

**Lesson: Fitness is FUN!**

**Supplies Needed:**

- EP\_Five-Minute-Fitness-Ideas
- 1.5\_LV\_FITNESS-IS-FUN-VISUAL

**Goals:**

- Students will learn to move their bodies 60 minutes every day.
- Students will understand the importance of moving their bodies.
- Students will understand three different ways to exercise their bodies: cardiovascular exercise, strength training and flexibility.

**Background:**

The more technology that becomes available, the more sedentary we become. It is important that children learn to move more whether through exercise, a game of tag or walking somewhere instead of riding in the car. Moving not only uses energy but keeps our body healthy in many other ways

**Lesson:**

**(Choose an exercise from 5 minute Fitness Ideas and do it for five minutes.)**

Do you remember some ways we can add fruits and vegetables to our meals?

*(Add peas or broccoli to macaroni and cheese.)*

Can someone tell me what we could add to pizza to make it healthier?

*(Onions, mushrooms, peppers, tomatoes, spinach or add a small side salad)*

Who can remember how much of our plate should be filled with fruits and vegetables?

*(Half)*

**(Show slide 1.)** Who can raise their hand and tell me what exercise is? Exercise is a fancy way of saying moving our bodies in a way that makes it work. For example, do you ever feel out of breath after playing tag? That's because tag is a type of exercise. Do your arms ever feel tired after going on the monkey bars or after playing catch for a long time? That's because those are exercise too. Whenever you are playing actively you are exercising.

What are some of your favorite ways of playing actively?

*(Soccer, dancing, play ground, riding bikes, etc)*

Do you know why it is so important to exercise? It helps our bodies stay healthy! It strengthens your heart, lungs and muscles. It helps you feel energized, prevents disease,

and helps you to maintain a healthy weight. To build a strong, healthy body, you should play actively 60 minutes every day.

Today we are going to talk about 3 different types of exercise and why it is important to do all three.

**(Show slide 2.)** First, there is cardiovascular exercise or cardio. Did you know that cardio means heart? Cardio exercises get your heart beating fast and often leave you short of breath. Cardiovascular exercise helps strengthen your heart! Did you know that your heart is a muscle? Its job is to pump blood throughout your entire body. Your heart never gets a break; it pumps blood 24 hours a day, 7 days a week! The more you exercise, the stronger your heart becomes, and the easier it is to do its job.

Can you think of exercises that we can do to get our hearts pumping?  
*(Running, basketball, swimming, riding bikes, jumping rope, tag)*

Let's practice! Everyone stand up! Let's pretend there is a jump rope on the ground in front of you. We're going to pick it up and jump over this rope with two feet - ready, set, go!  
**(After one minute begin next exercise.)**

Let's jump with one foot - ready, set, go! **(After 30 seconds switch to the other foot.)**

Now let's try a different exercise, jump up and try to touch the ceiling and then squat down and touch the floor - ready, set, go! **(Do about 10 reps.)**

Okay, everyone freeze! Place your hand over your heart. Be very still. Can you feel it working extra hard? This is how you build a strong heart!

The next type of exercise is strength training. Strength training helps build strong muscles throughout your body, supports good posture, and helps you maintain a healthy weight. Having strong muscles in your back and abdomen, your core area, helps your body stand up tall and also prevents you from falling and hurting yourself. Have you ever stepped on ice and felt like you were going to fall? Did you notice that when you felt the unstable ground, your body, especially your stomach tightened up? This is an example of your core working hard to make sure you stand upright and don't get hurt.

When you are young and still growing, you don't need to lift heavy weights to build a strong body. Everyday exercise, like playing on the monkey bars or carrying your back pack can help build strong muscles.

Can you think of other things you do that build your muscles?  
*(Climbing up a sledding hill, bouncing a basketball for long periods of time, sports like football, dancing, and wrestling)*

Let's practice a few exercises that you can do to keep your muscles strong.

Everyone sit down in your chair nice and tall. Now stand up without using your hands. Let's try this one a few more times. Remember to hold your belly in; this will help maintain your balance.

Okay, now let's pretend that we are about to sit down, but just before your bottom touches the chair, FREEZE! Let's hold this position for 10 seconds. Feeling strong? Let's try 30 seconds. Did you feel how hard the muscles in your legs were working?

Now that we've exercised our hearts and strengthened our muscles, we are going to end our lesson with some flexibility exercises. Stretching helps lengthen our muscles, prevents injury, and helps us stay loose. You should stretch only after you've warmed up your muscles.

Are you ready to get loose?

Everyone stand up nice and tall. Place one arm behind your back. Now take your other arm and reach around and try to clasp onto your other hand. Hold this position for 30 seconds and then try the other arm.

Now let's reach to the sky, slowly bend forward, and try to touch the floor, hold this position for 30 seconds. Now slowly roll your body up, and take a nice deep breath! AHHHHH! You can sit back down.

Stretching feels so good! You can stretch your muscles every day; just remember it is important to warm up first.

Today we learned about the importance of three different types of exercise. Can you remember what they are and how they help us?

- *(Cardiovascular exercise or cardio helps build a strong heart.)*
- *(Strength exercises help build strong, sturdy muscles.)*
- *(Flexibility exercises help lengthen and loosen our muscles.)*

All three types of exercises are important for a healthy body. Try to play actively at least 60 minutes every day so you'll have the energy to play and play the games and sports that you love.