

Loopy Laps

Teacher Talk

[Loopy Laps Week 1 Sample Script]

Brain & Body Warm-Ups

It's week 4 of physical education class and we're going to talk about 3 really important things that will help us be the best that we can be.

The first thing is Courage. Courage is a person's ability to do what's right, even though that person feels fear.

All of us have been afraid and we've all demonstrated courage — even if it was a small act of courage. Starting school in a new and different way took courage. All of us were nervous and afraid of what it would be like. We wondered if it would be hard and if we'd get to see and spend time with our friends. But here we are! We're now in week 4!

Let's celebrate how far we've come with a fun Brain & Body Warm-Up. We'll need a partner and we'll follow all of our safety rules about working with a partner with a 6' bubble of personal space for each of us.

Purposeful Practice

The second thing we need to talk about this week is Health. Good health is what we feel when our bodies are free from sickness and injury. Our immune systems are what keeps our bodies healthy and physical activity and healthy food helps to keep our immune systems strong.

We should all be physically active every single day. Kids like you should be physically active for at least 60 minutes per day. That means you'll need a variety of activities that you like to do so you can get your 60 minutes. It doesn't have to happen all at one time. Our physical education class isn't a full 60 minutes. But the time that we spend being active together goes toward your daily total.

So, let's add some activity time to our total daily minutes now with some Purposeful Practice.

Just for Fun (and health)

The final thing I want to talk about this week is exercise. Exercise is a physical activity that you can do to improve your health and fitness. There are a lot of different types of exercises that you can do. Different exercises focus on different components of health-related fitness. Some exercises focus on making our muscles and bones stronger (muscular strength). Some exercises are focused on making our heart stronger (aerobic capacity). It's important to do a variety of different exercises in order to keep our whole bodies healthy.

This week when you're filling out your physical activity log. Think about the different types of activities that you're doing. Try to do different exercises that will help your body stay healthy.

Walking is the perfect exercise to do with your family members. Almost everyone can go on a walk and it's really good for both our muscles and our heart. It isn't an exercise that helps make muscles stronger. Instead, it's an important exercise that helps keep our muscles ready for action. And when you're taking a walk with friends and family members, you can talk about being physically active. It's a perfect time to teach them about the words that we're learning in physical education class.