

Exercise and Water



Suggested Grade Level

2nd grade

Materials

Denise Austin's Fit Kids DVD
The Busy Body Book

MIGs

Communication Arts

- Develop and apply pre-reading strategies to aid comprehension

Physical Education

- Students will apply the principles of health-enhancing physical fitness to develop a physically active lifestyle.
- Select physical activities that could be done at home for personal enjoyment.
- Identify healthful play activities which have been learned in and outside of school.
- Actively participate in physical fitness exercises and activities.

Science

- The students will explore the needs and characteristics of living organisms, their life cycles, and their interdependence with the environment.
 - * List a variety of resources from the living and non-living environment, that humans depend on to meet the needs and wants of a population.

Measurable Objectives

Students will:

1. List 10 types of exercise
2. Participate in 20 minutes of aerobic exercise
3. Predict and confirm or reject content of book based on picture walk prior to reading.
4. Identify sources needed to maintain human life.

Instructional Point

Prior Knowledge

- Writing, reading, narrative skills



Procedure

1. Students will take a picture walk through *The Busy Body Book*.
2. They will write at least five sentences about what they think the content of the book is.
3. Read *The Busy Body Book*.
4. Have students confirm or reject their predictions in class and on writing assignment.
5. Discuss what clues lead them to their conclusions.
6. Students should list at least 10 types of exercise as discussed in the book or that they have knowledge of, and identify the two things that all living creatures need— food and water.
7. Inform them that we can go for weeks without food, but will only survive three days without water.
8. Ask students if they think clean water is important.
9. Ask students if they know how much of our bodies are water?
10. We are made up of approximately 65% water. We have water in our muscles, around our brain, in our saliva, sweat, urine, and blood.
11. Our blood is mostly water so it can flow in and out of our heart and through our vessels.
12. Explain that the harder the body works, the more water we need to take in.
13. When the body sweats, it is releasing water through the skin to keep us cool.
14. It is recommended that we drink 48 ounces a day.
15. When we are thirsty, our bodies are already dehydrated (low of water).
16. We need to drink while exercising.
17. Have students drink a cup of water.
18. Ask if they know how many times a week a person should exercise.
19. Exercise to Denise Austin's Fit Kids 20 minutes of aerobics.
20. After viewing DVD, discuss how often a person should exercise.

Modeling

- Instruct students during picture walk to look for pictures, phrases, labels, titles, authors, and anything that might give them an idea of what the book is about.



Check for Understanding

- Have students share their predictions of book content
- Periodically ask students for input

Guided Practice

- Discuss the clues that lead to correct predictions

Independent Practice

- Students will list types of exercise noted in book or that they have prior knowledge of.

Closure

- Review necessity of exercise and water and participate in aerobic activity

Evaluation Exercise—It does your body good.

Checklist

Student Name

| | |
|--|---|
| Student participated in exercise | 0 none 1 some 2 all |
| Student's prediction were | 0 didn't attempt 1 attempted but incorrect 2 correct |
| Student could identify life sustaining sources | 0 did not attempt 1 one source correctly identified 2 Both sources correctly identified |

Lesson plan compiled by Shell Short, an Earth Team Volunteer and Early Childhood Education student at Missouri State University, Springfield, MO.

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