

What is Physical Activity? Lesson Idea

Objective

- Learn that the heart needs to work hard and rest.

Prepare

- Download and print [Outside Fun and Fitness](#) and [Inside Fun and Fitness](#) Coloring Activity Sheets for class distribution

Materials

- [Outside Fun and Fitness](#) and [Inside Fun and Fitness](#) Coloring Activity Sheets

Explore

1. As children sit quietly, have them place their hands on their chests and see whether they can feel the beat of their hearts. Explain that when we are resting or sleeping, our hearts beat more slowly than when we are being physically active. Ask children to repeat slowly after you: *Thump...thump...thump*
2. Teach children the activity game "Wise Owl Says." Have them use their fingers to make an owl—using their thumbs and index fingers to make circles for the eyes and their other fingers pointing up to make the feathers over the owl's eyes. Then play the game using the rules for the game "Simon Says." You might simplify the activity for younger children by not having them be out of the game when the leader does not say "Wise Owl says."

*Wise Owl has something to say:
"Do a physical activity every day."*

The leader then says "Wise Owl says" and gives a direction for a physical activity. Let as many children as possible have a turn at being the leader and giving a direction.

Sample directions:

*Wise Owl says, "Circle your arms." Wise Owl says, "Lift each knee."
Wise Owl says, "Stretch up high." Wise Owl says, "March in place."*

3. Distribute [Outside Fun and Fitness](#). Ask children to identify the physical activities that the people in the pictures are doing. Explain that physical activity includes anything that makes people move their bodies and that all physical activity is good for people's health.
4. Distribute [Inside Fun and Fitness](#). Ask children to describe what the people in each scene are doing. *How can some indoor activities help people stay healthy?* Again focus on the idea that there are all kinds of physical activities. Even household chores, as long as they involve moving the body, count as physical activities. To demonstrate this point, have children imitate the movements involved in vacuuming, dusting and sweeping.
5. Ask children to color their activity sheets and display them in the classroom.

What is Physical Activity? Lesson Idea (Spanish)

¿Qué es la actividad física?

Objective

- Learn that the heart needs to work hard and rest.

Materials

- [Diversión y ejercicio al aire libre](#) and [Diversión y ejercicio adentro](#)

Explore

1. As children sit quietly, have them place their hands on their chests and see whether they can feel the beat of their hearts. *Siéntense calladitos y sin moverse. Pónganse una mano en el pecho para ver si sienten los latidos del corazón.* Explain that when we are resting or sleeping, our hearts beat more slowly than when we are being physically active. *Cuando descansamos o dormimos, el corazón nos late más despacio que cuando nos movemos.* Ask children to repeat slowly after you: *Pum...pum...pum... Repitan después de mí: pum... pum... pum...*
2. Teach children the activity game "Wise Owl Says." Have them use their fingers to make an owl—using their thumbs and index fingers to make circles for the eyes and their other fingers pointing up to make the feathers over the owl's eyes. *Vamos a jugar a "La lechuza dice". Hagan cara de lechuza. Con los dedos índice y pulgar formen dos círculos y pónganlos delante de los ojos. Pongan los otros dedos hacia arriba para formar las plumas que tienen los ojos de la lechuza.* Then play the game using the rules for the game "Simon Says." *Vamos a jugar siguiendo las reglas del juego "Simón dice" o "El rey ordena".* You might simplify the activity for younger children by not having them be out of the game when the leader does not say "La lechuza dice."

*La lechuza siempre decía:
"Haz una actividad física todos los días."*

Wise Owl has something to say:
"Do a physical activity every day."

The leader then says "Wise Owl says" and gives a direction for a physical activity. *El líder va a decirnos "La lechuza dice" y luego nos mandará hacer una actividad física.* Let as many children as possible have a turn at being the leader and giving a direction. *Por turnos, varios voluntarios serán el líder.*

Sample directions:

*La lechuza dice: "Suban las rodillas, una por una."
La lechuza dice: "Marchen en el mismo lugar."*

Wise Owl says, "Circle your arms." Wise Owl says, "Lift each knee."
Wise Owl says, "Stretch up high." Wise Owl says, "March in place."

3. Display "[Diversión y ejercicio al aire libre](#)". Ask children to identify the physical activities that the people in the pictures are doing. *¿Qué actividades físicas están haciendo los niños de las fotos?* Explain that physical activity includes anything that makes people move their bodies and that all physical activity is good for people's health. *La actividad física es cualquier cosa que nos hace mover el cuerpo. Todas las actividades físicas son buenas para la salud.*
4. Display "[Diversión y ejercicio adentro](#)". Ask children to describe what the people in each scene are doing. *¿Qué están haciendo las personas de cada foto?* How can some indoor activities help people stay healthy?

¿Cómo pueden ayudarnos a mantenernos sanos las actividades que hacemos adentro? Again focus on the idea that there are all kinds of physical activities. Hay muchas clases de actividades físicas. Even household chores, as long as they involve moving the body, count as physical activities. Hasta las tareas del hogar cuentan como actividades físicas, siempre y cuando nos hagan mover el cuerpo. To demonstrate this point, have children imitate the movements involved in vacuuming, dusting and sweeping. Vamos a hacer los movimientos de aspirar la alfombra (de quitar el polvo, de barrer el piso).