

# Healthy B.A.S.I.C.S. Lesson Plan

## Kids Need EXERCISE for Good Health

### OBJECTIVES:

- Students will define exercise.
- Students will list two (2) benefits of exercise.
- Students will describe three (3) fun examples of exercise.

### TIME FRAME:

- 30 minutes, longer with use of optional activities.
- Time frame will vary with number and age of students.

### GRADE LEVEL:

- Elementary

### SUGGESTED MATERIALS:

- Healthy B.A.S.I.C.S. brochure, Kids Need EXERCISE for Good Health (3rd grade reading level)
- Paper and crayons or sidewalk chalk (for optional activities)
- Ball or jump rope (for optional activities)

### LEARNING ACTIVITIES:

■ Read the Healthy B.A.S.I.C.S. brochure, Kids Need EXERCISE for Good Health, to the group. Relate the following questions: What is exercise? Why is it important? How does it help you? How does exercise make you feel? What types of exercise are fun? How does someone exercise safely? (10 minutes)

- Make moving (exercise) fun! Read this poem and have the students act it out. (10 minutes)



Jump to the right and stand if you please,  
Touch your elbows and now your knees.  
Touch both heels, now your nose,  
Hands on your hips, and now on your toes.  
Hands on shoulders, and on your shoes,  
Turn to the left and read the news.

Hands on heads, also on hair,  
Hands on hips, now in the air.  
Touch your face, now your feet,

Clap your hands and take your seat. (Author Unknown)

(over)

- With the students, develop a list of enjoyable activities that promote exercise. Consider practical examples for the students within their environment. Discuss safety issues, helmets and equipment, street and neighborhood safety, adequate fluid intake and adult supervision. (10 minutes)

## OPTIONAL ACTIVITIES:

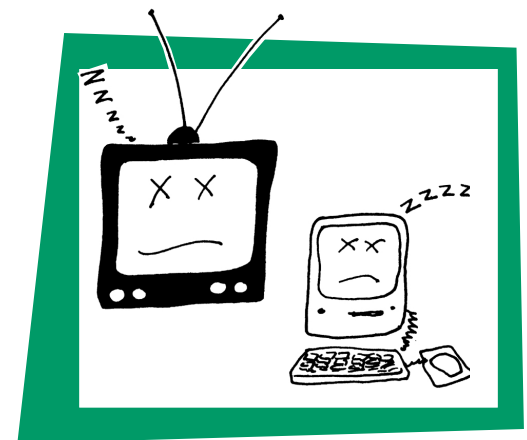
- With large pieces of paper and crayons, trace the outline of the students bodies. Have the students label body parts that benefit from exercise. If paper supplies are not available, have the students point to body parts. This activity can also be done outside with chalk outlines on a playground area.
- Teach physically active games which require little or no equipment.  
Examples: tag, relays, hopscotch, hide and seek, jump rope or kick ball.
- Have the students develop and record their own exercise activities on a calendar or in a journal and report to the class.

## FOLLOW UP:

- Distribute the Healthy B.A.S.I.C.S. brochure, [Kids Need EXERCISE for Good Health](#), to the students to take home and share with families. *Note: The brochure is also available in Spanish.*
- Provide opportunity for students to share exercise journals.
- Encourage students to participate in active games during free time at school and home.  
Support physical education for students in school.

## ADDITIONAL RESOURCES:

- **American Heart Association**  
7272 Greenville Avenue  
Dallas, TX 75231-4596  
(800) 242-8721    [www.americanheart.org](http://www.americanheart.org)
- **President's Council on Physical Fitness and Sports**  
200 Independence Avenue, SW Room 738-H  
Washington, DC 20201  
(202) 690-9000
- Local library for books on active games for children
- Additional Healthy B.A.S.I.C.S. brochures and lesson plans are available in ready to use format from: [www.childrenshealthfund.org](http://www.childrenshealthfund.org) or by contacting:  
The Children's Health Fund  
317 E. 64th Street  
New York, NY 10021  
(212) 535-9400



Healthy B.A.S.I.C.S. (Building Active Strategies to Inform Children in School) is a project devoted to bringing simple, engaging and culturally relevant health materials to elementary and middle school children.

The lesson plans and the English and Spanish brochures were created by clinicians of the National Children's Health Project Network of The Children's Health Fund.

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