

# Fun with Fitness

**Overview:** Children will have the opportunity to learn how they feel when they are exercising, and that exercising is the same thing as playing hard. (These activities were created for a small setting, if a large or outdoor space is not available.)

**The following activities are on pages 72-77:**

- If You're Happy and You Know It...Remix!
- Action Dice
- Active Stories

**Materials (for all activities):**

- Carpet square, floor spots, or hula hoops
- Smart Moves 2 CD Track #17: "Build a Bridge (Warp Speed)" - optional
- "Get Up and Go Dice" (may make your own, or see page 109 for purchasing options)
- Active Story (see page 77)

These activities may either be done individually for short, 5-10 minute bursts of physical activity, or can be combined for a longer period of adult-led active play. If you choose to combine these activities, feel free to copy and send home the Family Newsletter on page 79 to share your experience with families.



# IF YOU'RE HAPPY & YOU KNOW IT...REMIX!



**Goals:** Children will learn how their bodies feel when they are exercising (hearts beat faster, breathe harder, thirsty and sweaty). Children will also learn that playing hard is equal to exercising.

**Fundamental Movement:** Stability—squatting, stretching, jumping in place, etc).

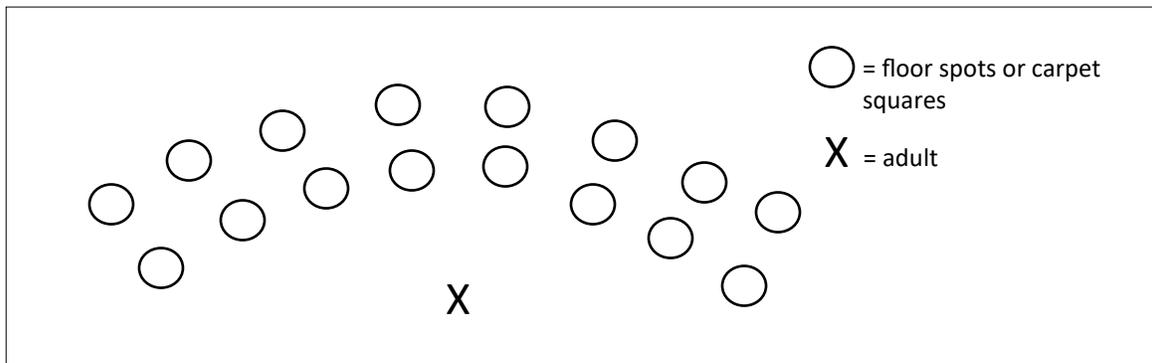


## Materials:

- Carpet square, floor spots, or hula hoops
- Smart Moves 2 CD Track #17: "Build a Bridge (Warp Speed)" - optional

## Set up:

You may set up like the image below, or in your normal story or circle time arrangement, with each child having enough room to spread out their arms without touching another child.



## How to Play

- Remind children that we have talked about how foods help bodies to grow, but today we will talk about something different that helps bodies to grow: Exercise!
  - *"Raise your hand if you like to exercise? Now raise your hand if you like to play hard? Exercise and playing hard are the same thing! Today we will exercise by playing 3 games."*
- Lead children in singing "If You're Happy and You Know it," including demonstrating the motions listed below. First, sing it through at a moderate tempo with no music to give children a chance to learn the motions.
  - If you're happy and you know it:
    - Clap your hands
    - Tap your nose
    - Flap your arms (in front of your body in very small spaces)
    - Stomp your feet
    - Do some squats
    - Jump Around (end with "and then sit down!" to end song with all children sitting)

## IF YOU'RE HAPPY & YOU KNOW IT...REMIX!

- While children are sitting, show them how to feel their heart beating.
  - *“Why is our heart beating so fast? Because we are playing really hard, or exercising!” Playing hard helps bodies to grow bigger and stronger.”*
- Lead children in the same song again, but this time, speed up the song as you sing it (use #17 on Smart Moves 2: Build a Bridge Warp Speed, if available. If you do not have access to this CD, sing the song with no music again, but sing faster, and increase speed as you sing). End by sitting down.
- Talk with children about how they feel after singing and moving so fast.
  - *“How do you feel? If you feel a little hot, raise your hand. If you feel a little thirsty, raise your hand. Who is breathing harder?”*
  - *“Feel your heartbeat again, and try to be very quiet. Is your heart beating faster or slower than before? (faster) Why is it going faster? (moved bodies faster). This is how exercise makes us feel!”*
- Discuss other ways to play hard.
  - *“What else do you do that makes your heart beat faster? How do you like to play hard?”* (Dancing, running, jumping, swimming, gymnastics, playing at park, riding bike, basketball, etc.) Note: If children answer with sedentary activities, like watching movies or playing on tablet, gently remind them that playing hard means that their heart beats faster, which may not be happening while doing those activities.
- Talk to children about what we should drink after playing hard.
  - *“What is the BEST thing to drink when our hearts beat fast, when we’re breathing hard, and we’re thirsty, hot, and sweaty? (water!)* Note: If children answer with milk, let them know that milk is great to drink at meals or snacks, but water is even better when hearts are beating fast after playing hard. If they answer with any other drink (juice, soda, etc.), then explain that water is even better.



# ACTION DICE

**Goals:** Children will move their bodies in different ways according to a set of “action dice.”

**Fundamental Movement:** Stability or Locomotor—depending on movements chosen for action dice—stretching, jumping, marching, etc.

**Materials:**

- Carpet square, floor spots, or hula hoops
- Smart Moves 2 CD Track #17: “Build a Bridge (Warp Speed)” – optional
- “Get Up and Go Dice” (may purchase (see page 109) or make your own)

**Set Up:**

Continue using same set-up as previous activity, or use set-up described on page 72.



Photo credit: [www.DiscountSchoolSupply.com](http://www.DiscountSchoolSupply.com)

“Get up and Go Dice” can be purchased from Discount School Supply ([www.discountschoolsupply.com](http://www.discountschoolsupply.com)). However, you may desire to make something similar. If making your own, be sure that one die includes gross motor movements (suggestions: jump, reach high, stand on tip toes, flap arms, squat, stand on one foot, toe touches, etc), and the other includes numbers.

# ACTION DICE

## How to Play

- Introduce the dice.
  - *“These are the action dice. What do you see on each one?”* (Numbers and children or actions/movements.)
- Have children stand in a line, or in a circle. Demonstrate tossing the dice low to the ground and underhand, emphasizing that once the dice are tossed, no one may touch them except you.
  - *“Everyone hold your hands out like you are trying to catch a snowflake. This is how your hands should look when you toss the dice. Bend down low and roll the dice on the ground.”* (Demonstrate this.)
- Allow child to toss one of the dice at a time into an open space. After a child tosses the dice, do the actions for the set number of times, as indicated on the rolled dice. After everyone completes the motions, pick up the dice and hand one to the next child.
- While children are tossing the dice, play a short song (about 1-2 minutes long. May use Track #17 on Smart Moves 2 CD). The goal is to get everyone to have a certain number of turns before the song is done. (In small groups, the goal might be to see how many turns you can get through before the song is done).
  - *“When the music starts, our first friend will toss one dice, followed by the next friend. Remember, after you toss the dice, nobody can touch the dice except me.”*
- After one round, you may choose to play one more time. Make the goal to either get everyone a certain number of turns before the song is over, or to get more turns than before.
- Ask children to feel their heart beating.
  - *“Are your hearts beating faster or slower than before?”* (It should be slower, because they were not moving their bodies as quickly in this game, but children will likely give a variety of answers.)
  - *“What have we been doing today by playing these games? (playing hard or exercising) And what’s the best thing to drink when we are playing hard? (water!)”*



# ACTIVE STORIES

**Goals:** Children will follow directions and move their bodies in different ways while acting out a story.

**Fundamental Movement:** Locomotor/Stability (stretching, jumping, jogging in place)

**Materials:**

- Carpet squares, floor spots, or hula hoops
- Active Story (on page 77), or one of your own books/stories

**Set Up:**

Continue using same set-up as previous activity, or use set-up described on page 72.

**How to Play:**

- You may use the short story included on the next page, or use one of your own books and invite children to act it out with you.
- Show children your story (if using the one on page 77).
  - *“Do you see any pictures on this story? (no) What are we going to do about that? We are going to act out the story using our bodies!”*
- Read and act out the story, being sure to act out the bold and capitalized words in the story. Invite children to act it out with you. You may change up the words and actions to keep children engaged.
- Finish story by asking children to sit, and take in a few deep breaths to cool-down.
- Ask them to feel their heart beat.
  - *“What is this called when our heart beats fast? (playing hard or exercising). What is the best thing to drink when we have been playing hard? (water)”*



# ACTIVE STORIES

## Active Story: Hiking for Fitness

*Source: Healthy Story Time Guide (Sussex Child Health Promotion Coalition and Nemours Health and Prevention Services)*

Eric and Christina were going hiking in the mountains for the weekend with their parents. When Christina heard the news, she **JUMPED UP AND DOWN 10 TIMES**. Eric was **DRIBBLING THE BASKETBALL** when Christina came to tell him the good news. Their parents reminded them that they needed to be in good shape to go hiking. After packing, Eric and Christina did **10 JUMPING JACKS** and **10 SQUATS**. This really got their heart beating faster! They finished by **STRETCHING THEIR ARMS UP TO THE SKY** and **STANDING ON THEIR TOES**. Finally, it was time to leave. They were so excited they **HOPPED IN PLACE AND DID HIGH KNEE RAISES** all the way to the car!

Once they got to the nature park, Eric and Christina **SKIPPED** to the hiking trail. They began **MARCHING UP** the trails and **RAN DOWN** the hills on their way to the big mountains. After their good workout from **CLIMBING, RUNNING and WALKING**, they decided to take a little break. They did **FIVE FORWARD ARM CIRCLES, FIVE BACKWARD ARM CIRCLES and STRETCHED THEIR ARMS TO THE SKY** to reach for the water bottles they had packed. After a short break, Eric and Christina's parents said they should begin to **WALK** back down the trail. They all did **FIVE SHOULDER SHRUGS**, picked up their backpacks and began **MARCHING** down the mountain.

When they got to the bottom of the hill, everyone **JUMPED UP AND DOWN and CLAPPED THEIR HANDS ABOVE THEIR HEADS** for a job well done. The family worked up an appetite after keeping their bodies moving, so they had a nice healthy BBQ. After they finished dinner, the family **STRETCHED THEIR ARMS TO THE SKY**, did **FIVE TRUNK TWISTS, AND STRETCHED OUT THEIR LEGS**. After a good night's rest, they will be ready to hike again tomorrow.



## Make Active Play Fun

Children will like physical activity if they find it **FUN**. They should think of physical activity as play, but they will also learn fundamental movement skills and improve physical fitness at the same time.