

Fitness Fun

TEACHER TALK

[Week 1 Sample Script]

Brain & Body Warm-Ups

This is the first week of a new physical education module called Meaningful Movement and Fitness Fun. Physical activity is fun, and it is also meaningful for our bodies. It helps our bodies stay healthy. Nutritious food gives our bodies the energy they need to be active.

Meaningful movement can also help us control our emotions and keep our minds healthy

The first part of our lesson helps us warm-up our brains and bodies while we practice a mindful breathing technique called equal breathing. You can do our warm-up activities in school or at home. There's a Brain & Body Warm-Up listed on this week's movement menu with short instructions to help you remember how to play. Let's try Balance and Breathe.

Purposeful Practice

To have the energy we need to stay active, we need to fuel our bodies with nutritious food. Fruit is 1 of the 5 food groups. Fruit tastes sweet and delicious and it also gives us energy (calories), vitamins, minerals, and fiber.

What delicious fruit do you like to eat for energy?

Let's use the energy that we've gotten from our food to be active and improve our fitness. First, we'll do a dynamic warm-up routine for 6-minutes. In this routine, we'll be active for 30 seconds and then take a 15-second rest while we get ready for the next exercise. This is called interval training. Let's try it.

Now that our bodies are warmed up, let's perform a Jump Rope interval routine. This is a high-intensity interval training routine or a HIIT routine. This one is focused on improving our aerobic capacity (how well our heart and lungs work together) and we'll feel our hearts beat faster. Let's try it!

Just for Fun (and health)

Now it's time to have some fun with Nutrition Fortune Tellers. Fortune Tellers are those paper games that you can make by folding paper with different fun words written on each section of the paper. We've downloaded some really fun fortune tellers with nutrition education information.

You can play this activity with a friend, family member, or by yourself. I have one already folded that we'll use to demonstrate.

Start by picking the number that matches the picture of a super food. Open and close the fortune teller while counting to that number. Next, choose the name of the food on the inside of the fortune teller. Open and close while spelling the name of the fruit. Last, open the flap, read the fun fact and activity printed on the inside of the flap. Complete the activity and then play again!

