

Session 3: Grades K-2 • Get Out There and Move!

OBJECTIVES: In this session, children will:

1. Discover how the heart works when the body is physically active.
2. Get ideas for physical activities.

__:__ - __:__ **EAT SNACK:** Apples and Yogurt
@10 mins

__:__ - __:__ **INTRODUCTION:** Purpose: To discover how the heart works when the
@ 3 mins body is physically active

__:__ - __:__ **LESSON:** Purpose: To get ideas for physical activities
@ 17 mins

__:__ - __:__ **TRANSITION AND PHYSICAL ACTIVITY:** Aerobic/Fast Games
@ 28 mins

__:__ - __:__ **TRANSITION AND CLOSURE**
@ 2 mins

Materials and Instructions for Snack:

Apples and Yogurt

Makes approximately 25 servings.

Shopping List of Ingredients

- 25 Apples
- 7 - 32 oz Containers of low-fat flavored yogurt (preferably fruit-juice sweetened)
- 5 Tablespoons of ground cinnamon (optional)

Utensils and Supplies:

- 1 Paper plate for each child
- 1 Spoon (for dipping out yogurt)
- 1 Plastic cup and water for each child
- 1 Knife (for cutting apples)
- 1 Apple corer (optional)
- 1 Napkin per child
- 1 Large garbage bag

Preparation Instructions:

1. Wash and core the apples. (Do not peel them.)
2. Cut each apple into slices.
3. Place 1 cut apple on each plate.
4. Spoon approximately $\frac{1}{2}$ cup of yogurt onto each plate.
5. Sprinkle cinnamon on the yogurt (optional).
6. Give 1 cup of water to each child.
7. Give 1 plate with apple slices and yogurt to each child.
8. Eat, drink, and enjoy!

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Materials:

1 “Snacking at Home: Apples and Yogurt” handout for each child

1 copy of the “GO Activity Cards” cut into cards

1 stopwatch (or watch)

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@ 10 mins

__:__ – __:__ **INTRODUCTION:** Purpose: To discover how the heart works when
@ 3 mins the body is physically active

1. Read from the dialogue box:

- Make a muscle in your arm and feel it. When this muscle is strong, it can help you lift things.
- This muscle doesn't get strong all by itself; you need to exercise it to make it strong.
- Your heart is also a muscle, an amazing muscle, because it works all day and all night without ever stopping.
- Your heart pumps blood and oxygen throughout your body through miles and miles of tiny blood vessels called arteries and veins.
- By being active every day, you help your heart stay healthy. We might say that physical activity exercises your heart. And, when your heart is healthy, it can do a better job of pumping blood and oxygen all through your body.
- Why do you want to have a strong and healthy heart? (To have more energy to run and play)
- Doing physical activities increases your heart rate.
- Since we'll be talking a lot about physical activities in this program, and since "physical activities" is a long phrase, we're going to make it a little shorter and call physical activities "GO activities." Some examples of GO activities are playing tag, flying a kite, and running races. Most GO activities make your heart beat faster—and that's good.
- Today you're going to find out about GO activities that can make your heart stronger.

__:__ – __:__ **LESSON:** Purpose: To get ideas for physical activities
@ 17 mins

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2. Read from the dialogue box:

- We're going to play a game called "Guess What I'm Doing?" It's also known as charades.
- To play the game, you'll act out something without talking, and others will try to guess what you're doing.
- Before we start, I'll put you into groups and give a number to each person in the group. The group will stand in a circle.
- When I say a number, everyone with that number will come to me and I'll show them a GO Activity Card.
- Then everyone will go back to their group and act out the movements and actions of the GO activity that was on the card. The other group members have to guess the activity the person is doing. But they shouldn't say their answer. Instead, when they think they know what the GO activity is, they have to start doing the same movements and actions.
- When I see that everyone in all the groups is doing the same movements and actions, I'll ask what your guess was. Then I'll say another number and we'll play the game again!
- Let's practice. I'll act out a GO activity, and you tell me what it is

3. Perform the GO activity "bike riding" for the children. Ask them to guess the GO activity you performed.

4. Read from the dialogue box:

- Now that you've seen me do a GO activity, you're going to take turns.

5. Divide children into small groups. Give each child in each group a different number. Tell children to remember their numbers! Keep all children in each group standing in a circle facing one another.
6. Call out the first number. Have the child in each group with that number come to you. Show those children one GO Activity Card and/or whisper the activity in their ear (especially for younger children who cannot read). Remind the children that they cannot speak while trying to make other group members guess the GO activity.
7. Have the children return to their group and perform the activity.
8. After everyone in all the groups is doing the same movements and actions, start a new round of the game. (SUGGESTION: If children are having difficulty playing the game, act out the GO activities on the cards yourself and have the children guess each activity.)
9. Make sure all children have at least one turn acting out a GO activity. Then read from the dialogue box:

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10. Read from the dialogue box:

- Did you notice that most of the activities you acted out are games and sports that you do outside? All these activities are exercise for your heart because they make it beat faster.
- Sweeping isn't a game or sport, but it's still a GO activity if you do it fast. What are other everyday activities or work activities that are GO activities? It might be one you do or one someone in your family does. *(Possible answers: walking the dog, mopping, vacuuming, working in the garden, washing the car, and raking leaves. Encourage correct responses.)*

__:__ – __:__: **TRANSITION AND PHYSICAL ACTIVITY: Aerobic /Fast Games**
@ 28 mins

- Warm-Up: Dragon's Tail (5 minutes)
- Activity: Balance Train (Fast Games) (9 minutes)
- Activity: Octopus Tag (Fast Games) (9 minutes)
- Cool-Down: See Ya Later Alligator (5 minutes)

__:__ – __:__: **TRANSITION AND CLOSURE**
@ 2 mins

12. Read from the dialogue box:













- Remember that the stronger your heart is, the better it works.
- Today you acted out activities that will make your heart stronger. These activities will also make you feel good and have more energy to run and play.
- It's best to do GO activities every day. GO activities can be work activities, play activities, and everyday activities.
- Raise your hand if you think you can do some GO activities in the next few days. *(Reinforce children who raise their hand.)*
- What is one GO activity you'll do? *(Answers will vary. Reinforce children for positive answers. Encourage them to mention everyday activities and those done while working, in addition to play activities. Announce a GO activity you plan to do.)*
- Here's a recipe for the snack we ate today for you to bring home. Try to make it at home. *(Give each child a "Snacking at Home: Apples and Yogurt" handout.)*
- Are there any questions? *(Answer questions.)*



Before the next session (Session #4), you will need to copy the "Food Cards" and cut them out.

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GO Activity Cards

<p>Sweeping</p> 	<p>Kickball/Soccer</p> 	<p>Tennis</p> 
<p>Dancing</p> 	<p>Hopscotch</p> 	<p>Fishing</p> 
<p>Flying Disc</p> 	<p>Jumping Rope</p> 	<p>Baseball</p> 
<p>Basketball</p> 	<p>Swimming</p> 	<p>Plastic Hoop</p> 

Snacking at Home:

Apples and Yogurt

Ingredients:

- 1 Fresh apple (washed and cut into slices, but not peeled)
- ½ Cup low-fat flavored yogurt (preferably fruit-juice sweetened)
- ½ Teaspoon cinnamon (optional)

Utensils:

- Knife (to core and slice apples)
- Spoon (for dipping out the yogurt)
- ½-Teaspoon measuring spoon (optional)

Preparation Instructions:

1. Wash and core the apple. (Do not peel it.)
2. Cut the apple into slices.
3. Put yogurt on a plate.
4. Sprinkle cinnamon on the yogurt. (optional)
5. Dip apples into the yogurt—and enjoy!