

Grades 3-6 Educator's Guide

Kids' Topic 20: MOVE Your Muscles



Captive



Educate



Activate

Session 1 The Talk Test

Would You Rather?

- Read the aloud the “Would You Rather” questions about physical activity choices.
- Ask students to answer by modeling their chosen activity.

MOVE Your Body

- Explain that movement can be split into three intensity levels.
 - Low - easy to do, you can sing or talk while doing them.
 - Moderate - increased heart rate, you can talk but not sing.
 - Vigorous - you cannot sing nor talk.

Use Your Voice

- Challenge students to do a talk test. Sing and talk while they play at their next recess to determine their movement intensity level.
- Try it right now! If space allows, ask students to stand and stretch. They should be able to sing. Ask them to run in place as fast as they can. Can they sing? Can they talk?

Session 2 Low Intensity Activities

fitBoost

- Follow the link to do a *fitBoost* with the students.
- Use the talk test for students to identify their movement intensity.

Low and Slow

- Explain that low intensity activities are those that don't require too much physical effort.
- Read examples and ask students to name others.
- Explain that, although they don't require too much effort, these activities are important for flexibility and balance.

Get Moving!

- Encourage students to go home and help around the house!
- Tell students that doing dishes, vacuuming, folding laundry, and many other chores are low intensity activities and an easy (and helpful) way to get moving!

Session 3 Moderate Intensity Activities

Musical Chairs

- Get students up and moving with a game of musical chairs!
- You can break larger classes into smaller groups to help speed up the game.

Moderate Moves

- Tell students that moderate intensity activities get their blood pumping and require more effort than low intensity activities.
- Read examples and ask students to name others.
- Explain that these activities are often great ways to have fun and get in a cardio workout!

Do It!

- Challenge students to go home and MOVE after school!
- Tell them to pick at least one moderate move from the list of examples to do tonight.
- Encourage students to be creative and have fun!

Session 4 Vigorous Intensity Activities

I Spy

- Show the slide and ask students to identify low, moderate, and vigorous activities.
 - Note, the characters' actions can be interpreted many ways. Any description is correct as long as the student can justify their reason for labeling the actions as low, moderate, or vigorous.

Break a Sweat

- Tell students that vigorous intensity activities challenge their bodies and muscles.
- Read examples and ask students to name others.
- Explain that these activities strengthen the heart and muscles and are worth the extra work!

MOVE BINGO

- Give the students the **MOVE BINGO** handout to use at home this week.
- Ask them to choose a row or column and do all of the activities to complete a MOVE BINGO!
- If using the “Free Space,” students can pick any activity they want!

Session 5 MOVE Your Body

Intensity Match

- Ask students to match each activity to the correct intensity level.
- Call out each activity level and have students do an activity that matches the intensity level.

MOVE!

- Remind students that they can MOVE many different ways and that each level of intensity provides different benefits to their bodies.
 - Low - important for flexibility and balance
 - Moderate - strengthen heart and muscles
 - Vigorous - challenge the body to get stronger

Make a Plan

- Encourage students to get moving this weekend by choosing one low, one moderate, and one vigorous intensity activity.
- Use the **Weekend Moves** handout to record how students MOVE!

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Kids' Topic 20: MOVE Your Muscles



Prior Knowledge: MOVE is physical activity. To MOVE is to participate in a sport, play, exercise, or any activity that gets you moving. You can MOVE many times and many ways throughout your day. When you MOVE throughout your day, it benefits both your body and brain. This lesson will help your students understand that movement has different levels of intensity: low, moderate, and vigorous.

Objectives: Students will be able to...

- Identify low, moderate, and vigorous intensity levels of movement.
- Demonstrate low, moderate, and vigorous intensity levels of movement.
- Describe the benefits of moving at low, moderate, and vigorous intensity levels.

Checks for Understanding and Readiness to Make Healthy Choices

Session 1: What are the three levels of moving intensity? (*Low, moderate, and vigorous*)

Session 2: Can you identify three low intensity activities?

(*Listen for answers from the list on the slideshow.*)

Session 3: How are low intensity activities and moderate intensity activities different?

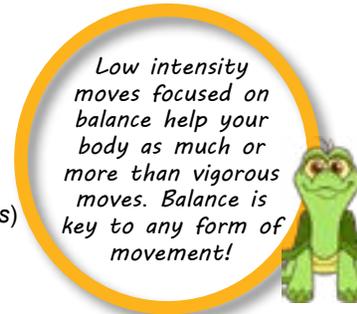
(*Moderate intensity activities are more challenging than low intensity ones.*)

Session 4: Can you name one low, one moderate, and one vigorous activity?

(*Listen for answers from the lists on the slideshows from Session 2-4.*)

Session 5: Why is it important for your body to move at different intensity levels?

(*Each intensity level helps the body in a different, and important, way.*)



Health Education Standards

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
3. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
4. Students will demonstrate the ability to use decision-making skills to enhance health.
5. Students will demonstrate the ability to use goal-setting skills to enhance health.
6. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
7. Students will demonstrate the ability to advocate for personal, family, and community health.
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Common Core Alignment

| | Grade 3 | Grade 4 | Grade 5 | Grade 6 |
|--------------|---|--|---|---|
| ELA/Literacy | SL.3.1 SL.3.2 SL.3.3 SL.3.4 SL.3.5 SL.3.6 RI.3.1 RI.3.2 RI.3.3 RI.3.4 RI.3.6 RI.3.7 RI.3.8 RI.3.9 RL.3.1 RL.3.3 RL.3.6 RL.3.7 | SL.4.1 SL.4.2 SL.4.3 SL.4.4 SL.4.5 SL.4.6 RI.4.1 RI.4.2 RI.4.3 RI.4.4 RI.4.5 RI.4.6 RI.4.7 RI.4.8 RI.4.9 RL.4.3 RL.4.9 | SL.5.1 SL.5.2 SL.5.3 SL.5.4 SL.5.5 SL.5.6 RI.5.1 RI.5.2 RI.5.3 RI.5.4 RI.5.5 RI.5.6 RI.5.7 RI.5.8 RI.5.9 RL.5.1 | SL.6.1 SL.6.2 SL.6.3 SL.6.4 SL.6.5 SL.6.6 |

Student Materials



fit Tip: You don't always have to focus on vigorous intensity activities. MOVE your body in different ways. Low, moderate, and vigorous activities are all beneficial.

Family Message: Do you know that helping around the house can count as moving? When children do household chores like dishes, vacuuming, or carrying loads of laundry, they are doing low intensity activities. These types of moves play an important part in strengthening a child's sense of balance...and their sense of responsibility!

Learn more!

- Activate healthy communities: sanfordfit.org
- Interactive resources for kids: fit.webmd.com
- Raising fit Kids: webmd.com/parenting/raising-fit-kids/

Related fit Links from fit.webmd.com

Online Games:

- MOVE Horoscope
- MOVE + Mixer
- How Do Stars Get fit?

Articles and Activities:

- Why Your Good Study Habits Are Wrong
- How Exercise Benefits Your Whole Body
- How to Grow a Better Brain

Video:

- How do you stay active?
- How Exercise Helps Your Body and Brain
- fit Challenge: Stand Up!

Song:

- Put a Little MOVE in Your Day

Articles and Activities for Families:

- How to Encourage Kids to Play and MOVE
- Where to Start When You're Not fit
- Why Are Gym and Recess Important?
- Is It Normal for Kids to Hate Exercise?
- 5 Simple, Fun Ideas for Family Fitness