

Hop and Dance Like Betsy

Exercise Outcomes:

- ♥ Improves Cardiovascular Capacity
- ★ Promotes Flexibility and Balance
- 🏋️ Develops strength

Nutrition Lesson(s) Supported:

-All

Supplies Needed:

- Book: "Hop, Jump" by Ellen S. Walsh

Length of Time to Complete:

15 minutes

Audience (grades): K-2

Background:

Betsy is a frog in the book "Hop, Jump" (by Ellen S. Walsh, 1993, Harcourt, Brace & Co). This activity copies Betsy's movements and allows the children to create movements of their own. Betsy watches the other frogs hop and jump, but she wants to try other movements. At first the other frogs say "no room for dancing" but, after watching her, they try dancing and like it. Then they say "no room for hopping and jumping", but Betsy tells us there is room for everyone. Eating a variety of foods provides us with energy. Sometimes we are afraid to try new things. This book and activity encourages acceptance.

Directions

Read Hop, Jump by Ellen S. Walsh. Arrange children in a long line facing you. Begin by jumping forward (jumping is with both feet at the same time). Try short quick jumps, long jumps and jumps up into the air. Next try hopping (jumping on one foot at a time, several hops at a time). Repeat on the other foot. Betsy leaped (long running step) and did twisting and turning. Show the children leaping, have them try. Repeat with several turns. Betsy and the frogs began to dance combining jumps, hops, turns, leaps and other movements. Expand by having everyone hop-jump while one person dances, reverse.

Resources:

http://www.iowa.gov/educate/index.php?option=com_content&view=article&id=431:team-nutrition-learning-tools&catid=440:nutrition-program-learning-tools&Itemid=446