

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

In order 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?

Those are really great food choices. We're going to play a game with our jump ropes called Jumping Jello! Use the rope to make a circle on the floor. Inside that circle is a giant bowl for fresh fruit Jello, filled with all of the fruit that we just talked about.

Jump into the bowl of Jello and bounce 5 times before you jump out of the bowl. Every time you jump, say the name of a fruit. You can also say the names of other foods that are good for you, like vegetable and whole grains. Next, try to create new ways of jumping in the Jello!

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!

