

PE Activity: Fitness Fun

Supplies Needed for a Class of 25:

- Music from tape or iPod

Length of Time to Complete:

- 5 minutes to introduce activity
- 20 minutes to play

Audience (grades): 4th

Lesson:

Why is it important for us to move our body every day?

(Decreases risk for some diseases like heart disease and diabetes, can make us feel happier and learn better)

Does anyone remember the most amount of time each day that you should spend in front of a screen? *(Two hours)* What is the least amount of time we should spend in active play or movement a day? *(60 minutes)*

When we move around and get our heart rates up for 20 minutes, our bodies will begin to release feel good hormones or endorphins. If you play actively in nature, like in a park, you'll likely feel even better after playing.

Is anyone here not in a very good mood? Let's have some fun and get moving so we can have a great rest of the day learning and being with our friends.

Music is a really fun way to make any job more fun. You can turn on music to help get you through your chores. Sing and dance while you clean up your room. Dance around the kitchen as you help set the table, cook or clean up.

We are going to play a game called Freeze Dance.

(Play for 20 minutes if time allows.)

I bet you all feel great now that those endorphins have kicked in! Have a great rest of the day!

Set-Up:

Turn on music.

Rules:

- When music starts, students to dance. Crazy moves, twisting and shaking are encouraged.
- When the music stops, students should stop dancing and hold their poses.
- When the music starts again, students get back to dancing.

Variations:

Substitute another activity for dancing, but still having the students freeze when the music stops. For example:

- Running/racing
- Obstacle course
- Scooter tag
- Playing basketball

Substitute a completely different game as long as it is one that keeps them moving.