

Let's Go On Vacation

K-2

SS.5.1

Objectives

Students will be able to:

- Name the four seasons of the year
- Identify differences between the four seasons of the year
- Name seasonal outdoor activities and sports

Standards Met

- **1.2.4.** Describe how location, weather, and physical environment affect the way people live, including the effects on their food, clothing, shelter, transportation, and recreation.
- **4.** Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

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.

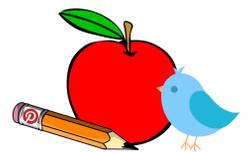
Physical activity involves any body movement that uses energy. Being physically active provides many benefits to our health: it helps maintain a healthy body weight; it strengthens our bones and muscles; it improves our mood and mental health; it reduces risks of developing chronic diseases like heart 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



M.E.N.T.O.R. Project

USDA United States Department of Agriculture National Institute of Food and Agriculture **FIU**

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Make The Connection

Materials

- Worksheet: Let's Go On Vacation for Grades K-2

Using the worksheet titled **“Let's Go On Vacation” for Grades K-2**, help your students understand the benefits of being physically active while learning about the four seasons of the year and seasonal sports/activities.

Engage your students in a class discussion about their favorite sports or outdoor games and list them in a column. Ask your students what they enjoy most about these activities. Next, explain how playing sports or doing other activities such as biking and dancing helps us stay physically active. Mention some benefits of being physically active and list them on a board.

1

2

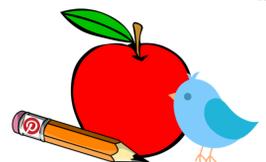
Next, introduce your students to the four seasons of the year. Explain how in certain times of the year, most in the United States have four different seasons each year: spring, summer, autumn (or fall), and winter. List the seasons in four columns on a board and list all the characteristics and activities that apply to each. Explain that it's winter around December break and that the weather is usually very cold and snowy during this season. Give examples of clothing they should wear in winter, such as coats, boots, scarves, and gloves. Next, provide a few examples of outdoor activities or sports that can be done during winter time. Ask students to volunteer ideas on seasonal sports and outdoor activities.

Proceed to the same for the rest of the seasons. Explain that spring comes after winter and that, in this season, trees and flowers begin to blossom. Summer comes after spring, and it happens around the time of school vacation. Lastly, fall comes after summer and before winter. Go over the changes in weather for each season, as well as the type of clothing they should wear and sports/outdoor activities they could do.

After the class discussion, do an overview of the **“Let's Go On Vacation” worksheet for Grades K-2**.

Explain the activity and clarify any questions the students may have.

3



M.E.N.T.O.R. Project

Name: _____ Date: _____

Let's Go On Vacation

K-2

Susy is going on vacation with her family to Minnesota during December break...

- 1) What season is it during December break?
Circle the right season.



Spring



Fall



Summer



Winter

- 2) How do you think the weather will be like during December break?
Circle all that apply.



Hot



Snowy

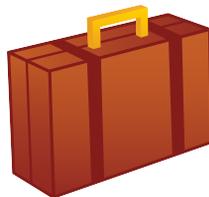


Cold



Rainy

- 3) What type of clothing should Susy pack for her vacation in Minnesota?
Draw a line to the suitcase.



- 4) What kind of outdoor activities or sports can Susy and her family do while in Minnesota? Circle all that apply.

Skiing

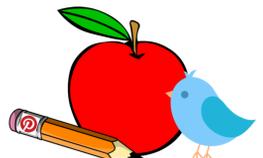
Surfing

Swimming

Ice skating

Build a snowman

Go for a bike ride



M.E.N.T.O.R. Project

Name: _____ Date: _____

Let's Go On Vacation

K-2

Susy is going on vacation at the end of the school year with her family to Florida...

1) What season will be during this time?
Circle the right season.



Spring



Fall



Summer



Winter



2) How do you think the weather will be like during this time? Circle all that apply.



Hot



Snowy

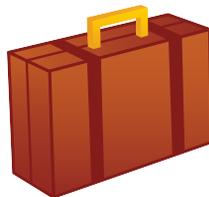


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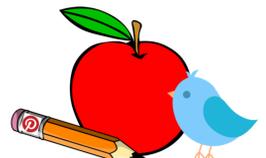
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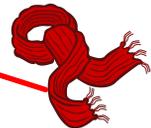
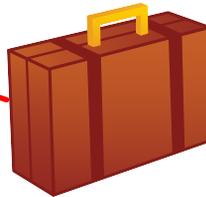


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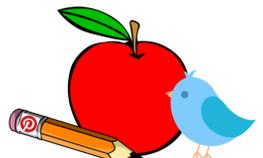
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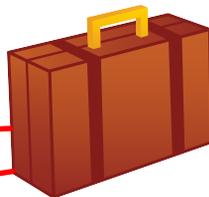


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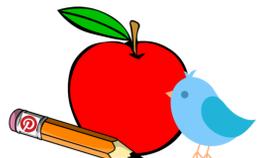
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