Recommended Book
“Move Your Body! My Exercise Tips” by Gina Bellisario

Book Summary: Natalie is helping her teacher, Ms. Starr get her classmates ready for Field Day. Ms. Starr talked about the importance of exercise to keep bodies our healthy. Ms. Starr explains the different kinds of exercise and encourages students to try each exercise. Natalie’s classmates learn that exercise is important not just for Field Day but every day!

Lesson Objectives
Students will:
1. Explain the importance of exercise and physical activity.
2. List the different kinds of exercise that they can participate in to be active.
3. Provide examples of each kind of exercise.
4. Practice different exercises for healthy bodies.

Activity Summary:
Students will participate in a variety of activities that represent the 3 different kinds of exercises that Natalie and her classmates tried. See reverse for materials, prep-work and “activity station” directions.

Lesson Format
1. Discuss with children some of their favorite ways to be active.
2. Read book aloud to children. As you read the book, include the facts from the red speech bubbles and practice activities mentioned (if age appropriate). Optional interactive activity: when the story talks about different kinds of exercises, have students practice each kind of exercise mentioned.
3. Explain the difference between physical activity and exercise to children.
   • Physical activity is any movement that your body does that uses energy. Physical activity can include daily activities like walking to school, helping to clean the house, walking the dog, and jumping rope.
   • Exercise is movement that is planned, structured, and repetitive with a goal of improving your fitness level. Examples of exercises include being on a community sports team, going to the community center to swim, and playing basketball every day.
4. Discuss the importance of getting exercise to keep our bodies healthy. Guide answers to highlight that exercise:
   • Makes our muscles and bones stronger
   • Helps lift our mood
   • Gives energy for us to play
Lesson Format continued

5. Use the following questions to guide a discussion:
   - As each type of exercise is read, have students name additional activities that could be included with each exercise type. Some exercises that students may include are:
     - Aerobic exercises – swimming, riding a bicycle, dancing to music
     - Anaerobic exercises – jumping rope, sprinting, planting a garden
     - Stretching exercises – twisting arms side to side, reaching up to the sky and touching toes, yoga, standing in front of a wall and pushing arms against it
   - How do you feel when you don’t get enough exercise every day?
   - What exercises do you do at school to stay active?
   - Name some exercises you can do at home with your family.

6. Let’s try different exercises. Divide the classroom into 5 different groups and direct each group to the set up activity stations.

Materials
- Recommended Book
- Exercise station picture cards (in materials appendix)

Prep-work
- Place exercise station picture cards around the classroom.

2 Minute Exercise Station
Supplies: Exercise picture cards (in materials index)

Exercise Stations
1. Dance Party or Chicken Dance
2. Jumping Jacks
3. Frog Jumps
4. Toe Touches and then reach up high
5. Invisible Jump Ropes

Note: Feel free to swap out other activities based on the needs of the students.

Directions:
1. Explain each activity station to the classroom.
2. Divide students out into groups of 3-4.
3. Assign each student group at an activity station.
4. Students will participate in the activity listed on the picture card for 2 minutes and then move to the next station until students have participated at all stations.

Additional activity ideas: Brainstorm physical activity ideas for your own school’s field day.

Estimated Time:
* Completing pre-work: 20 minutes
* Completing lesson: 45 minutes
* Completing reinforcement activity: 30 minutes
We read “Move Your Body! My Exercise Tips” today in class and learned how important it is to exercise for building strong bones and muscles. We talked about the different types of exercises to build a healthy body and ways they can be active with their family.

Be Active All Year Long
There are many ways that you can be active all year long. Try different activities as the seasons change.

Spring – planting fruits and veggies and help pull weeds, playing catch, go for a walk

Summer – swimming, bike riding, hopscotch

Fall – hiking, raking leaves, fall scavenger hunt

Winter – dance party, sledding, building a snowman, indoor obstacle course.

Did You Know?
Different types of physical activity help to get other parts of the body moving.

• Aerobic activities make your heart beat faster and cause you to breathe harder. Aerobic activities include: walking, running, swimming, biking, and dancing to music.

• Bone-strengthening activities help to make your bones stronger. These activities are really important for children as their bones are growing. These activities include jumping, skipping, playing hopscotch, and gymnastics.

• Balance and stretching activities improve stability and flexibility and can also help reduce the risk of injuries. These activities include: light stretching, yoga, balancing on one leg, and lunges.

Take Action!

• Track your physical activity each day! Make a chart and put the activity and the amount of time that you do each activity. Remember that you can do many activities to count!

<table>
<thead>
<tr>
<th>Day</th>
<th>Activities (Minutes)</th>
<th>Total Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Biking (20)</td>
<td>65 min</td>
</tr>
<tr>
<td></td>
<td>Running (30)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Playing at playground (15)</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>Pulling Weeds (20)</td>
<td>60 min</td>
</tr>
<tr>
<td></td>
<td>Playing catch (30)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hide and seek (10)</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Baseball practice (60)</td>
<td>80 min</td>
</tr>
<tr>
<td></td>
<td>Walking to school (20)</td>
<td></td>
</tr>
</tbody>
</table>

• Identify one new activity to do together as a family this week.