FIT KID

Children who are “fit” are healthier, smarter, stronger, and feel better about themselves. “Fitness” is achieved by something children naturally love to do — MOVE!! However, children today are not moving enough and are becoming less fit. Numerous studies show a dramatic increase in children’s weights in just the past three decades. Inactivity is considered a major factor. Children today average over 24 hours in front of the TV and other screens every week!! How much does your child watch?

You can help your child become a “fit kid” if you:

- Limit TV viewing and screen time. The American Academy of Pediatrics recommends no screen time under age 2, less than 1 hour a day for children age 2-5, and less than 2 hours a day for ages 6 and above.
- Encourage active play. When you buy a toy, consider items that encourage activity such as balls, a tricycle, trampoline, or swing, etc. Provide a safe place to play such as a fenced yard, a large open space inside, or set aside time to go to a park together. Strive for at least 60 minutes of physical activity daily.
- Make movement fun. Find activities your child enjoys rather than pushing them to participate in your favorite sport.
- Enjoy being active together. Go to the zoo as a family, take walks, fly a kite, rake leaves, play catch. Sing and move together:

“Exercise Cheer”

(tune: “Head, Shoulders, Knees, and Toes”)

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If your child appears overweight, have a health professional plot weight for height on a growth chart to see if it is in a healthy, normal range. Help your child appreciate his or her body. Teach your child that people come in all shapes and sizes. Assure your child that you love them just the way they are. Avoid nicknames that make fun of fat or any other body feature. Do not put your child on a “diet.” Instead, provide a wide variety of foods, help them trust their appetite to know how much to eat, and encourage activity. Children will generally achieve a healthy weight if they learn to be active, enjoy eating rather than feel guilty about food, and learn to eat when they are hungry and stop eating when they are full. Your child can be fit, and so can YOU!!



I'M A FIT KID