

Active Bodies (4th/5th Grade)

Lesson Objective

Be Active every day, in your own way!
Drink water every day!

Empower students to be physically active for 60 minutes, drink water and fuel their bodies with nutritious foods, every day.



Materials and Ingredients

- ✓ 2 oranges for fruit water
- ✓ seasonal fruit and/or vegetables
- ✓ drinking cups and paper plates
- ✓ Kitchen Bin- pitcher, teacher knife, cutting board, bowls
- ✓ Google Slides and activity sheets

Food Preparation

- ✓ Infused Fruit Water: Wash and slice oranges, squeeze oranges into pitcher of water; add fruit to pitcher, rind and all, at least an hour before serving to students
- ✓ Optional: Slice oranges into pieces one per student, add to each cup along with water
- ✓ Wash and cut up seasonal fruits and/or veggies to serve along with the infused fruit water

Introduction

- ✓ Start off with a short **brain boost** (choose between the 2 below)
 - [Gobble Gobble Turkey Wobble \(Dance-A-Long\)](#) – Koo Koo Kangaroo
 - [Chair Exercises](#) – PE Bowman
- ✓ **Key Vocabulary**- What is *moderate to vigorous* physical activity (MVP)?
 - This kind of physical activity is full of energy! We know we are getting this kind of activity when our heart pumps faster than normal, our breathing gets heavy, and we may even start sweating.
- ✓ Discuss why being active is good for our bodies and why *moderate to vigorous* physical activity is important. (*it makes our heart and muscles strong, it's fun, it keeps us healthy*)
- ✓ How many minutes a day should children be active? (*60 minutes*)
- ✓ What are some of your favorite ways to get active?

Lesson Activity

Compare and Contrast: Resting, Moderate, and Vigorous Activity

1. Before any movement, have students take a deep breath and feel their heartbeat. Ask them to describe what they are feeling.
2. Now have them walk around the room in a circle starting slowly for 1 minute, then complete the same reflection.

3. Next, have them skip around the room for 1 minute.
 - a. How is their heart feeling? How fast are they breathing?
 - b. How easy is it for them to talk?
 - c. Would they call this moderate or vigorous PA?
4. Lastly, have them dance along to the Footloose [video](#) (or run around the room if video is not available).
 - a. After the video, have students check in with themselves again. How is their heart feeling and breathing? How easy is it to talk? Is this moderate or vigorous PA?
5. Each reflection should show their heart rate increasing and breathing heavier.
6. Remind students it is good to get all kinds of movement, fast and slow.

Explain- Students can achieve their daily goal of 60 minutes of moderate to vigorous physical activity by breaking activities into chunks throughout the day. Encourage students that physical activity or PA can be done in many, different ways. Have students explore the ways they like to be active and the benefits of PA.
7. Have students fill in a three-way Venn diagram to compare and contrast, resting, moderate and vigorous activity (attached)

Fueling our Active Bodies

Introduce the seasonal fruit or vegetable and fruit infused water and discuss the importance of fueling our bodies and drinking water.

Different nutrition “fuel” foods help keep us energized for physical activities!

- Carbohydrates provide most of the energy your body needs. Foods from the grains group give long lasting energy. Fruits and vegetables also give your body carbohydrates. Carbohydrates are also found in very sweet, sugary foods like candy and soda. The energy you get from those foods is not long lasting.
- Proteins supply your body with energy, too. They also help build and repair your muscles, skin, brain, blood, bones and internal organs. Foods with protein include, milk, meat, beans, nuts and eggs.
- Fat also provides your body with energy. Fat is in oil, butter, mayonnaise, salad dressing, meat, cheese, milk, seeds and nuts.



Water! When we are physically active throughout the day we lose fluids by sweating and using the restroom. Water **MUST** be replaced for our bodies to function at their best!

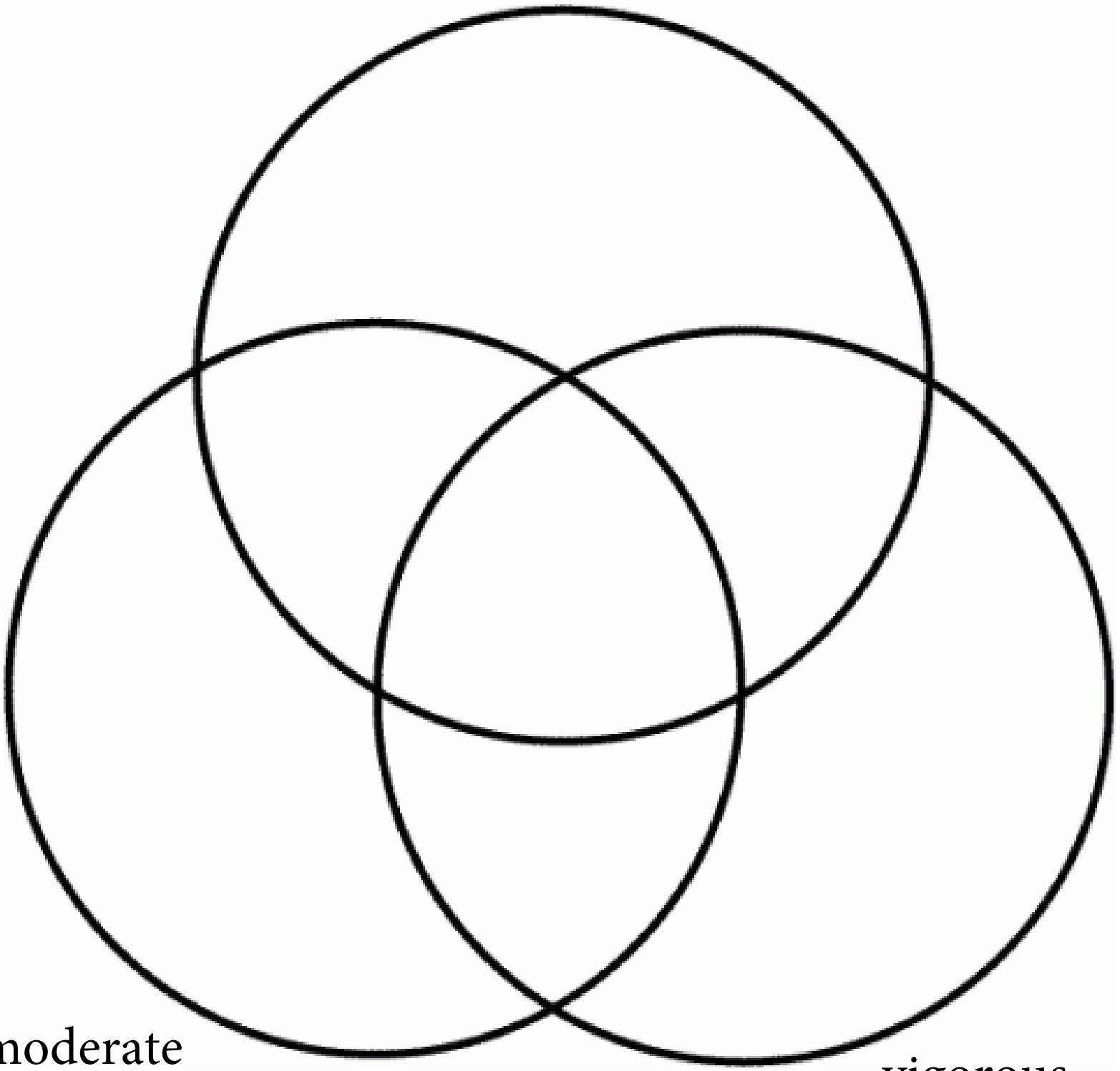
Share Your Story

- ✓ Use the list attached to list 5 favorite physical activities and whether they are moderate or vigorous as well as 5 favorite foods and what nutrients they contain.

Family Letter

- ✓ Send home the family letter to let parents know about the fun activity students did in class.

resting



moderate

vigorous

My list of



1. _____

2. _____

3. _____

4. _____

5. _____

Name: _____

My list of



1. _____

2. _____

3. _____

4. _____

5. _____

Name: _____