

Color Card Perform and Switch

Lesson Overview: Students take an activity break during any academic class activity.

Grade Level: K-5

Lesson Time: 5-10 minutes

Prior Knowledge: Know how to perform each activity to be used.

Materials Needed: Color cards

Content Integration:

- Health
- Physical Education

Corresponding Standards:

Oregon Standards

- Promotion of Physical Activity
 - Acquire knowledge and skills to understand the role physical activity has in promoting health.
- Fitness for Lifetime
 - Demonstrate knowledge of a physically active lifestyle.

National Physical Education Standards

- Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
 - Physical activity knowledge
 - Fitness knowledge
- Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
 - Health

Healthy Youth Curriculum Standards

- Kindergarten Essential Concept: Describe the benefits of being physically active
- First Grade Essential Concept: Describe the benefits of being physically active
- Second Grade Essential Concept: Identify how healthful eating habits can lead to wellness
- Third Grade Essential Concept: Explain how both physical activity and eating habits can affect a person's health
- Fourth Grade Essential Concept: Describe the benefits of moderate and vigorous physical activity
- Fifth Grade Essential Concept: Explain how good healthy eating and being physically active influence health

Lesson Objective:

Students will be given an opportunity to get some physical activity with the general benefits of increasing blood flow, slight elevation of heart rate, improvement in muscular strength and endurance, and improved flexibility depending on specific exercises chosen.

Lesson Description:

1. **Lead-in:** Write color and corresponding activity on board.
2. **Step by Step:**
 - a) Teacher hands out one colored card to each student.
 - b) Students identify the color on the card and perform the activity that corresponds to that color for 10-15 seconds. Examples of possible cards:
 - i. Blue: Jumping jacks
 - ii. Red: Squat Jumps
 - iii. Yellow: Trunk twist
 - iv. Green: Swimming in place
 - v. Purple: Mountain Climber
 - vi. Orange: Push Ups
 - c) When teacher says, "SWITCH", students will pass their card to the person near them and complete the activity that corresponds to the color.
 - d) Continue for as long as you wish.
3. **Closure:** Talk about the benefits of exercise and how the brain benefits from exercise.
4. **Extension or Next Step:** Students could create their own card/exercise combinations.

Differentiation:

- **Advanced:** Lengthen the amount of time each exercise is performed or select more challenging exercises.
- **Struggling:** Modify exercises (knees on floor for pushups, curl ups with legs straight or with feet held by a classmate) or shorten the total exercise time or the amount of time between exercises.