

Let's Be Active!

K-2

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Objectives

Students will be able to:

- Name different styles of physical activity.
- Identify benefits of being physically active.

Standards Met

- **W.1.8.** With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.
- **RI.2.1.** Ask and answer questions such as who, what, where, when, why, and how to demonstrate understanding of key details in a text.

Overview of Physical Activity

Did you know? Playing sports is not the only thing that counts as being active. Other types of physical activity include biking, walking, playing games like tag, taking the stairs, doing chores, gardening, dancing, and more.

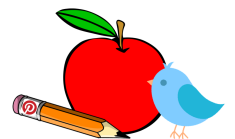
Physical activity involves any body movement that uses energy. Being physically active provides many benefits to our health: it helps maintain a healthy body weight; it strengthens our bones and muscles; it improves our mood and mental health; it reduces risks of developing chronic diseases like heart disease, diabetes and even cancer; and it increases our chances of living a longer life. General physical activity guidelines recommend 60 minutes of physical activity a day for children and 150 minutes a week for adults.

In order to achieve these goals, the **Healthy People 2020** guidelines recommend:

- Increase regularly scheduled elementary school recess in the United States
- Limit screen time (television, videos and video games) to 2 hours a day
- Increase the proportion of trips made by walking
- Increase the proportion of trips made by bicycling

For more information on physical activity, go to:

www.mentorprojectfiu.com



USDA United States Department of Agriculture National Institute of Food and Agriculture
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Make The Connection

Materials

- Worksheet: Let's Be Active! for grades K-2

Using the worksheet titled **“Let's Be Active!” for Grades K-2**, help students learn different ways one can be physically active and the benefits of moving the body, while practicing reading comprehension.

Begin discussing physical activity by asking the students what they think it means to be physically active. Ask students to provide examples of physical activities and write examples on the board. Encourage them to think outside of the box. Physical activity can include exercise, sports, dancing, games like hide-and-seek, and even chores like walking the dog, gardening, or helping parents clean around the house.

After discussing different types of physical activities, talk to your students about the benefits of being physically active. Explain to your students that being active everyday helps strengthen bones and muscles, improves mood, reduces risk of disease and helps you live a longer, healthier life!

REMEMBER children should participate in 60 minutes of physical activity every day. **For more information on physical activity, please visit:**
www.mentorprojectfiu.com

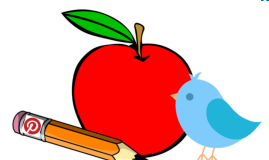
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After discussing the benefits of physical activity, practice reading comprehension skills with the students. Write a few sentences on the board, encourage students to participate reading them out loud one by one, and have students draw a picture of what each sentence describes. Once you have reviewed several sentences, introduce the activity worksheet.

2

Do an overview of the **“Let's Be Active!” worksheet for Grades K-2**. Explain the activity and guide the students through the assignment. Read the paragraph together as a class or in reading groups and work together to underline the physical activities.

3



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Name: _____ Date: _____

Let's Be Active!

K-2

1) Read the paragraph and underline the physical activities. Then answer the questions below.

Sally likes to play catch with her friends. Playing catch helps Sally get better at moving her body. Sally's older brother is doing push-ups. He is training for football season. Sally's mom, Ann, is working in the garden. Ann is active as she digs and plants new flowers.

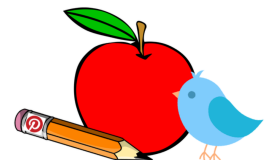
Sally and her friends stop playing catch and switch to the jump rope. Sally loves to jump rope because it feels good to move. Jumping rope is a great game that helps the heart pump fast and stay healthy. After a long day of being active, Sally goes home and enjoys a healthy snack.

1) Who is being physically active?

2) Why is jumping rope a great game?

3) How does Sally's brother train for football season?

4) What type of physical activity do YOU like?



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Let's Be Active!

K-2

ANSWER KEY

1) Read the paragraph and underline the physical activities. Then answer the questions below.

Sally likes to play catch with her friends. Playing catch helps Sally get better at moving her body. Sally's older brother is doing push-ups. He is training for football season. Sally's mom, Ann, is working in the garden. Ann is active as she digs and plants new flowers.

Sally and her friends stop playing catch and switch to the jump rope. Sally loves to jump rope because it feels good to move. Jumping rope is a great game that helps the heart pump fast and stay healthy. After a long day of being active, Sally goes home and enjoys a healthy snack.



1) Who is being physically active?

Sally, Sally's friends, Sally's brother and Sally's mom.

2) Why is jumping rope a great game?

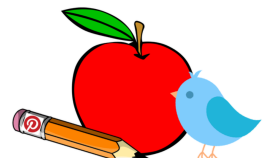
It helps the heart pump fast and stay healthy.

3) How does Sally's brother train for football season?

Doing push-ups.

4) What type of physical activity do YOU like?

Any type of physical activity is correct.



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