

1ST GRADE PHYSICAL ACTIVITY

Length: 30 minutes

Materials needed:

1st Grade Physical Activity Storybook
1st Grade Physical Activity Worksheet
Brainy Broccoli Cutout
Outdoor Space for Kinesthetic Activity



Learning Objectives

- understand the exercise snack
- understand the benefits of some sun exposure
- reinforce the 1 hour per day rule

Storybook

Discussion questions:

- What are key differences between being inside and outside?
- Why can fresh air be healthy?
- Where is an area outdoors in your community where you can go out and enjoy being active?

Sequence of activities

Storybook (4-6 minutes)
Worksheet (8-12 minutes)
Video (5 minutes)
Kinesthetic Activity (10 minutes)

Worksheet

- Have students finish all of the art sections.
- If finished early, explain some examples of healthy ways to get outside

Video

- Allocate 5-6 minutes for it
- Groups of 2 or 3 students are required

Follow Up

- Health Schedule: students chronicle one exercise snack per day
- after a week, have a quick discussion where every student shares their exercise snack. Encourage more participation in them.
- Primary times for exercise snacks: homework breaks, classroom breaks, recess

Kinesthetic Activity

- cut out the brainy broccoli paper figure
- one student starts with the broccoli who is the tagger
- if students are tagged, they must wait 10 seconds and then name one physically active thing they partook in recently