

Excellent Exercise

Overview: Children will learn how physical activity is beneficial to their health. Different types of exercise will be described and then children will perform a few easy exercises.

Subject area: Physical Activity

Grade level: K-5th

Oregon Benchmarks/Common Core Standards:

Grades K-3

- Strand - PROMOTION OF PHYSICAL ACTIVITY
 - Give examples of the benefits of physical activity
 - Identify the health related fitness components; strength, flexibility, cardiovascular and endurance

Grades 4-5

- Strand - PROMOTION OF PHYSICAL ACTIVITY
 - Recognize health benefits of physical activity.
 - Identify personal health benefits (academic, physical, mental, emotional, and social) of physical activity.

Objectives: Participants will be able to identify the health benefits of exercise and perform a few simple exercises.

Prep time: 5 minutes

Lesson time: 15 minutes

Materials needed:

Exercise handout (one per child):

<http://lpi.oregonstate.edu/sites/lpi.oregonstate.edu/files/pdf/hyp/exercise.pdf>

Space needed: Demonstration area with enough room for moderate movement

Staff needed: 1

Presentation Steps:

1. Discuss how exercise is beneficial to health.
2. Discuss the different types of exercise (visit <http://go4life.nia.nih.gov/4-types-of-exercise>)
 - Cardio or Endurance Exercises
 - Muscle Strengthening and Toning Exercises
 - Flexibility and Stretching Exercises
 - Balance Exercises
3. Ask children for examples of each different type of exercise.

4. Discuss the benefits of exercise in general:
 - Strength and endurance
 - Good for your heart and immune system
 - Better concentration
 - Better sleep
5. Ask for a volunteer to demonstrate a simple exercise movement. Have others in the class try to follow along. Ask children to identify the type of exercise.
6. Repeat with a different child and type of exercise as time permits.

Notes:

- For more ideas on exercises to perform in the classroom, see our Brain Breaks DVDs:
<http://lpi.oregonstate.edu/healthyyouth/media/brainbreaks.shtml>
- Instead of asking for individual volunteers, you could also break up into small groups. Assign each group a type of exercise and have them come up with an example to demonstrate to the class.