

Exercise is Fun!

By Breezie Bitter

Topic: We can create our own exercise by playing games and being active each day.

Time: 1-2 30-minute lesson periods

Health Standards:

- 3.H.1.1.1 Recognize the importance of fitness for overall wellness.
- 3.H.5.1.3 Recognize the benefits of exercise and how it enhances mental and emotional health.

Language Standards:

- 3.LA.3.2.1 Use ideas generated and organized in prewriting to write a draft that includes a main idea and details.
- 3.LA.3.5.2 Share writing with intended audience.

Objective:

SWBAT *discuss* ways they can exercise in their everyday life and then *illustrate* those ideas by brainstorming, *creating* and *writing* about a physical activity that they could play in order to exercise.

Assessment:

SWAT *discuss* ways they can exercise in their everyday life and then *illustrated* those ideas by brainstorming, *creating*, and *writing* about a physical activity that they could play in order to exercise.

Materials Needed:

- Lined paper for each child
- Exercise graph/journal (1 per child)
- Ability to take class outside or to the gym to demonstrate a physical game of your choice (examples include “red rover”, “hop scotch”, jump rope games, tag games etc. A game that is familiar to the children works best.)
- Any materials needed for the game you have chosen to demonstrate
- Whiteboard and markers for each student
- Whiteboard at front of room
- Vocabulary words posted for the class to see

Classroom Setup:

- Whiteboard (available to write on for brainstorming session)
- Room to demonstrate game if done in classroom
- Whiteboards and markers on each students desk
- Students sitting in groups of 4-5

Lesson Procedures-

1. Gain Attention:

Take students to the location you have decided to do your game in. For about 5 minutes play the game with the children then return to the classroom.

2. Recall Prior Knowledge:

Ask students what they thought about the game they played. Particularly ask them how they feel after getting their heart rates up. Remind them what endorphins are. Ask if they play similar games on the playground or at home.

3. Teacher Input:

- a. Emphasize to students that exercise does not have to be the same all the time and it doesn't have to be boring. Tell them that often the games they play and the things they do are considered exercise.
- b. Discuss how children are supposed to exercise for 60 minutes a day. Show them the graph and journal and explain the requirements for it.
- c. Review vocabulary terms as they apply to the game you played. Tell students that if the activity you are doing involves these words that you are probably doing something that is good for your body and that is considered to be exercise.

4. Instructions & Application:

- a. Tell students that they will be creating their own physical activity or game. They will be required to write a paragraph or a list of steps explaining how to play the game and how or why it is a healthy exercise for your body.
- b. Have them all close their eyes and picture their favorite physical game that they play.
- c. Have them each share their games with you as you write them on the board. Tell them that they need to think creatively to invent their new game. Suggest combining two of the games you have written on the board and making them into one activity.
- d. Continue brainstorming with them as they begin to write down their ideas for their new game on their own white boards.
- e. Monitor student progress as they go from prewriting to writing. Continue to brainstorm and give instruction where needed.
- f. When students are finished allow them to share with their groups the game they have invented. Monitor their presentations in order to check for understanding and assess their work.

***Differentiation-** For students who finish early have them peer tutor their friends who need help finishing. For those who may not be able to complete the assignment have them draw a picture of their favorite physical game they play at recess or at home and perhaps even write a sentence or two describing the activity they drew.

5. Closure:

Hand out the graph/journal sheet to each student. Review requirements for the graph and journal. Challenge students to do something physical and fun each day. Remind students that exercise is healthy for us and can be fun and we can be creative in order to make it fun.