

Physical Activity Chart

Children's Activity

Overview

Children will categorize activities that benefit or do not benefit their lungs.

Themes Met:

- #1 Lungs help us breathe
- #2 Healthy lungs help keep our bodies healthy
- #3 Lungs help us do well in school
- #4 We use lungs to do healthy activities

Supplies

Do More and Do Less Pictures
(appendix A19-A20)

Large posterboard or sheet of paper

Marker

Glue or tape

Extensions/ Adaptations:

This activity could be turned into a bulletin board along with pictures of the children being physically active.

Before You Begin

Make a copy of the Do More and Do Less Pictures from the appendix. On the posterboard, draw a large t-chart. For the t-chart headers, write: "do less" on one side and "do more" on the other side.

Steps

Pre-Activity Discussion: Ask children how they can stay healthy (brush teeth, wash hands, eat healthy foods, get enough sleep, exercise). Remind children that lungs help us breathe and that it is important to keep our lungs healthy. One way we keep our lungs and bodies healthy is to be active like when we play, run, and dance. Ask children what physical activities they enjoy the most. Tell children that playing video games and watching TV means we sit for a long time and we are not active. Those kinds of activities do not help our bodies or lungs stay healthy. Discuss how being healthy can help them do well in school (they'll feel better, happier, be able to concentrate better, etc).

1. Ask children whether each picture is something they should do more often for healthier lungs or if they should do less because it doesn't benefit their lungs.
2. Place then glue or tape each activity picture in the correct category on the t-chart.



Head Start Domains & Goals:

P-PMP 3, 4
P-MATH 1, 9, 10
P-SCI 1, 3, 6
P-LC 1, 2
P-SE 9, 11
P-ATL 3, 7, 8

HighScope Curriculum Content:

5, 6, 11, 17, 20, 29, 32, 34, 46

Watching TV



Playing basketball



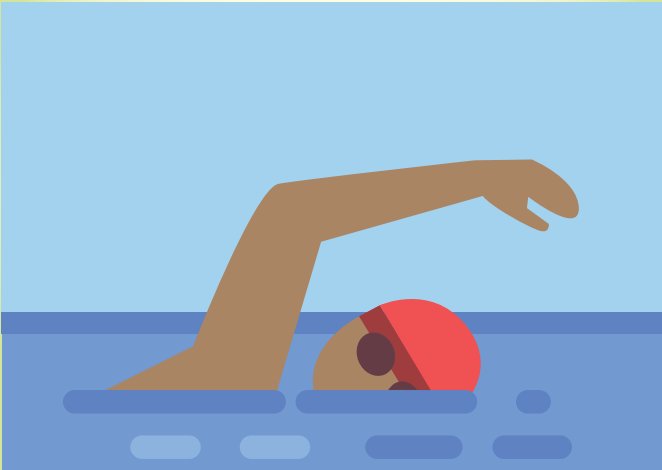
Dancing



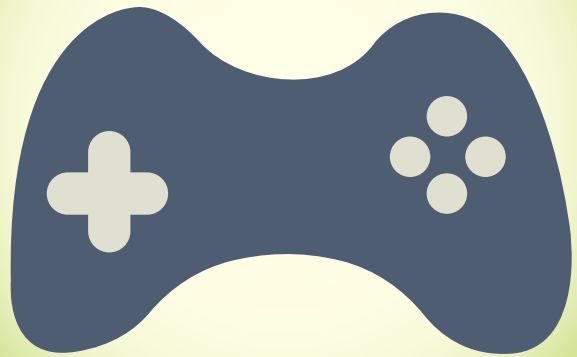
Playing with a tablet



Swimming



Playing video games



Running



Riding a bike

