Excellent Exercise

Overview: Children will learn how physical activity is beneficial to their health. Different types of exercise will be described and then children will perform a few easy exercises.

Subject area: Physical Activity

Grade level: K-5th

Oregon Benchmarks/Common Core Standards:
Grades K-3
- Strand - PROMOTION OF PHYSICAL ACTIVITY
  - Give examples of the benefits of physical activity
  - Identify the health related fitness components; strength, flexibility, cardiovascular and endurance
Grades 4-5
- Strand - PROMOTION OF PHYSICAL ACTIVITY
  - Recognize health benefits of physical activity.
  - Identify personal health benefits (academic, physical, mental, emotional, and social) of physical activity.

Objectives: Participants will be able to identify the health benefits of exercise and perform a few simple exercises.

Prep time: 5 minutes

Lesson time: 15 minutes

Materials needed:
Exercise handout (one per child):
http://lpi.oregonstate.edu/healthyyouth/pdfs/handouts/exercise.pdf

Space needed: Demonstration area with enough room for moderate movement

Staff needed: 1

Presentation Steps:
1. Discuss how exercise is beneficial to health.
2. Discuss the different types of exercise (visit http://go4life.nia.nih.gov/4-types-of-exercise)
   - Cardio or Endurance Exercises
   - Muscle Strengthening and Toning Exercises
   - Flexibility and Stretching Exercises
   - Balance Exercises
3. Ask children for examples of each different type of exercise.
4. Discuss the benefits of exercise in general:
   - Strength and endurance
   - Good for your heart and immune system
   - Better concentration
   - Better sleep

5. Ask for a volunteer to demonstrate a simple exercise movement. Have others in the class try to follow along. Ask children to identify the type of exercise.

6. Repeat with a different child and type of exercise as time permits.

Notes:
- For more ideas on exercises to perform in the classroom, see our Brain Breaks DVDs: [http://lpi.oregonstate.edu/healthyyouth/media/brainbreaks.shtml](http://lpi.oregonstate.edu/healthyyouth/media/brainbreaks.shtml)
- Instead of asking for individual volunteers, you could also break up into small groups. Assign each group a type of exercise and have them come up with an example to demonstrate to the class.