

Teacher's Guide

This guide includes:

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Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: <http://www.cdc.gov/healthschools/sher/standards/index.htm>



Grades 3 to 5 • Personal Health Series Fitness

The following activities will help your students develop an appreciation for the importance of physical fitness — and get their bodies moving in the process!

Related KidsHealth Links

Articles for Kids:

Be a Fit Kid

KidsHealth.org/en/kids/fit-kid.html

It's Time to Play

KidsHealth.org/en/kids/what-time.html

Why Exercise Is Cool

KidsHealth.org/en/kids/work-it-out.html

What If I Don't Like Sports?

KidsHealth.org/en/kids/no-sports.html

5 Reasons Girls Should Play Sports

KidsHealth.org/en/kids/5-sports.html

Getting Muscles

KidsHealth.org/en/kids/getting-muscles.html

What's Sweat?

KidsHealth.org/en/kids/sweat.html

Resources for Teachers:

Classroom Exercise Breaks for Elementary Students

KidsHealth.org/en/parents/elementary-exercises.html

Easy Elementary Exercises (videos)

KidsHealth.org/en/kids/bfs-elementary-exercises.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Whether walking your dog or protecting your goal against the opposing team, there are lots of ways to keep your body moving! How do you stay fit and active? Which physical activities do you like and why? How does being active make you feel?
2. You know you feel great after a bike ride, but why? What does exercise actually do for your body? What could happen if you don't lead a healthy and active lifestyle?
3. No matter how many times you shoot the ball, it just won't go in the basket. How frustrating! Talk about a time when you overcame a physical challenge. What was it? How did you meet the challenge? Why was it important to you to succeed? How did you feel when you succeeded?
4. Do you think you have to be good at a physical activity to enjoy it? Why or why not?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Playing Is Winning!

Objectives:

Students will:

- Design a game, including at least two motor skills, rules, and strategies
- Identify the health benefits of physical activity

Materials:

- “Playing Is Winning!” handout

Class Time:

45 minutes

Activity:

When you play sports and active games every day, everybody wins. When you get your body moving, you’re staying as healthy as you can. And you don’t even have to play the same old games you might usually play, like soccer, basketball, or tag. You can invent your own active game and give it a cool name! So take a look at the “Playing Is Winning!” handout. Then create your own game, coming up with your own rules and the things you need to play (materials). Also, list the activities involved in your game (like running, skipping, throwing, jumping, catching, kicking a ball), and explain how playing your game will help keep kids healthy.

Extensions:

1. Have your students take turns trying each game they’ve created on different days at recess.
2. Have students design a 1-page questionnaire that asks classmates to rate their game. Include at least five questions that classmates can answer to rate how difficult the game was to learn and how much fun they had playing it. Then distribute the questionnaires, and collect completed questionnaires to check out the comments.. Identify at least one improvement that could be made to each game based on classmates’ comments. Then try playing the new and improved games during recess.



Fitness How-To

Objectives:

Students will:

- Isolate the steps involved in performing a motor skill
- Encourage younger kids to be physically active by creating an instructional booklet or video

Materials:

- Blank paper and art supplies or smartphone video or other video equipment

Class Time:

1 hour in class or at home

Activity:

Do you remember when you learned to kick a soccer ball? Or dribble and shoot a basketball? Or ride a bike, jump rope, or hit a baseball? Even though these skills may be easy for you now, they weren't always such a piece of cake! Now that you're a master at some of these activities, you can help little kids who haven't achieved these important skills yet. Choose a physical skill that you'd like to teach to a preschooler. Then write and illustrate a book, or create a video, for young kids that shows the steps of mastering the skill. Be sure to break the skill down into simple steps with clear illustrations that little kids will be able to follow. Don't forget to emphasize how much fun it is to use the skill once you've learned it!

Extension:

Share your book or video with at least two or three younger kids. Ask them try out your instructions and then ask what they liked or didn't like about your book or video. Then revise your book or video based on the kids' comments.

Reproducible Materials

Handout: Playing Is Winning!

KidsHealth.org/classroom/3to5/personal/fitness/fitness_handout1.pdf

Quiz

KidsHealth.org/classroom/3to5/personal/fitness/fitness_quiz.pdf

Quiz: Answer Key

KidsHealth.org/classroom/3to5/personal/fitness/fitness_quiz_answers.pdf



Name:

Date:

Playing Is Winning!

Instructions: Explain how your game works below.

My Game's Name: _____

Materials needed for my game:

Rules of my game:

Activities involved in my game (like running, skipping, throwing, jumping, catching, kicking a ball):

Health benefits of playing my game:





Name:

Date:

Quiz

Instructions: Answer each question.

1. List three things you can do to be a fit kid:

2. _____ exercise is a kind of activity that requires oxygen.

3. If you eat more calories than your body needs, it may be stored as excess _____.

4. Sweat leaves your skin through tiny holes called _____.

5. List two activities that can build strong muscles:

6. True or false: Exercise helps keep your heart healthy.

7. True or false: Exercise strengthens muscles.

8. True or false: Exercise makes you flexible.

9. True or false: Exercise makes you feel good.

10. True or false: Kids shouldn't exercise or be active every day.



Quiz Answer Key

1. List three things you can do to be a fit kid:

Any three of the following: eat a variety of foods, especially fruits and vegetables; drink lots of water; listen to your body and pay attention to when your stomach feels full; limit screen time; be active

2. Aerobic exercise is a kind of activity that requires oxygen.

3. If you eat more calories than your body needs, it may be stored as excess fat.

4. Sweat leaves your skin through tiny holes called pores.

5. List two activities that can build strong muscles:

Any two physical activities

6. True or false: Exercise helps keep your heart healthy.

7. True or false: Exercise strengthens muscles.

8. True or false: Exercise makes you flexible.

9. True or false: Exercise makes you feel good.

10. True or false: Kids shouldn't exercise or be active every day.