

Exercise Zoo (Kindergarten)



PHYSICAL ACTIVITY OBJECTIVES CHECK LIST

Students will be able to:

- ☑ **perform** different movements that get them active.
- ☑ **express ways** they can set goals to **be active every day**.
- ☑ **explain** the **health benefits** of being active, drinking water and eating healthy.
- ☑ **identify** that fruits and vegetables fit in the food groups of MyPlate and are healthy.

MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<u>In Kitchen Bin</u> - pitcher - chef knife (teacher only) - cutting board - bowls <u>In Paper Goods Bin</u> - paper plates* (if needed) - forks or spoons* (if needed)	- MyPlate poster - family letter/recipe copies* - activity sheet copies* - drawing materials (e.g. markers, crayons, colored pencils) - water - napkins*	- book: "From Head to Toe" by Eric Carle - 2 oranges - seasonal fruits and/or vegetables - 5 oz. drinking cups*

*one per student

SET-UP

Copies:

- Make copies of recipe (each student) and activity sheet (each student).

Work area:

- Students will work individually at their own desk.
- Have some space that allows students to move around freely.

Food-prep:

- Wash and slice oranges (one slice per student). Put orange slices in water cups for students. Use pitcher to fill each cup with water. **Tip:** To save time slice oranges into large pieces and squeeze them directly into the pitcher. Add slices to pitcher rind and all.
- Wash seasonal fruit or vegetables for snack. Cut and divide the food into an appropriate number of pieces for the class.
- Have drinking cups and small paper plates ready to pass out to each student.

Other-prep:

- Have book "From Head to Toe" by Eric Carle ready to read.
- Have activity sheets and drawing materials of your choice ready to pass out.

INTRODUCTION WITH STUDENTS

Let's Wake Up Our Brains! Brain Boost Exercise! Move Your Body! Let's get our hearts pumping!



- ♥ Jog in place. (30 seconds)
- ♥ Jump in place. (30 seconds)
- ♥ Squat up and down. (30 seconds)
- ♥ High knees in place. (30 seconds)

Now that our hearts and minds are ready to go, let's get started on our nutrition lesson.

- Ask students to tell you what they know about exercise and why it is important for our bodies. (It makes our hearts, lungs, bones, and muscles work harder, which makes us stronger. It also makes our bodies feel good and its fun!)
- **Refer to key behavior on board and tell students to be active every day!**
Can you do it? Yes, you can!
- Ask students what their favorite physical activities are. Remind them that anything that gets their bodies moving is a physical activity. **Note:** Students don't always realize that running outside and playing on the playground or chasing the family dog is also exercise.
- Go over all the different movements that students usually do, such as playing sports, swimming, biking, catch, tag, swinging on the monkey bars, etc.
- Ask students why they like to exercise. If students say, "Because it's fun" tell them that exercise IS fun and they are on the right track!
- Have the students stand up and find some space that will allow them to move around freely. Make sure if they swing their arms they will not hit their neighbors.
- Read the book "From Head to Toe".

- As you read the book have the students move like the animals.
- Ask students if they think animals exercise like we do. Explain that they are going to make pictures using animals that encourage people to be more active.
- Have students imagine themselves as animals. Have them choose their favorite exercise, and then pick an animal that has a similar movement.
 - ✓ Running -cheetah, dog, horse
 - ✓ Climbing-monkey, cat, lizard
 - ✓ Jumping-frog, rabbit, kangaroo

Tip: Suggest that each student choose a different animal so that there will be a variety of animals in the zoo.

- Tell students that after they match themselves with an animal, and a movement, they are going to make pictures to show their animals exercising.

PROCESS

- Step 1: Pass out the activity sheet and drawing materials to students.
- Step 2: Write *I can _____ like a _____* on the board. Write *action word* underneath the first blank and *an animal* underneath the last blank. Have students help you fill in the blanks with different animals and their action.
- Step 3: Have students create their own pictures and fill in the blanks at the bottom of the page on their activity sheets.
- Step 4: Have students share their pictures with their classmates, demonstrate the movements and practice the movements together. Remind students that being physically active is very important for their health.
- Step 5: Have students wash their hands with soap and warm water. Pour water into cups. Pass out orange water, napkins, fruits and/or vegetables to students.
- Step 6: Explain that when we exercise we need to drink water because we get warm and sweaty, and lose water from our bodies. **Drinking water with fresh fruit in it gives it a sweet taste and is a great choice. Sports drinks and soda are full of sugar. Remember soda pop and sports drinks are not every day drinks, but water is!**
- Step 7: Tell students that our energy comes from foods we eat. Ask students where the fruits and vegetables fit in MyPlate. Tell them our bodies get energy from eating fruits and vegetables and we need to eat them every day.
- Step 8: **Let's Eat, Let's Talk.** While students are eating ask them what they learned today by having them explain why it is important to be active every day. Help them personalize ways they can exercise every day by setting an exercise goal! Ask and discuss the questions in the box **Make Health Happen.**

Step 9: Pass out the recipe for "Real Fruit Water" and have students take home to share with their families.

Make Health Happen

- How do you feel when you exercise?
- Tell me how you plan to be active today.
- Set a goal to be active every day; tell me how you plan to be active every day this week.

REINFORCING STANDARDS

Physical Activity

- **GR.K-S.1-GLE.1** Demonstrate body and spatial awareness through movement.
- **GR.K-S.1-GLE.2** Locate the major parts of the body.
- **GR.K-S.3-GLE.2** Demonstrate the ability to follow directions.

Comprehensive Health

- **GR.K-S.2-GLE.1** Identify the major food groups and the benefits of eating a variety of foods.

Reading, Writing and Communicating

- **GR.K-S.1-GLE.1** Oral communication skills are built within a language-rich environment.
- **GR.K-S.1-GLE.2** Communication relies on effective verbal and nonverbal skills.
- **GR.K-S.2-GLE.1** A concept of print to read and a solid comprehension of literary texts are the building blocks for reading.
- **GR.K-S.2-GLE.3** Decoding words in print requires alphabet recognition and knowledge of letter sounds.
- **GR.K-S.3-GLE.2** Appropriate mechanics and conventions are used to create simple texts.

BACKGROUND INFORMATION

- Adults and children in the United States are leading increasingly sedentary lifestyles.
- There are health risks associated with a sedentary lifestyle. Lack of exercise can lead to problems such as obesity and cardiovascular diseases.
- Exercise is vital to all human beings. The benefits of being physically active are many. Exercise makes us healthier. It makes our hearts, lungs, bones, and muscles work harder, and thus make us stronger. Exercise releases tensions and makes us feel good about ourselves. Being physically active boosts up our immune systems, and keeps us from getting sick.
- The Dietary Guidelines for Americans 2015-2020 recommends that youth ages 6 to 17 years need at least 60 minutes of activity per day including aerobic, muscle and bone strengthening activities. Adults should aim for at least 150 minutes of moderate intensity physical activity per week and perform muscle strengthening exercises at least 2 days per week.
- Being aware of what beverages children drink is also important. Soda, energy and sports drinks, some juices and other sugar-sweetened drinks provide a lot of extra and unnecessary calories without the essential nutrients. Energy drinks contain caffeine and should be off limits for children.
- The American Academy of Pediatrics recommends that children drink water and low-fat milk. 100% fruit juice can be part of a healthy eating pattern. However, it is lower in fiber than whole fruit and when consumed in excess can add extra calories. When consuming juice, make sure it is 100% fruit juice without added sugar and limit to $\frac{1}{2}$ - $\frac{3}{4}$ cup (4-6 oz) per day.
- Encourage kids to drink water by adding a piece of orange, lemon or cucumber to their glass. Unsweetened fruit iced tea is another flavorful drink choice.

Dear Family,

Today our class talked about our favorite ways to be active. Did you know that kids need to be active every day for 60 minutes? Let's think of a fun way to be active together. What about a dance party while we clean up after dinner?

Parent Tip: Being active and drinking water go together. Limit drinks with added sugar, such as soda pop, sports drinks, and other sugary drinks. Also limit juice to $\frac{1}{2}$ to $\frac{3}{4}$ cup per day. Make the refreshing fruit water recipe below and keep it in the fridge to drink throughout the day.

Real Fruit Water

Makes: 1 pitcher

Total Cost: \$1.29

Serving Cost: \$0.16

Ingredients



1 pitcher of water or sparkling water



3 slices of orange



2 sprigs of mint (optional)

Directions

1. Squeeze slices of orange into pitcher with water.
2. Drop orange slices into water, rind and all.
3. Add mint sprigs.
4. Keep in fridge and drink often.
5. Serve and enjoy!

Did you know that kids drink a lot of sugar?

100% orange juice (8 oz.) – 23 grams sugar
100% apple juice (8 oz.) – 26 grams sugar
soda pop (8 oz.) – 26 grams sugar
sports drinks (8 oz.) – 14 grams sugar

**Kids should limit added sugar to
25-30 grams per day, for example soda
and sports drinks have added sugar!**

**100% fruit juice can be part of a
healthy diet, but limit juice
to $\frac{1}{2}$ to $\frac{3}{4}$ cup (4-6 oz.) per day.**

Water Facts

- ❖ 85% of a child's body weight is water.
- ❖ The water we drink today could have the same molecules that the dinosaurs drank!
- ❖ There has always been the same amount of water on Earth.

**Be active every day in your own way!
Drink water instead of sugary drinks!**

Querida Familia,

Hoy nuestra clase habló sobre nuestras formas favoritas de estar activo. ¿Sabía usted que los niños necesitan estar activos durante 60 minutos todos los días? Pensemos en una forma divertida para estar activos juntos. ¿Qué tal una fiesta de baile mientras limpiamos después de la cena?

***Consejo para padres:** El ser activo y el beber agua van juntos. Limite las bebidas con azúcar añadida, tales como las sodas, bebidas deportivas, jugos y otras bebidas azucaradas. Limite el jugo de $\frac{1}{2}$ a $\frac{3}{4}$ de taza por día. Haga la receta de agua fresca con fruta que le proporcionamos abajo y guárdela en la nevera para beber durante todo el día.*

Agua con fruta real

Rinde: 1 jarra

Costo Total: \$1.29

Costo por Porción: \$0.16

Ingrediente



1 jarra de agua o agua con gas



3 rodajas de naranjas



2 ramitas de menta (opcional)

¿Sabías que los niños beben una gran cantidad de azúcar?

100% jugo de naranja (8 oz.) – 23 gramos de azúcar

100% jugo de manzana (8 oz.)- 26 gramos de azúcar

Refresco (8 oz.) 26 gramos de azúcar

Bebidas deportivas (8 oz.) – 14 gramos de azúcar

¡Los niños deben limitar el azúcar añadido de 25 a 30 gramos por día, por ejemplo los refrescos y bebidas deportivas han añadido azúcar!

100% jugo de fruta puede ser parte de una dieta saludable, pero limite el jugo de $\frac{1}{2}$ a $\frac{3}{4}$ de taza (4 a 6 oz.) por día.

Instrucciones

1. Exprimir las rodajas de naranja en la jarra de agua.
2. Colocar las rodajas de naranja en el agua, con cáscara y todo.
3. Añadir las ramitas de menta.
4. Guardar en la nevera y beber a menudo.
5. ¡Servir y disfrutar!

Datos sobre el agua

- ❖ 85% del peso corporal de un niño es agua.
- ❖ ¡El agua que tomamos hoy podría tener las mismas moléculas que los dinosaurios bebieron!
- ❖ Siempre habido la misma cantidad de agua en la tierra.

¡Manténgase activo todos los días en su propia manera!

¡Beba agua en lugar de bebidas azucaradas!

Exercise Zoo



Name: _____ Date: _____

Draw a picture of you and your favorite animal exercising.

I can _____ like a _____.

Zoológico de ejercicio



Nombre: _____ Fecha: _____

Dibuja una foto de ti y tu animal favorito haciendo ejercicio.

Yo puedo _____ como un _____.