

Move Your Body!

LEARNING GOAL

Read a book about exercise and allow children to learn about moving in healthy ways every day.

LEARNING OBJECTIVE

Children will be able to describe the benefits of being physically active.

LEARNING QUESTION

What is physical activity?
How does exercise help our muscles grow?

BEFORE YOU BEGIN

1. Read the book and script to familiarize yourself with the content. With younger preschool children, you may need to shorten the length of the story by skipping more detailed pages.
2. Gather color photograph of children and adults being physically active (e.g. walking, running, kicking a ball, jumping, skipping).

Preparation

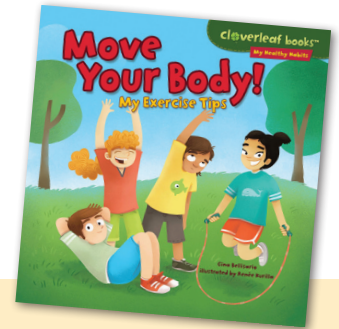
YOU WILL NEED

Your Center Provides

- Construction Paper or 8.5"x11" colored paper (1 sheet per child)
- Coloring materials

Found in Your Kit

- Book: *Move Your Body! My Exercise Tips* by Gina Bellisario
- Rubber bands (3 per child)
- Active children photographs
- Jump with Jill CD



NEW WORDS

Physical Activity: Movement of the body that uses energy. Examples include walking, gardening, climbing stairs, kicking a ball, running, and more!

Spanish Translation: *ejercicio*

Preschool Translation: Moving our body in healthy ways. Exercise requires our body to use energy. Examples include walking, gardening, climbing stairs, kicking a ball, running, and more!

Energy: Measure of the power we obtain from the food and beverages in our diet.

Spanish Translation: *energía*

Preschool Translation: The power we need to move our bodies every day. Our energy comes from eating healthy foods, like fruits and vegetables! The more energy we use, the healthier our bodies become!

Muscles: Body tissue consisting of long cells that contract when stimulated and produce motion.

Spanish Translation: *músculo*

Preschool Translation: The part of our body that helps us move. Muscles are important because they give us strength. It is important to eat a healthy diet, including protein, to help our muscles grow.

BOOK SCRIPT

Ask the following questions on the appropriate pages as you read through the book.

Page 6: Can you show me your muscles? Exercise makes our muscles grow strong! Show me those strong muscles!

Page 10: Can everyone say the word “aerobic”? Aerobic means “with air”. Let’s all take a big deep breath together to feel what it is like to be “with air”!

Page 14: Did you know stretching is exercise? When we stretch, we help our muscles become more flexible! Let’s all stretch our hands towards the sky!

Page 18: Do you like to play at the park or swim? What other ways do you like to move your body?

Page 20: Just like Captain Fit said, you can take the lead with your health! How does exercise make you feel?

Note: Each page has a red circle that provides more detailed information on concepts related to exercise. Feel free to skip these during your reading.

Exploration

WHAT TO DO

1. Use models or color photographs of food-based protein sources to support your discussion.
2. **Say:** Today we are going to learn about exercise and how moving our body in healthy ways can help our muscles grow big and strong. Do you know what exercise is? Exercise is how we move. Moving our body in healthy ways can help our muscles grow big and strong. Examples include walking, gardening, climbing stairs, kicking a ball, running, and more!
3. **Say:** Do you know where the energy we use to move our bodies comes from? The food we eat and fluids we drink give us energy! Can you think of healthy foods that we eat that give us energy? Right, fruits and vegetables are good for our bodies and can help give us energy too!
4. **Say:** Did you know we exercise requires our body to use the energy we get from food? We need energy, so we can move our body in safe and healthy ways every day! Moving our bodies every day in fun ways helps our muscles grow big and strong! The more we use our muscles the more they grow! Moving our bodies makes us feel good and helps keep our body healthy!
5. **Say:** Let's learn how exercise works to help our muscles.
6. Hold up 2–3 rubber bands. **Say:** Let's pretend these rubber bands are our muscles. The more exercise you do each day, the stronger our muscles (rubber bands) will be. Let's all pick up one rubber band. Let's pretend this morning you decided to skip to our classroom. Pull the rubber band muscle.
7. Demonstrate how to gently pull the rubber band.
8. **Say:** Now let's pretend today after lunch we all played a game of soccer. Let's all pick up a second rubber band. Now pull both rubber bands. Are our muscles stronger?
9. Now let's pretend tonight after dinner, we all went outside for a walk with our family. Let's all pick up a third rubber band. Now pull all three rubber bands together. Are our muscles even stronger now?
10. For dramatic effect, show children the more we move our bodies every day, the stronger their muscles will grow—like a bungee cord (if you have one).
11. Pass out construction paper and coloring materials to each child. Instruct children to draw their favorite physical activity.
12. Staple one rubber band to each child's drawing to remind them how moving our bodies and muscles work together.
13. As each child finishes their drawing, encourage them to clean their space and wait for further instruction.
14. End the activity by playing track 6 of your Jump with Jill CD "Beat of the Body". Remind children that we can move our bodies in many ways. Exercise is fun!

QUESTIONS YOU CAN ASK

- Q:** What is exercise?
A: Moving our body in healthy ways!
- Q:** Why do we need to eat healthy foods? What benefit does it have for us?
A: We need to eat healthy food, so we can move our bodies every day!

Lift up your arms and flex your muscles and ask them:

- Q:** What makes us strong?
A: Our muscles and moving our bodies every day.
- Q:** Why is it important for us to have muscles?
A: We need muscles, so we can move, and dance, and do any activity we want.

