

Fourth Grade Activity Booklet Lesson Plan
Warming Up for Active Measurement
Problem Solving with a Healthy Break

GPS HE4.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

GPS HE4.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

GPS HE4.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Materials	
<p>Student supplies:</p> <ul style="list-style-type: none"> • HealthMPowers Activity Booklet (page 4 OR page 9-10) • Choosing Healthy Habits Planner 	<p>Teacher supplies:</p> <ul style="list-style-type: none"> • HealthMPowers Physical Activity Calendar https://healthmpowers.org/services/resources/
Opening	<p>ESSENTIAL CONCEPTS:</p> <ul style="list-style-type: none"> • I can get 60 minutes or more of physical activity every day. • I can limit screen time to 2 hours a day. • I can name 3 ways I like to be physically active. • I understand at least 3 reasons why physical activity is healthy for me.
	<p>HOOK/INTRODUCTION ACTIVITY:</p> <p>Background: Any time you are moving your body and using energy, you are doing physical activity. Physical activity is so important for us, but not only that, we must make sure we get at least 60 minutes, or 1 hour, of physical activity every single day. This doesn't necessarily mean we need to take time out of our day to run for 1 hour straight! There are lots of different ways we can use energy while moving our bodies, and even if that means taking 5 minute study breaks to walk around and stretch your legs, that counts! Just make sure you take enough of those breaks so that they add up to 60 minutes in the end.</p> <ul style="list-style-type: none"> • Complete Today's Physical Activity on the HealthMPowers Physical Activity Calendar found at https://healthmpowers.org/services/resources/ • If you are virtual, you can also play one of these HealthMPowers brain boosters and encourage your students to follow along at home https://healthmpowers.org/services/healthmpowers-line-dancing-2/



Exploring

STUDENT AND TEACHER PROCEDURES:

Lesson:

Why is it important to get at least 60 minutes of physical activity every day?

- Physical activity is good for our health because it makes our hearts healthier and stronger, meaning we have less risk for heart disease.
- When we exercise, our brains release chemicals that make us happier.
- Sticking with an exercise routine can build up strength in our bones and muscles.
- Physical Activity can often help us improve our grades! This is because it causes our brains to be more focused and improves memory.
- Exercise boosts our immune systems, so we are less likely to get sick, and when we do get sick we recover much quicker.

When many people think of exercise, they think of moves like push-ups and jumping jacks. These are great, but there are many other ways to get in your physical activity. There are different categories of physical activity including aerobic, strength and flexibility.

When many people think of exercise, they think of moves like push-ups and jumping jacks. These are great, but there are many other ways to get in your physical activity. There are different categories of physical activity including cardiovascular fitness, muscular strength and flexibility.

- Cardiovascular fitness (often referred to as cardio) is the ability of the heart and lungs to pump blood efficiently throughout the body. These are activities are ones that cause you to take more air into your lungs and breathe harder. This gets more oxygen to your heart too, making it stronger.
 - Have students try to give examples of what some cardiovascular activities could be. Examples of cardiovascular activity include:
 - Swimming
 - Cycling
 - Running
 - Jumping Rope
 - Basketball
 - High-knees
 - Burpees
- Muscular strength is the amount of force your muscles can exert. These activities build up your muscles so you become stronger, as well as give you more bone strength. Remember your whole body is made up of muscles, so there are countless



ways to give your body some strength exercises.

- Have students try to give examples of what some muscular strength activities could be. Examples of muscular strength exercises include:
 - Push-ups
 - Pull-ups
 - Bicep curls
 - Plank
 - Wall sit
 - Squat jumps
 - Burpees
- Flexibility is the range of motion in your joints, meaning how easily, and how far, your body can stretch. Flexibility is important because it decreases the risk of injury, improves posture and balance, reduces muscles soreness, and improves athletic performance.
 - Have students try to give examples of what some flexibility activities could be. Examples of flexibility exercises include:
 - Gymnastics
 - Yoga
 - Calf stretch
 - Sitting toe touch
 - Hamstring stretch
 - Cross-body shoulder stretch
- Taking a break from screen time is important too. We should spend less than 2 hours in front of a screen on any given day. This includes computers, phones, video games and TV. The less time we spend in front of a screen, the more time we have to engage in physical activity! Here are some fun ideas of physical activity that you can do while taking a break from screen time:
 - playing at a playground
 - raking leaves
 - jumping rope
 - dancing around your bedroom
 - walking your dog
 - working in the garden
 - washing the car
 - making a snowman

Enrichment:

- Writing Prompt on page 16 of the HealthMPowers Activity Booklet
- OR**
- “Physical Activity” Activity on page 127 of the Choosing



	<p>Healthy Habits Planner</p>
<p>Closing</p>	<p>Assessment: Complete <i>Warming up for Active Measurement</i> (Page 4) or <i>Problem Solving with a Healthy Break</i>(Page 9-10) in the HealthMPowers Activity Booklet</p> <p>REVIEW:</p> <ul style="list-style-type: none"> • Have students write down 3 ways they like to get in their physical activity whether they are cardiovascular fitness, muscular strength and/or flexibility activities. Then, have them share their list with a partner. Together, see if they can come up with 3 more ways to exercise that aren't on either of their lists. • Have students read this week's "Activity Zone" in their Choosing Healthy Habits planner. Have them create their own "Activity Zone" tip based on what they learned in today's lesson.

HealthMPowers Fitness Portfolio. <https://healthmpowers.org/wp-content/uploads/2020/04/FitnessPortfolio2020compressed.pdf>



This institution is an equal opportunity provider. This material was funded by USDA's SNAP and other HealthMPowers partners.

