

## **Lesson: Fitness is Fun!**

### **Supplies Needed:**

- 2.4\_LV\_FITNESS-IS-FUN-VISUALS

### **Goals:**

- Students will know to exercise or move 60 minutes everyday.
- Students will understand the importance of moving.
- Students will know there are three different types of exercise; cardiovascular exercise, strength training, and flexibility.

### **Lesson:**

Who remembers what we talked about last month?

*(How to divide up our plate to make a healthy, balanced meal)*

Can anyone remember at least how much of our plate should be made up of fruits and vegetables?

*(Half)*

We learned last month to make a little over 1/4 of our plate grains, too. What grains are healthiest?

*(Whole grains like oatmeal, brown rice, whole wheat bread or pasta, etc.)*

What are some sources of protein?

*(Nuts, seeds, beans, eggs, peanut butter, meat, chicken, fish)* **(Make sure they list some vegetarian sources.)**

Now that we've reviewed a little about eating right, let's talk about exercise. Who can raise their hand and tell me what exercise is?

*(Exercise is a fancy way of saying moving our bodies in a way that makes it work.)*

For example, do you ever feel out of breath after playing tag? That's because tag is a type of exercise. Do your arms ever feel tired after going on the monkey bars or after playing catch for a long time? That's because those are exercise too.

Whenever you are playing actively you are exercising. What are some of your favorite ways of playing actively?

*(Soccer, dance, play ground, riding bikes, etc.)*

Do you know why it is so important to exercise?

*(Exercise helps your body stay healthy!)*

It strengthens your heart, lungs and muscles. It helps you feel energized, prevents disease, promotes good sleep, and enables you to maintain a healthy weight. To build a strong, healthy body, you should exercise 60 minutes every day.

Do you remember the three types of exercise from last year?

*(Cardiovascular, strength and flexibility)*

Well, let's review them-- and have some fun at the same time!

First, there is cardiovascular exercise or cardio. This is the type of exercise that gets your heart beating fast and often leaves you short of breath. Cardiovascular exercise or cardio helps strengthen your heart. Did you know that your heart is a muscle? Its job is to pump blood throughout your entire body. Your heart never gets a break; it pumps blood 24 hours a day, 7 days a week! The more you exercise, the stronger your heart becomes, and the easier it is to do its job. Can you think of exercises that we can do to get our hearts pumping?

*(Running, jumping rope, basketball, swimming)*

Let's practice, but first, put your hand over your heart and notice how fast it is beating. Now, everyone stand up. Let's pretend there is a jump rope on the ground in front of you. We're going to jump over this pretend rope with two feet - ready, set, go! **(After one minute begin next exercise.)**

Let's do 30 jumping jacks - ready, set -- one, two, ... **(Count off as class.)**

Now, jump on one foot **(Jump for 15 seconds.)**. Now, switch to the other foot **(Jump for 15 seconds.)**.

Now let's try a different exercise -- jump up and try to touch the ceiling and then squat down and touch the floor- ready, set, go! **(Do about 10 reps.)**

Okay, everyone FREEZW! Place your hand over your heart. Be very still. Can you feel it working extra hard? This is how you build a strong heart!

Wouldn't it be great to have some water now? It's very important to hydrate during and after you exercise. You lose fluids when you work out-- think of how sweaty you get sometimes! That is the water that was inside your body! Drinking water to keep hydrated is our #1 drink choice.

The next type of exercise is strength training. Strength training helps build strong muscles throughout your body, supports good posture, and helps you maintain a healthy weight. Having strong muscles in your back and abdomen, your core area, helps your body stand up tall and also prevents you from falling and hurting yourself. Have you ever stepped on ice and felt like you were going to fall? Did you notice that when you felt the unstable ground, your body, especially your stomach tightened up? This is an example of your core working hard to make sure you stand upright and don't get hurt.

When you are young and still growing, you don't need to lift heavy weights to build a strong body. Everyday exercise, like playing on the monkey bars or carrying your backpack can help build strong muscles.

Let's practice a few exercises that you can do to keep your muscles strong! Everyone sit down in your chair nice and tall. Now stand up without using your hands. Let's try this one a few more times. Remember to hold your belly in; this will help maintain your balance.

Okay, now let's pretend that we are about to sit down, but just before your bottom touches the chair -- FREEZE! Let's hold this position for ten seconds. Feeling strong? Let's try 30 seconds. Did you feel your legs and stomach tighten? Did they get a little tired? That's how you know you've worked your muscles.

Now that we've exercised our hearts and strengthened our muscles, we are going to end our lesson with some flexibility exercises. Stretching helps lengthen our muscles, prevents injury, and helps us stay loose. You should stretch only after you've warmed up your muscles. Are you ready to get loose?

Everyone stand up nice and tall. Place one arm over your head and behind your back. Now take your other arm and reach around and try to clasp onto your other hand. Hold this position for 30 seconds and then try the other arm.

Now let's reach to the sky, slowly bend forward, and try to touch the floor, hold this position for 30 seconds. Now slow roll your body up, and take a nice deep breath! AHHHHH!

You can sit back down. Stretching feels so good! You can stretch your muscles every day; just remember it is important to warm up first!

Today we learned about the importance of three different types of exercise. Can you remember what they are and how they help us?

1. *(Cardiovascular exercise helps build a strong heart.)*
2. *(Strength exercises help build strong, sturdy muscles.)*
3. *(Flexibility exercises help lengthen and loosen our muscles.)*

How much exercise or active play should we get every day?  
*(60 minutes)*

Think about your favorite types of exercise or active play. Do they get your heart pumping? Do they build your muscles? Do you ever stretch? All three types of exercises are important for a healthy body! And one of the best parts about *all* types of exercise is that they help us get a good night's sleep. Challenge yourself to exercise or play actively every day this month. Next month we'll check in and see how you did!