



Dear Educator,

As you know, physical activity is critical for optimal health. Unfortunately, many Americans do not get enough physical activity on a regular basis. In an effort to help improve the physical fitness of children, Campbell Soup Company, through the Labels For Education program, has created these exciting teaching materials. The following resource addresses children's physical fitness, and meets the National Education Standards.

Children enjoy learning about things that are of interest to them. Of particular interest is the human body. This resource capitalizes on this interest and focuses on engaging children in hands-on-learning about physical activity and its effects on the human body.

How to Use These Lessons

Each of the lessons is comprised of student-centered fitness activities that can be integrated into classroom subjects such as physical education, math, science, and health education. These activities can be used over a period of time as one unit of study or may be broken up and used as part of several individual lessons.

The lessons are organized to guide children through activities that will develop their fitness related knowledge, attitudes, skills, and behaviors. Lessons are broken down into the following parts:

| | |
|--------------------------------------|---|
| Objectives: | Outcomes of participation in lesson's activities. |
| National Education Standards: | These are standards which are met by one or more of the activities in the lesson. |
| Points to Emphasize: | Important themes and facts to stress during activities and discussions. |
| You Will Need: | This section highlights the materials you will need to implement the lesson's activities. Most are generally readily available. |
| Main Activity: | For each grade level there is one main activity that includes learning games, worksheets, and other experimental activities. In some instances, extensions of this main activity are offered. |
| Activity Outcomes: | Questions are included to help students reflect upon the content and their experience as a result of their participation in the main activity. |

How to Use These Lessons (continued from page one)

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| Extension Activity: | Additional activities are provided in order to further enhance learning of the concepts addressed in the main activity. |
| Safety Note: | Recommendations for the teacher to take note of or be aware of any safety concerns or issues. |
| Vocabulary: | Words that have been introduced or reviewed in the lesson activities. |
| Worksheet: | Worksheet to be used to further enhance content addressed in main activity. |
| Teacher Information: | Background information is provided for each lesson and can be found immediately following the lesson activities. It is recommended that you review this information before teaching the lessons. |

Special Considerations

- ♦ All lesson activities may be modified for different grades and/or student abilities.
- ♦ You may have students with physical disabilities. In these instances work with the parents and the school nurse.
- ♦ Some activities can be safely accomplished in the classroom. If possible, move the desks to the outside of the room before starting the activity.

FIRST GRADE LESSON PLAN

Name of Lesson: *What is Physical Fitness?*

Objectives:

- ♦ The children will be able to explain physical fitness.
- ♦ The children will be able to name daily chores related to fitness.
- ♦ The children will know how modern technology can lower fitness levels.
- ♦ The children will describe fitness activities in which they participate.
- ♦ The children will understand the value of jumping rope.
- ♦ The children will learn the technique of jumping rope.

Points to Emphasize

- ♦ Physical fitness is made up of five parts: cardiovascular endurance, muscular strength, muscular endurance, body composition, and flexibility.
- ♦ There are many benefits of physical fitness.
- ♦ An individual can carry out these tasks with greater ease if they get and stay fit, eat healthfully, and get plenty of sleep.

You Will Need:

- ♦ Art supplies
- ♦ Whistle
- ♦ 1 jump rope per child
- ♦ Scissors
- ♦ Drawing paper
- ♦ Masking tape
- ♦ 6 longer jump ropes

National Education Standards: Refer to “Campbell’s Fitness Lesson Plans Alignment to National Standards” chart.

Procedure:

STEP
1

When the children enter the room, have them sit together in close proximity to discuss the class lesson of the day.

STEP
2

Write the words *physical fitness* on a board and ask children if they know what they mean. Record children’s ideas on the board. Build on these responses by explaining what the term ‘physical fitness’ means:

The ability for the entire body to work together effectively and efficiently to maintain good health and perform activities necessary to carry out daily living with very little effort.

Put more simply, it means, ‘to maintain good health’ Good health may include:

- ♦ Feeling good about oneself.
- ♦ Maintaining a proper body weight.
- ♦ Feeling strong.
- ♦ Feeling alert.
- ♦ Not feeling tired.

STEP
3

An important feature of the first definition is ‘the ability to carry out daily living with very little effort.’ Ask children to name things they do daily that require some effort like raking leaves, walking to school, shoveling snow, or taking out the trash. Make sure they understand that a physically active individual can carry out these tasks with greater ease if they get and stay fit, eat healthfully, and get plenty of sleep.

STEP
4

Ask children to set a goal to be physically active on most days of the week. Encourage children to use words and draw pictures of their physical activity goal.

Extend Activity:

Modern technology has made life easier for everyone, but can lower our degree of everyday fitness (i.e. taking the elevator instead of the steps or riding a bus instead of walking). For instance, ask children if they watch television during the week. Explain that most children watch over 20 hours of television a week (Source: *The President’s Council on Physical Fitness & Sports Fact Sheet* http://www.fitness.gov/resources_factsheet.htm). Explain that while we watch TV, we are not getting any physical activity.

Ask children to name things they do everyday that involves the use of technology and may reduce their levels of physical fitness. List children’s responses on a board. Next, ask children what recreational activities they participate in during the week that may stop technology from interfering with their fitness participation. Record these on the board as well. Create a graph to display children’s responses. Gather children around the graph and ask the following questions:

- ♦ What information does this graph tell us?
- ♦ What activities do most children participate in that reduce their levels of physical fitness?
- ♦ What recreational activities do most children participate in that increase their levels of physical fitness?
- ♦ What form of technology is used most by students? Used by the least number of students?
- ♦ What recreational activity is performed by most students? By the least number of students?
- ♦ Name one recreational activity that can take the place of an activity currently performed by technology that could increase students’ physical activity levels.

Activity Outcomes:

- ♦ What does physical fitness mean?
- ♦ What chores do you do during the day that are related to fitness?
- ♦ How does modern technology lower fitness levels?
- ♦ What are some ways that you can increase your physical activity levels?

Extension Activities:

Jumping Rope Fitness Activities: *Snake, Jump Bridges, and Continuous Jumping Rope Game.*

Snake:

This game will work better with the longer (Double Dutch type) jump ropes. Tie a large knot at one end of each of the ropes.

- a) Divide children into four large groups.
- b) Ask groups to spread out in the room.
- c) Ask each group to stand in a large circle. Have one child from each group stand in the middle of each group.
- d) Give the child in the center a long jump rope with a knot at one end.
- e) Use masking tape, place an 'X' on the floor so the child in the center always stays in the same spot.
- f) The child in the center should hold one end of the rope, while leaving the knotted end of the rope on the floor.
- g) On "Go!" Have the child in the center begin to spin in place while continuing to hold the jump rope. If they do this correctly, the rope will continuously spin in a circle. Make sure the rope stays on the floor as it spins.
- h) As the child in the center spins, the other children should perform a two foot jump over the rope as it passes beneath their feet. If children miss the jump, or do not perform it correctly they receive 1 point. When a jumper receives a total of 5 cumulative points, that child becomes the spinner and exchanges places with the child in the center. Continue with this pattern until all the children have a chance to spin.

Jump Bridges:

Once again, the longer ropes will work better for this game. You will need 2 ropes for this activity.

- a) Choose 2 children to hold the ends of the ropes, so each hand holds one end of each rope.
- b) Have children spread apart so the rope has a little resistance and are held about 6-inches off the ground.
- c) Have the rest of the class form a line in front of the two ropes.
- d) Ask the first child in line to jump over both ropes. Make sure each child takes a turn.
- e) When every child gets a turn, ask them to jump over one rope, land in the middle of the two ropes, and then jump over the remaining rope to the other side. When every child gets a turn, try it another way. Use your imagination to create creative bridges. Note: If you decide to raise the ropes higher, you may want to consider placing a mat under the ropes.

Continuous Jumping Rope Game:

- a) Ask children to stand in a large circle in the room and to stand in a safe distance from their neighbors. (Have them extend their arms out and spin in their space to be sure they do not touch anyone else. If they do, ask students to move further apart so they do not touch.)
- a) Ask children to stand in a large circle in the room and to stand in a safe distance from their neighbors. (Have them extend their arms out and spin in their space to be sure they do not touch anyone else. If they do, ask students to move further apart so they do not touch.)

- b) Explain to children that the objective of the game is to create a continuous jump rope. As they stand in a circular pattern, choose one child to start the activity
- c) The starter should perform 5 continuous jumps of the rope. When he or she finishes his or her 5 jumps, the next child in the circle starts their 5 jumps. This should continue in a clockwise pattern. When it gets back to the first child, start again. Note: You may choose as your objective to go around the circle 3 times. You can create many variations of this activity. Be sensitive to a child who just cannot jump rope. Give the children an option of using their imagination by jumping rope with 'no' rope.

Safety Note:

Adult supervision is necessary for all exercise and activities. Students' family doctors must give permission for all participants to perform various exercises.

Vocabulary:

| | |
|---------------------|---|
| <i>Chores</i> | Tasks. Little projects that are essential parts of everyday life at home, work, and school. |
| <i>Jumping Rope</i> | A rope that is twirled / turned and jumped over in exercise, games, or activities. |
| <i>Recreation</i> | Time at leisure away from work or school to pursue other hobbies and interests. |

Teacher Information

Physical fitness is comprised of five principal components: cardiovascular (heart and lung) endurance, muscular strength, muscular endurance, body composition, and flexibility. A physically fit person is able to exercise the entire body for long periods of time.

Cardiovascular (aerobic) endurance is the efficient delivery of oxygen to the working muscles via the heart, lungs, and circulatory system and is the best indicator for total fitness. Muscular strength is the ability of a muscle to (maximally) contract and produce force (work). Muscular endurance is the ability of the muscle to contract submaximally repeatedly over time. Body composition looks at the way the body distributes weight by looking at the percentage of muscle, fat, bone and organs that are in the body. Flexibility is the ability of a body part to go through the full range of motion. Good flexibility can help prevent injury.

Aerobic activities are those that make you breathe deeply for an extended period of time. Examples include:

- ♦ Jogging
- ♦ Aerobic Dance
- ♦ Swimming
- ♦ Basketball
- ♦ Soccer
- ♦ Bicycling
- ♦ Walking briskly for long distances

These exercises help to strengthen the heart and lungs and tone the muscles of the entire body. Children should be physically active for at least 60 minutes a day or most days.

Benefits of Physical Fitness

Children need to be involved in an activity program that meets their physical needs and develops positive attitudes and behaviors that encourage them to be physically active for life. They also need to be encouraged to accept responsibility for their own performance, safety and health.

Regular physical activity can have the following benefits:

- ♦ Improved performance in physical health
- ♦ Reduced heart rate
- ♦ Improved blood circulation
- ♦ Improved cardiovascular endurance
- ♦ Improved muscular strength, muscular endurance, and flexibility
- ♦ Greater resistance to disease and illness
- ♦ Reduced stress and tension
- ♦ Weight control
- ♦ Improved self-esteem
- ♦ Improved posture and appearance
- ♦ Reduced blood pressure and blood cholesterol levels
- ♦ Improved sleep
- ♦ Controlled blood sugar levels

Name: _____ Date: _____

Can you draw a picture of yourself jumping rope next to the girl below?



Draw a picture in the box below of an activity you do that improves your fitness level.

