

## My Dad Rides a Bike

**Introduction:** As students “Walk Across Texas!,” they learn that exercising can be a fun way for families to spend time together. At the same time, they get to work on their listening and reading skills. This lesson is adapted from a lesson idea on the American Heart Association’s website at: <http://www.americanheart.org/presenter.jhtml?identifier=3003103>.

**Grade Level and Subject:** Kindergarten and 1st Grade Language Arts, Health Education

**TEKS:** Kindergarten

Language Arts 1A, 1B, 1C, 1D, 1E, 9A, 9B, 9C, 10A  
Health Education 1C

1st Grade Language Arts 1A, 1B, 1C, 1D, 1E, 10A  
Health Education 1A

**Materials:** “My Dad Rides a Bike in His Bedroom” activity sheet by Melissa Knight

### Activity:

1. Read aloud or have volunteers read sections of the story. *Who is telling the story?* (A boy named Kevin) *What is the story about?* (The kinds of exercise that Kevin and his parents get) *How does Kevin get his exercise?* (Rides bike, races, plays tag, chases his dog, climbs up to his tree house) *How does Kevin’s dad get his exercise?* (Rides an exercise bike, jogs, lifts weights) *How does Kevin’s mom get her exercise?* (Does step aerobics, lifts weights) *Can you name other ways that Kevin and his family can get exercise?* (Mowing the grass, raking leaves)
2. Discuss the types of bikes Kevin and his father ride. *How are the two bikes alike and different?* (Both have pedals to push, but Kevin’s is a real bike that actually moves. Kevin’s dad’s bike stays in one place.) *Why does Kevin’s dad ride his bike?* (For exercise) *Why does Kevin ride his bike?* (For fun) *Kevin and his dad both run. How is his dad’s jogging different from Kevin’s races, games, and chases?* (Dad runs for exercise; Kevin runs when he plays.) *What lesson about exercise do Kevin’s parents learn from Kevin?* (Exercise can and should be fun.)
3. At the end of the story, point out to the children that not only are Kevin and his parents getting regular exercise, they are also spending more time together. Ask children to name the activities that Kevin and his parents do together. (Riding bikes, climbing, jogging)

**Evaluation:** Observe students for appropriate listening behavior and participation in the discussion.



CANCER PREVENTION &  
RESEARCH INSTITUTE OF TEXAS

Updated February 2016