



**FITNESS CURRICULUM
LESSON PLAN 1**



Lesson 1- Exercise

Primary Subject: Health

Objectives:

- Students will learn why exercise is essential to staying healthy.

Materials:

- Computer or projector in order to show short video.

Introduction:

1. Anticipatory Set

- What are your favorite sports/ways to exercise? – Go around the room and make a list on the smart board
- **Play short video about being active:**
<http://www.youtube.com/watch?v=2lbc3cLkEY8>

Major Instructional Sequence:

1. Have one side of the room represent “agree” and the other side represent “disagree”. Read the statements below and ask the kids to decide whether they agree or disagree with them and direct them accordingly to the side of the room when they make their guesses.
 - When you exercise the foods you eat are burned up faster which is good for your body (answer is agree)
 - Candy is a good snack to eat before you exercise (answer is disagree, mention that a better option would be a banana or an apple)
 - A good snack after you exercise is Chocolate Milk (answer is agree. Chocolate milk has both protein and calcium, nutrients that are good for you)
 - Exercise makes your heart and lungs stronger (answer is agree. Heart and lungs are two muscles that exercise helps build that you might not think about)
 - Exercise makes you happy and lifts moods (answer is agree. There is something called endorphins that exercise stimulates in your body that make you feel happy)
 - Exercise can help you think more clearly (answer is agree. Exercise sends oxygen to the brain)

Concluding Sequence:

- **Ask students if they can think of any other benefits from exercise- some examples include:**
 - Being on a team and learning about teamwork and goal setting
 - Motivation! – Going out and playing soccer is better than sitting in front of a TV and playing video games
 - Good break – when you get older and have homework to do, taking a break to do some exercise can be very helpful for your concentration
 - Reduces stress – if you’re mad or upset, exercise can be a great way to help reduce those feelings

Background:

At this time in their lives most students view exercise as an enjoyable activity. This lesson plan will show them that exercise is both fun and also very important for living a healthy life.

